

## **Dunedin October 2018 Ortho-Bionomy Holistic Health Centre Mosgiel**

### **Ortho-Bionomy Fundamentals (Phase 4)** Sat, Sun 27<sup>th</sup> / 28<sup>th</sup> Oct. 9:00am - 6:00pm



This foundational class covers the history and principles of Ortho-Bionomy and specific **positioning techniques to stimulate natural self-correcting neuro-muscular reflexes for all parts of the body.** These techniques facilitate the **release of pain and tension patterns,** promote



**expanded range of motion,** and offer a greater sense of well-being. This work is easy to learn, easy on your body, highly effective, and combines well with any system of health care.

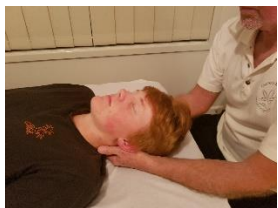
The following non-invasive, indirect, gentle releases are taught: -

**Psoas and Quadratus Lumborum Muscles; Cervical, Thoracic, and Lumbar Spine; Ribs, Shoulders, Elbows and Wrists; Knees, Ankles and Feet** *(No pre-requisite)*



*and...* empowering our capacity to work with clients: through...

### **Postural Re-Education and Post Techniques** Mon, Tues 29<sup>th</sup> / 30<sup>th</sup> Oct. 9:00am - 6:00pm



In this class participants learn to evaluate and address inefficient postural habits through observation and simple exercises.

**Postural Re-education** techniques show how to help clients to **change the structural patterns**



**which lead to their pain and discomfort.** Techniques for working with imbalance of the spinal column including **scoliosis, kyphosis and lordosis,** will also be presented.

**Post Techniques** give the practitioner tools for **assessing and releasing areas of tension as well as integrating the work done in a session.**



In addition, **Self-Care** exercises are taught to facilitate the client's ability to maintain balance through the **neuro-muscular re-education of postural habits.** *(This class teaches techniques that complement and help to integrate Phase 4 releases.)*



**To enrol: Contact coordinator Karen Jacquard: Mob: 0212 671123 Email: [kazjacq@hotmail.com](mailto:kazjacq@hotmail.com)**

*Early bird registration discount applies if enrolled by 12<sup>th</sup> October 2018*

For other queries contact Frank Heslin [fjheslin6@gmail.com](mailto:fjheslin6@gmail.com) [www.frankheslin.com](http://www.frankheslin.com) +61420462598

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