

Frank Heslin, Dunedin
**Ortho-Bionomy® Training
& Appointments**
Schedule: July 2019,
(*Early-Bird Mon 1st July*)

ADVANCED PHASE 4 - 13, 14, 15th July
This 3-day class will combine a day of Phase 4/Fundamentals learning with 2 days of Advanced Phase 4 techniques (24 units).

SELF-CARE CLASS - 20th July
Learn simple Ortho-Bionomy exercises that integrate and build on the work done with a practitioner in a session. (3 units)

GENTLE, EFFECTIVE TECHNIQUES FOR BOTH PRACTITIONER AND CLIENT

Advanced Phase 4 techniques build on those presented in the Phase Four/Fundamentals beginners course including practise of more extensive variations of the standard Phase Four release positions. **No pre-requisites.**

- Working with the Spine, Pelvis, Sternum, Scapula and Ribs
- Sequences for Pelvic Stabilisation
- Working with the Joints of the Extremities
- Working with Joint Replacements and Vertebral Fusions
- Sequences specifically for Carpal Tunnel and RSI
- Phase Four Cranial techniques.



Originally from Dunedin N.Z., Frank Heslin has a diverse background in teaching. He completed the Ortho-Bionomy practitioner training in 2000 and instructor training in 2008 under 'The Society of Ortho-Bionomy International®'. Frank is passionate about sharing Ortho-Bionomy's gentle effectiveness, holistic approach and wide scope. He attracts a wide range of **experienced health care practitioners, and new learners**, to his Ortho-Bionomy classes. Frank creates an engaging class environment that allows participants to optimally experience and grow in their understanding and application of Ortho-Bionomy principles and techniques. He has been in private practice for 24 years. Frank teaches Ortho-Bionomy in Australia and New Zealand and lives with his family in Maitland NSW, Australia.

3 Day Fundamentals and Advanced Phase 4 - 13th, 14th & 15th of July 2019 (9 am – 5:30pm)

Fee \$530 **Early bird fee \$480** if registered and paid by **Monday 1st of July** (24 units)

Class venue: - Mosgiel Holistic Health Centre, 12 Church St, Mosgiel.

Ortho-Bionomy Self-Care Class Saturday 20th July 9:00 – 12.00 (Bring pillow, yoga mat and blanket)

Fee \$60 **Early bird Fee \$50** if registered and paid by **Monday 8th of July** (3 units)

Class venue: - Mosgiel Holistic Health Centre, 12 Church St, Mosgiel.

Ortho-Bionomy Study Group Saturday 20th July 1:30 - 4:30pm held at St. Clair (3 units)

Private one-hour treatment sessions are available in Dunedin and Mosgiel on 12th & 16th - 19th of July

For queries, class registration or private appointments contact Karen Jacquard:

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Any other queries contact Frank directly fjheslin6@gmail.com or +61420462598



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fb.me/FrankHeslinOrthoBionomy (Message to join Dunedin group page)

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