

Napier New Zealand ORTHO-BIONOMY® Bodywork Class

Foundations of Ortho-Bionomy Class (Phase 4) 1st/2nd October



2022 Early bird discount if registered by 15th September



Developed in the 70's by Osteopath/Martial Arts Master Arthur Pauls, Ortho-Bionomy is now taught and practised worldwide. Dr Pauls found that by working in the direction of ease, and away from pain and resistance, honoured the body's inherent wisdom and consistently restored a more natural state of balance, alignment and well-being.



Phase 4 : The Fundamentals of Ortho-Bionomy *No Pre-requisites.*

This class is the foundation course for all courses in the Ortho-Bionomy training. This course presents the history, philosophy and concepts of the work and teaches the fundamental release techniques for most joints in the body. Movement and positions of comfort are demonstrated to facilitate the release of muscular tension and overall stress by stimulating the inherent, self-corrective reflexes of the body which help the body create structural alignment and balance from within. The work learnt in this class will dramatically increase your treatment effectiveness for releasing soft tissue tension, and joint dysfunction. (16 units) **No pre-requisites**



Originally from Dunedin, Frank Heslin has been an educator for 35 years. He has been in Ortho-Bionomy practice for 27 years and been an instructor of for 14 years. Frank is currently completing his Advanced Instructor Training with The Society of Ortho-Bionomy International® USA. He creates an engaging and fun learning atmosphere while supporting participants to optimally experience and grow in their understanding and application of Ortho-Bionomy principles and techniques, so that the learning can be immediately utilised effectively in professional health practice, or with friends and family for beginners. Frank has an Ortho-Bionomy practice in East Maitland, NSW, Australia. He teaches classes around Australia and New Zealand.

Class Fee: - Fee \$380 Early bird fee \$345 if registered by 15th of September 2022

A **free info/lecture** demo will take place 6.00-7.15 pm on Thursday 29th September in Napier. Bookings required.

Private 1-hour appointments available with Frank Heslin by appointment on 30th Sept and 3rd Oct.

To enrol: E: fjheslin6@gmail.com W: www.frankheslin.com M: +61 420 462 598

Frank Heslin is an internationally registered instructor and advanced practitioner. He is a member of New Zealand Ortho-Bionomy Inc., The Society of Ortho-Bionomy International®, and Ortho-Bionomy Australia®. Ortho-Bionomy and Sand dollar trademarks are used with permission.