

Ortho-Bionomy Dunedin November Bodywork Classes

with Francis Heslin, internationally registered advanced instructor of Ortho-Bionomy

Mosgiel Holistic Centre, 12 Church St., Mosgiel.



Ortho-Bionomy is a gentle bodywork that stimulates the body's self-regulating and self-corrective mechanisms.

Easy on client, easy on practitioner.

Class One Phase 4: Foundations of Ortho-Bionomy No pre-requisites, 16 CPE Units.
Sat/Sun 16/17 Nov 2024 9am - 6pm **\$360 if registered by 20th of Oct**, \$380 thereafter

Class Two Phase 5 and The Reflexes Pre-requisite: Phase 4, 16 CPE Units
Mon/Tue 18 /19 Nov 2024 9am - 5pm **\$360 if registered by 20th of Oct**, \$380 thereafter

Special Two Class Discount: \$660 if paid and registered by 20th of Oct, \$760 thereafter

Foundations of Ortho-Bionomy class (Phase 4): - briefly covers the history, philosophy, and concepts of Ortho-Bionomy and provides specific overview of the basic release techniques and anatomy for each major joint in the body. Movements 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. This helps the body create structural alignment and balance from within. **The purpose of this course is to both introduce Ortho-Bionomy to new students while consolidating and deepening understanding for ongoing students.**

Phase 5 and The Reflexes: - The focus of Phase Five is to move to a more subtle level of awareness of the practice and principles of Ortho-Bionomy. Specific techniques develop and increase the student's understanding and proprioceptive sensitivity to the self-corrective movements initiated by the client. Through the practice of observing, following and supporting subtle movement patterns, muscular tension is released, range of motion may be increased, and pain may be reduced. **In Phase Five, students are encouraged to do less and let the client be the guide for their exploration of change. Students learn to notice and deepen clinical awareness of reflexive responses while developing skill in working seamlessly between Phase 4 and Phase 5.**

To register: Karen Jacquard M: 0212 671 123 E: kazjacq@hotmail.com



Francis Heslin has a 40-year background as an educator of children and adults. He has been in practice since 1995 and instructing around Australia and New Zealand since 2008. Francis creates an engaging and enjoyable learning atmosphere. He supports health professionals and practitioner trainees to grow in their learning and application of Ortho-Bionomy skills, so that they can be applied and integrated in therapeutic practice. Originally from Dunedin, Francis is based in East Maitland, NSW, Australia, where he practices in the Lower Hunter Valley and Newcastle area.

Francis is available for private sessions in Dunedin on Thursday 21st and Friday 22nd of Nov.

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Francis Heslin is a member of 'Society of Ortho-Bionomy International' @, USA, 'Ortho-Bionomy Australia' @, & 'Ortho-Bionomy New Zealand'.