

Frank Heslin

Ortho-Bionomy



Frank has been in Ortho-Bionomy practice since 1996. With a diverse background in primary, secondary and tertiary education, he has studied, practised, (and taught) yoga over many years. Yoga inspired his interest in the relationship between ease of movement, structural alignment, and a deep sense of wellbeing. While living in Japan (1986-1995), Frank studied reiki, massage, reflexology, and craniosacral therapy with *Hugh Milne*. His first training in Ortho-Bionomy was in Tokyo in 1995. Fascinated by its gentle effectiveness, holistic approach and wide scope, Frank continued training in the USA, Australia, and New Zealand, becoming a practitioner in 2000, advanced practitioner in 2007 and internationally registered instructor in 2009. He is currently completing his advanced instructor training.



While in his birth country, New Zealand (2006 – 2010), Frank worked as an Ortho-Bionomist at *Paul Hume's* osteopathic clinic, 'Natural Body Link' clinic in Hamilton. He has practiced in various other locations around Australia and NZ. He currently practices in the Maitland area of NSW.

Frank is a member of *Ortho-Bionomy Australia Ltd*[®], *The Society of Ortho-Bionomy International*[®] and *Ortho-Bionomy New Zealand Inc.*[®] He was a director on the board of OBA Ltd[®] for two terms.

Frank coordinated, presented, and led the 2019 OBA conference in Hobart. Currently he serves as Committee Chairperson of 'Ortho-Bionomy New Zealand Inc.'

Frank practices and teaches Ortho-Bionomy around Australia and N.Z. He also teaches self-care classes to children and adults and works part time at a Steiner school. Frank is part of a large global network of 100's of practitioners who embrace Ortho-Bionomy's gentle, and effective principle-based techniques. He lives with his family in the lower Hunter Valley, NSW.

Frank Heslin *Hunter Valley Ortho-Bionomy*

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Available by appointment. Contact Frank for appointments and training.

