

Ortho-Bionomy Bodywork Class, Launceston, Tasmania

Worldview Centre for Intercultural Studies, 41 Station Rd, St Leonards

Saturday 24th and Sunday 25th August 9am - 6pm

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



Ortho-Bionomy is a gentle bodywork that stimulates the body's self-regulating and self-corrective mechanisms. Easy on client, easy on practitioner.

Fundamentals of Ortho-Bionomy (Phase 4, No pre-requisites, 16 CPE Units)

Class fee: \$370 if registered by 10th of August, \$420 thereafter

This class firstly introduces the history, philosophy, and principles of Ortho-Bionomy. Essentially, the learning that follows provides a specific overview of the basic release techniques and some 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. These movements and positions stimulate the inherent, self-corrective reflexes of the body. The learning shows how this principle based modality works *with* the body to create structural alignment and balance from within.

The aim of this course is to introduce Ortho-Bionomy to new students, and to enhance understanding for ongoing students; by teaching immediately applicable principle based skills.

To register,

contact Shanna by Email: shannapowell@hotmail.com or text: **0429 836849**

For on line registration >>>>>>> www.frankheslin.com by scanning QR code

Go to 'upcoming classes' page, scroll down and submit form.



Francis Heslin has a 40-year background as an educator of children and adults. He has been in Ortho-Bionomy 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 for therapeutic practice. Originally from Dunedin, New Zealand, Francis is based in East Maitland, NSW, Australia, where he practices in the Lower Hunter Valley and Newcastle area.

Queries E: ob@frankheslin.com M: +61 420 462598 W: www.frankheslin.com

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