Structural Alignment for the Spine, Pelvis and Ribcage
An Ortho-Bionomy® Approach

Achieve deep, long-lasting results. Spare your hands, elbows and back.

Develop and expand your skills to new levels of effectiveness, energy and ease with Ortho-Bionomy® manual therapy. Help the body restore alignment, circulation, function and overall well-being naturally, from the inside-out.

Ortho-Bionomy® is a highly effective and comprehensive system of natural healing that has its roots in Osteopathy and Martial Arts. It is a gentle process of neuromuscular re-education that increases physical and personal awareness in the process of restoring balance, working on all levels of body, mind and spirit. This deep, yet gentle work relieves pain and restores natural alignment, function and balance with ease, immediacy and lasting effectiveness, even when other bodywork modalities have ceased to be effective.

Why is Ortho-Bionomy® so effective?
Ortho-Bionomy® is not done “to” anyone, rather it works “with” you and with your body’s innate intelligence via the nervous system, as does Craniosacral Therapy. All healing is self-healing that happens within the body. The body is self-organizing (could you tell yourself how to walk?), self-regulating (could you command your stomach to start digesting) and self-healing. Often, students find relief for their own chronic issues, while doing lab work during the course. For more information about Ortho-Bionomy, click here.

Ortho-Bionomy® is known for its lasting effectiveness, simplicity and ease of practice.

In Palatine, IL
June 28-30, 2019 ~ March 13-15, 2020
Friday and Sat, 9am-6pm; Sun 9am-1pm.
$375 EARLY 4 weeks by May 30; or Feb 14 $425 later.
Register here and get all the details.
Contact: Body Mind Learn Center
847-450-8031, info@bodymindlearn.com
Location: Body Mind Learn Center
616 N. North Court, Suite 250, Palatine IL

In Chicago, IL (Lincoln Park)
September 13-15, 2019
Friday 2-6pm, Sat and Sun, 9am-6pm.
$375 EARLY 4 weeks by August 16; $425 later.
Register here and get all the details
Contact: The Sun Center ~ Chicago
312-280-1070, suncenter@wholisticlifecenter.com
Location: Tribe Healing Arts
1819 W. Belmont Ave., Chicago, IL

20 CE PT and PTA, BCTMB, AMTA, ABMP and LMT License Renewal for most states
20 Ortho-Bionomy® Program units. Ortho-Bionomy® certification training, optional

Your registration indicates agreement with the cancellation policies outlined on the registration page.

In Ortho-Bionomy® Alignment courses (Phases 1-4), participants learn the principles, essential elements and techniques that engage an internal self-corrective process, releasing restrictions and pain - in joints, muscles and fascia - naturally restoring alignment and
balance. The work also promotes deep, restorative relaxation and stress relief, so important to health and quality of life. Techniques integrate well with other modalities and can easily be incorporated into any client’s treatment plan.

**In this course:** Assessments, proprioceptive positional releases, integration, and good body mechanics will be demonstrated and practiced for the Spine, Pelvis and Ribcage:

- 4 ways to release the without causing pain, a significant factor in low back pain and posture-related conditions, and psoas self-care;
- Soft tissue releases and mobilization of each vertebra of the spine, including every vertebra in neck, thoracic and lumbar spine;
- Releases that alleviate neck pain, headaches, whiplash;
- Pelvic balancing, including mobilization for each ilium, the sacrum and coccyx;
- Releases important in alleviating sciatica;
- Assessing and alleviating tension and hard to detect pain patterns in the back as caused by rib misalignment;
- Freeing restrictions in the ribcage, sternum and diaphragm
- Rebalancing ribs - raised and depressed ribs, common imbalances of 1st and 3rd ribs and their importance to carpal tunnel, freeing the breath, and overall well-being;
- Learning how imbalances in the spine, pelvis and ribcage affect endocrine balance / organ function and why this course is a pre-requisite for some others;
- Learning how to integrate new techniques with modalities you use in your work every day. Students effectively put new skills to work the very next day.

The principles and hands-on skills learned in this workshop can enhance all the bodywork you do. For more information, visit: [www.wholisticlifecenter.com](http://www.wholisticlifecenter.com)

**Advanced Instructor** Ann Hoeffel is Owner/Director of The Sun Center, established in 1985 in Chicago. A Wholistic Health Practitioner, Teacher and Artist, Ann has been in private practice and studying wholistic healing systems professionally for over 30 years. She has more than 4800 hours of training. For more information, visit: [www.wholisticlifecenter.com](http://www.wholisticlifecenter.com)

Ann’s certifications and training includes:

- Registered Advanced Instructor and Advanced Practitioner of Ortho-Bionomy®
- Certified in Hypnotherapy
- Licensed Massage Therapist and long-standing member of the American Massage Therapy Association
- Qualified CranioSacral Therapist, practicing since 1987
- Lymphatic Balancing (Chapman’s Reflexes) and Visceral Work
- Somatic Resilience and Regulation Practitioner
- Nationally Board Certified in Therapeutic Massage and Bodywork (BCTMB)
- Nationally Board Certified (NCBTMB) as a Continuing Education Provider
- BS in Education from the University of Wisconsin-Madison
Testimonials about working with Ann:

"I don’t think my left side has ever felt this good; it’s been a chronic problem and I’ve had a million treatments before. That’s very nice, indeed, (after just one treatment) it feels great! I’m relaxed, not sleepy, balanced; more than my psyche...my body, my mind is relaxed but there’s energy underneath. I look forward to taking classes.”  ~ S.O., Naprapath

“Ann is a superb educator and a natural. I’ve taken a lot of workshops. Clarity, pacing, content...truly superb. The course was well orchestrated. . .”  
~ D.A., Ph.D., Lic. Massage Therapist, FL

“My clients are improving much faster. I can do so much more with Ortho-Bionomy®.”  ~ J.M., PT-IL

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The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association.

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