

Susan Smith

A framework for healing—horse & human.

Spine & Shoulders – Ortho-Bionomy Phase 4 Class



Date: January 19-20, 2019 - Time: 9 a.m.-5:30 p.m.

Location: 12 Artist Lane, Santa Fe, NM

\$300 before Early Bird Deadline (January 7th)

\$350 thereafter

Ortho-Bionomy®



Ortho-Bionomy Spine and Shoulders class provides an overview of the basic release techniques and anatomy for the spine and shoulders, through the lens of the principles of Ortho-Bionomy.

This foundation class covers the history, philosophy and concepts of Ortho-Bionomy and provides an overview of the basic release techniques and anatomy for each major joint in the spine and shoulders. Movements and positions of comfort are 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.

What you will learn in this class:

- *How to work within the Principles of Ortho-Bionomy, such as moving in the direction of comfort, self-correction, and less is more.
- *How to monitor indicator points
- *How to recognize a release.
- *Meeting the client where they are - maintaining communication between you and the client
- *Techniques specific to the spine: cervical, thoracic, lumbar, sacrum plus shoulders.

The class provides 16 units of introductory Ortho-Bionomy instruction and CEUs through the Society of Ortho-Bionomy International. Make payment on this website or via check. Please send checks to 138 Calle Don Jose, Santa Fe, NM 87501.

Susan Smith is a Registered Instructor & Advanced Practitioner of Ortho-Bionomy® and Equine Ortho-Bionomy®, registered practitioner of Equine Positional Release®, and member of ABMP, Independent Liberty Trainers Network, the founder of Equine Body Balance™ and Horses at Liberty Foundation Training™.
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