

Ortho-Bionomy® Self Care

with Christina Montes de Oca

Learn to work with your own neck, mid- and lower back, pelvis and shoulders by applying Ortho-Bionomy techniques and principles to relieve tension and pain. No previous experience is required.

This class is an opportunity to take time and listen to your body and learn to notice the difference between more or less comfortable positions, postures and movements, and what helps you.

Self-Care is helpful for both new and chronic aches and pains related to stress, injury, over-use, inactivity or discomforts related to a variety health conditions.

MARCH 20, 2020

9am-6pm

Location: Santa Fe, NM

**Cost: \$135 Early Bird, paid by
March 6th; \$165 thereafter**

Credit: 8 Ortho-Bionomy units | 8 NCBTMB CEs

TO REGISTER

By check :

**to Christina Montes de Oca
1613 Calle Torreon, Santa Fe, NM 87501**

By Credit Card/Paypal :

Email christinaobsf@gmail.com for link



Christina Montes de Oca is a Registered Advanced Instructor of Ortho-Bionomy. She is inspired by the practicality and ease of Ortho-Bionomy self care and loves to teach it. Christina draws on many years of study and practice of Ortho-Bionomy, Tai Chi, and the joy of walking in nature.

www.ortho-bionomysantafe.com/classes | 505-996-9939 | christinaobsf@gmail.com

NMLMT Lic #0867 NCBTMB Approved Provider #151411-00