

# Isometrics

## Ortho-Bionomy techniques for releasing muscle tension



**Isometric Techniques** work well for releasing inefficient tension patterns that develop from injury and overuse, relaxing muscles and improving tone.

**Ortho-Bionomy®** is a somatic form of bodywork that stimulates self-corrective reflexes. Founded by an osteopath who taught judo, it blends positional release techniques with energetic timing. It is effective for a variety of musculoskeletal distresses, as well as emotional and visceral imbalances.

**In this class** you will give and receive Isometric techniques for the neck, shoulders, back & extremities. You will be able to immediately use these techniques with family, friends & clients.

**Healing Arts Collective, Orleans, MA**

**June 8 & 9, 2024**

**Saturday & Sunday 9:30-6:30pm**

**16 CEUs with: SOBI and NCBTMB (329611-00)**

**\$350.00 if paid by May 24, 2024.     \$395.00 after 5/24/24**

### **Instructor Peggy Scott**



has been working with Ortho-Bionomy since the 1980s. She is an Advanced Practitioner & Advanced Instructor with the Society of Ortho-Bionomy International, and a Certified Somatic Therapist with ABMP. Peggy resettled on Cape Cod in 2022 after retiring from a full-time position in the Massage Therapy Dept. of Blue Cliff in New Orleans, LA.

**Peggy is available for private appointments at HAC in Orleans, MA.**

**Questions? or to enroll in class, please call or text**

**504-352-0039**

**Please visit [PureEnergyBodywork.com](http://PureEnergyBodywork.com)**