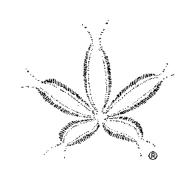
Isometrics

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





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