



Ortho-Bionomy®

Foundation Course - Phase 4

With Andrew Malone

18 and 19 May 2019

Andrew Malone is a **Registered Advanced Practitioner** and **Registered Instructor in Ortho-Bionomy**, and has over 20 years' experience in the natural health industry. While studying Naturopathy he was introduced to Ortho-Bionomy, and was immediately drawn to the way in which we can positively interact with the whole person while allowing them to do it for themselves, to take their own personal responsibility with such a subtle yet profound experience.

Andrew has a strong interest in anatomy and physiology, as well as nutrition and incorporates all of this knowledge into a very busy fulltime practice for the past 12 years. Andrew has gone on to become an Instructor and has been a Coordinator in Adelaide for the past 17 years and hopes to share his passion and enthusiasm of Arthur's work with everyone.



"Ortho-Bionomy is not just as another modality but a way of life, being able to bring about profound changes within not only yourself but also clients, students and the surrounding environment, while always recognising and holding the space allowing for the "possibility for change". - Andrew

About the course...

This Foundation Class covers the history, philosophy and concepts of Ortho-Bionomy and provides an overview of the basic release techniques for each major joint in the body.

Movements and positions of comfort are demonstrated to 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.

A great place to delve into a deeper understanding of your own abilities and awareness. No pre-requisites, no experience in any way necessary, you have everything you need just by being you! So come play, learn and open yourselves up to the wonder of who you really are and the unique modality of Ortho-Bionomy.

Dates:

18 & 19 May 2019

Cost: \$350 (\$175/day)

Venue:

To be advised

Contact:

Rachel Hoffman:
0413 856925

What to Bring

- Shared plate for lunch
- Massage table (if you have one)
- Warm comfy clothes

Payment:

Cash or Direct Deposit;

D/D Details; Bank BSB# 105-192 ACC# 36174940

Please use for reference; (yourname) ManPH4