



What is *Ortho-Bionomy*®

Ortho-Bionomy is a unique system of gentle body-work promoting body alignment, self-awareness and comfortable movement. With the gentleness of this work a wide range of acute and chronic conditions and symptoms can be addressed.

Ortho-Bionomy includes a spectrum of techniques based on principles found in osteopathy, homoeopathy and judo. The practitioner stimulates natural self-corrective reflex abilities with comfortable positions, gentle movements, subtle joint compression and timing.

Our body is created with a pattern for balance and function. Using gentle positioning and light touch slightly exaggerating the existing patterning, Ortho-Bionomy stimulates inner awareness (proprioception) to remind the individual of its own natural ability to find well-being, both physically, energetically and emotionally. The inner wisdom of the body is recognized and affirmed. Self healing occurs as the person remembers their natural ability to move away from pain and toward ease.

Ortho-Bionomy is applied with the client fully clothed and is gentle enough to be highly enjoyable and effective with babies and children.

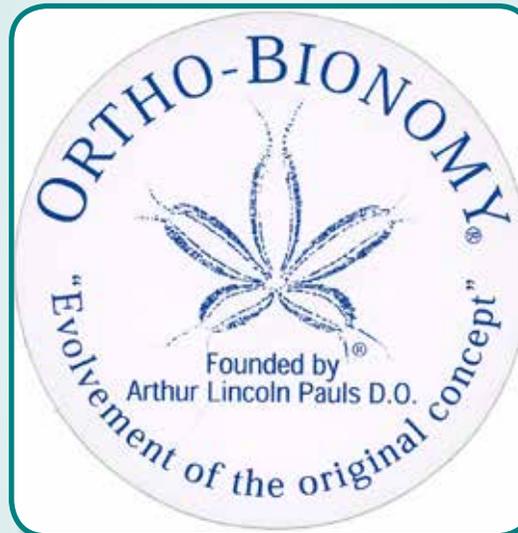
Tineke Bak—Registered Practitioner

www.bodywisesoulwise.com.au

tineke@bodywisesoulwise.com.au

2 Knaith Road, Ringwood East 3135

(03) 9879 7693



Why is Ortho-Bionomy® such an important part of the success of movement & learning programs? (The Extra Lesson, Threefold Learning Therapy, Learn Easily Program, Curative Eurhythmy, etc)

Movement and sensory integration programs require your child to develop his or her full capacities of spatial orientation, dominance and laterality (left/right sidedness), as well as hearing and vision.

This work is carried out through many and varied movements, especially designed exercises to challenge your child's senses to activate, integrate and mature.

To do this work with a body that is not aligned is a little like pushing a shopping trolley with all the wheels pointing in different directions. It requires much more effort and tends to take considerably longer. Most of all it is often frustrating.

Ortho-Bionomy is highly recommended at the beginning or before commencement of movement and learning sessions—so that your child can get the most out of the work he or she does with an aligned, tuned and responsive 'bodily instrument'.

Just a few Ortho-Bionomy sessions (usually 3) can rebalance and re-align birth-related tension patterns, pelvic, neck and other mis-alignments, providing a 'clean slate' for future work.

Body-Wise Soul-Wise Healing
www.bodywisesoulwise.com.au