



Ortho-Bionomy®
Introduction: Phase IV
Exploration of Movement – Isometrics/Isotonics

With **Liz Olivas**

Registered Instructor with the Society of Ortho-Bionomy

December 11, 2010

Saturday

9am - 6pm

Ortho-Bionomy® Introduction: Phase IV Exploration of Movement – Isometrics/Isotonics

This class is designed as a prerequisite to Ortho-Bionomy: Fluids, Fascia and the Lymphatic System. It presents Ortho-Bionomy principles as they apply to a number of different styles of working. It will give you a basic understanding this method and how it promotes comfort and balance in a non invasive manner. Application of skills developed in this class is an excellent preparation for Ortho-Bionomy: Fluids, Fascia and the Lymphatic System.

Liz Olivas earned her Bachelor of Fine Arts degree from the School of Dance at Ohio University in 1985. A strong background in kinesiology, anatomy and physiology and movement based therapy inspired her interest in therapeutic bodywork. In 1987 Liz became licensed as a Massage Therapist in the State of Florida. She also holds certifications in Ortho-Bionomy from The Society of Ortho-Bionomy International and Manual Lymph Drainage from The Dr. Vodder School North America.

Liz opened The Therapeutic Alternative where she works with people who suffer with a variety of symptoms including: Acute and chronic pain, headaches, neck pain, back pain, repetitive motion injuries as well as primary and secondary lymphedema.

Over the last 15 years, Liz has developed her unique skill of combining Ortho-Bionomy and Manual Lymphatic Drainage in the treatment of post surgical lymphedema. As a Registered Instructor of Ortho-Bionomy, Liz brings a rich background of over 20 years in private practice. Liz has a deep grounding in Ortho-Bionomy as a practitioner that is reflected in her ability to clearly convey the essence of Ortho-Bionomy in the classroom.

Early Registration Fee: \$175.00 must be received by December 1, 2010

Regular Registration Fee: \$225.00 if received after December 1, 2010

NCBTMB 289 729 – 00 & FL CE's, FL - MT & OT CE's Provider # 50-2028.

For information on class and/or location, contact **Karen Mobilia** at **786-797-6273** or karen@healinghandsseminars.com.



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Please make checks payable to: **The Therapeutic Alternative**

Mail checks to: *199 W. Palmetto Park Road, Suite 6*
Boca Raton, FL 33432

Make online payments at www.thetherapeuticalternative.com/classes.html

Name _____

Address _____

Phone _____

Email _____

Can you bring a massage table? Yes___ No___

* Please bring linens and a pillow with your table and wear comfortable clothing.

**Class Location:
Healing Hands Seminars
110 North Federal Hwy, Suite 204
Hallandale Beach, FL 33009
786.797.6273**

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