

Self-Care Policy

Ortho-Bionomy Australia Ltd

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What is Self-Care?

Self-Care is a series of techniques where the client has the opportunity to know themselves. Arthur Lincoln Pauls said that re-education of the client was one of the most important ways of supporting our ongoing alignment.

Self-Care is given to the client by the practitioner at the end of the session. Self-Care is also taught as part of the Post Techniques and Postural Re-education class. Ortho-Bionomy Self-Care is also taught as a stand-alone class.

Everyone has the capacity to heal themselves and this occurs spontaneously. If we can inform the nervous system of the imbalance, it will release naturally. The body has the **capacity to self-correct**. For this to occur, we need to move the body into a **position of comfort and ease**. To find this position, we learn to slow down **listen carefully and feel** the body's responses, timing and sensations. When the body is relaxed and without pain, any patterns of tension or strain can begin unwinding in its own time. When the body is relaxed, it is at its most efficient for self-regulation to be triggered.

Who can teach Self-Care?

Any person who has attended a Phase 4 class, Self-Care class or a Postural Re-education and Post Techniques class can teach their clients Self-Care techniques on a one-to-one basis.

Ortho-Bionomy Practitioners registered with Ortho-Bionomy Australia Ltd can present Self-Care techniques for personal use to small groups at the local hall, gym or any other venue.

Registered Yoga and Pilates teachers and teachers of other recognised modalities who have attended an Ortho-Bionomy Self-Care class can incorporate Self-Care techniques into their classes.

Only Ortho-Bionomy Instructors registered with Ortho-Bionomy Australia Ltd are authorised to teach Self-Care classes to students of Ortho-Bionomy or to present these Self-Care techniques at conferences or in any other professional presentations.

Note: If you are unsure about any of the above, please contact your Supervising Instructor or the Board of Directors of Ortho-Bionomy Australia Ltd via the contact details shown above.