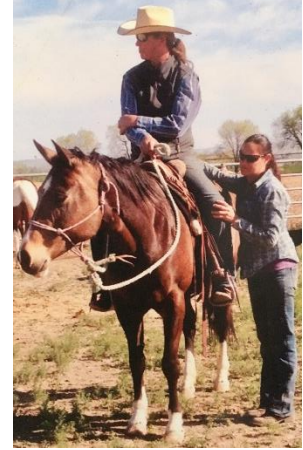


Equine Ortho-Bionomy®

Spine, Pelvis, Ribs

Ortho-Bionomy helps horses and people break the cycle of pain – without creating pain. It is very effective for recovering from injuries, surgery and stress. It aids the recovery by reducing muscle tension, soothing the joints, increasing flexibility and range of movement, improving circulation and relaxing the entire body. Educational movements may be taught to help perpetuate the release of tension and muscle contractions. The release of tension and stress in the body brings about the relief from pain and discomfort. Function, structural alignment, balance and overall well-being improve.



This class will focus on the Spine, Pelvis, and Ribs of the equine. We will explore the anatomy of horses and how to apply Ortho-Bionomy principles through hands-on practice with your horse or a gentle loaner horse.

Most importantly know that these classes are for everyone, even if you don't have a horse or want to ride or know anything about Ortho-Bionomy. If you want to be around horses, touch horses, or watch people work on horses to experience Ortho-Bionomy from an equine perspective, you are invited to join this class!

Bring your horse(s) to practice on! If you don't own a horse, no problem, there are plenty to share!

WHO TO CONTACT: Call Shaney Rockefeller at (541) 216-1545 or email shaneyrock2405@gmail.com for questions.

PREREQUISITE: Friday evening, October 16, there will be a three hour Study Group for those who have not had an Ortho-Bionomy class before or want a refresher on Ortho-Bionomy introduction and principles. Location is still to be determined. Contact Shaney Rockefeller for participation and information on the study group.

WHEN: October 17 & 18, 2020 (Sat. & Sun.) from 10:00 AM to 6:00 PM each day.

WHERE: The location of the facility is Sweet Pepper Ranch in Nampa, Idaho. The address is 7235 Southside Blvd., Nampa, ID. Go to www.sweetpepperranch.com for information about the facility. The facility does have the ability to provide overnight accommodations and stalls for you and your horses. Please contact Alayne or Matt with any inquiries regarding this. PLEASE PLEASE PLEASE let me know if you plan on attending class as parking is limited so I can make logistical connections.

PRICE: \$125.00 per day. Make all checks payable to Terri Lee. It is recommended that you prepay a deposit of \$50.00 to reserve your spot in the class as attendance is limited. Mail checks to Shaney Rockefeller, 2405 Graham Blvd, Vale, OR 97918.

LUNCH: We will break for lunch each day. The facility has a refrigerator in the garage where we can keep food items if needed. There are restaurants in the region or you are welcome to bring your own lunch. Coffee, tea and water are provided. Please bring your favorite snack to share and enjoy during the day.

About the Instructor:



Terri Lee has been actively practicing and teaching Ortho-Bionomy since 1982. She is an artist of this extremely effective, subtle, gentle bodywork. She holds classes worldwide training Ortho-Bionomy Practitioners and Instructors. She has developed special classes for learning to work with your own and other's animals. Terri trained with Arthur Lincoln Pauls, D.O., the founder of Ortho-Bionomy. Honed by years of study and practice, Terri embodies the principles and concepts of Ortho-Bionomy in her life and teaching thus providing a living demonstration of the work. Her personal integrity, honesty, and commitment to living these principles has provided impetus for spiritual and personal growth for those she teaches. For more information about Terri Lee see her website at www.soldancin.com and for more information about Ortho-Bionomy got to www.ortho-bionomy.org.

Information and rules for the facility:

- 1) A porta potty is available for use on site.
- 2) All horses brought onto the facility premises should be current on vaccines and deworming.
- 3) No ivermectin dewormer allowed on the premises as facility owners have dogs that are overly sensitive to this chemical.
- 4) All manure, hay, and bedding should be picked up around trailers, arena, and round pen.
- 5) Arenas, round pen, and trail obstacles are available for use.
- 6) Please keep your horses away from horses on the facility on other side of irrigation ditch.
- 7) Drinking water for people is available from any of the hydrants.
- 8) No smoking or vaping on site.
- 9) Park only on gravel area, NOT on grass or pastures.

COVID stuff:

- 1) Please respect everybody's choices to wear a mask and social distance.
- 2) The facility owners ask that everyone avoid entering the house and to practice social distancing/mask wearing in their proximity.
- 3) We will have hand sanitizer and wipes available on site. Please use as needed or wanted.
- 4) Let me know if you have other concerns.