



6th ANNUAL GENERAL MEETING & CONFERENCE ITINERARY

May 5, 6, 7 & 8, 2010

RADIUM HOT SPRINGS, BC

“OVERVIEW & INTEGRATION OF ALL PHASES” MAY 5, 2010 (9am – 5pm)

Class participants will gain an understanding of how the 4 Phases of Ortho-Bionomy (OB) flow and work together. 8 units OB training; CEUs available for members of CMTBC and NHPC

“EXPLORATION OF MOVEMENT” May 6 & 7, 2010 (9am – 5 pm)

In this class we will focus on the range of motion in the joints and gently support the body's patterns of movement or holding, working with the active participation of the client. This unique OB approach can dramatically improve mobility and diminish discomfort. 16 units OB training; CEUs available for members of CMTBC and NHPC

ANNUAL GENERAL MEETING May 8, 2010 – 3:00 pm

Voting members will receive 3 CEUs for attending the AGM (credit does not apply to OB Training Programs)

STUDY GROUP May 8, 2010 (10am-1pm): This will be an opportunity to refine your Ortho-Bionomy skills and have your questions about the work answered. 3 units OB training

OTHER OB TRAINING: Members enrolled in the Practitioner Training Programs may schedule “Sessions for Feedback” and “Sessions for Evaluation” (\$60 per session) on Thursday and Friday evening. Program Trainees are reminded to bring their paperwork for Instructors' signatures.

Register Early – Space is Limited!

CONFERENCE REGISTRATION FORMS may be printed off our Website: www.ortho-bionomy.ca

SPECIAL EVENTS

Saturday, May 8 - BBQ at 6pm followed by SOCIAL & SILENT AUCTION

Unwind, make some new friends, visit your old friends, pick up a bargain at the auction and have a great time! Donations for the Silent Auction are gratefully accepted; proceeds go towards improving the Ortho-Bionomy Association of Canada (OBAC) in order that it may serve its members better.

AGM AND CONFERENCE ITINERARY

Location: Kootenay National Park Administration Centre on Columbia Avenue – Radium Hot Springs Village

Wednesday, May 5, 2010	8:00am – 9:00am	Conference Registration
	9:00am – 5:00pm	OVERVIEW & INTEGRATION OF ALL PHASES Course
	7:00pm – 10:00pm	OB DEMONSTRATION FOR THE PUBLIC (by donation)
Thursday, May 6, 2010	9:00am – 5:00pm	EXPLORATION OF MOVEMENT Course
	7:00pm – 10:00pm	Sessions for Feedback/Evaluation or free time
Friday, May 7, 2010	9:00am – 5:00pm	EXPLORATION OF MOVEMENT Course
	7:00pm – 10:00pm	Sessions for Feedback/Evaluation or free time
Saturday, May 8, 2010	10:00am – 1:00pm	Study Group
	3:00pm – 5:00pm	ANNUAL GENERAL MEETING
	6:00pm – midnight	BBQ, SOCIAL and SILENT AUCTION
Sunday, May 9, 2010	10:00am – noon	Post-AGM Board Meeting
		All BOARD MEMBERS past and newly-elected must attend!

ACCOMMODATIONS

Mountain Springs Motel – 480 Radium Boulevard - Toll free reservation number (877) 800 - 8822

For MAPS of Radium and area see www.mountainsprings.bc.ca or www.radiumhotsprings.com

The motel opens for the season on **April 1, 2010**; please call after this date to book. OBAC has reserved all motel rooms until **April 15, 2010**; book early as the motel will be opened to the public after this date. Room rates start at \$65.00 per night plus tax – some kitchenettes are available (mention the OBAC Conference to receive our special rates). Directions to Conference venue: from motel turn left (W) onto Radium Blvd. then left (S) onto Columbia Ave. (Admin. Centre is on right).

For further information contact: Christine Karl Email: fitnessandmassage@yahoo.ca Subject: AGM