



HURLEY OSBORN NEWSLETTER

JANUARY 2008

Hi! I am **Julie Malowany** :) I have been practicing the Hurley Osborn Technique for over a year now and loving it! I've known about the technique for many years; I heard of it through my sister who had amazing results and I tried it out myself. I found it amazing the way my



sacrum heated up with such a subtle treatment and I could feel the change throughout my body; a feeling of being whole. At the time I was about to start my Massage Therapy Program so it was about 5 years before my dream of becoming a Hurley Osborn Practitioner was realized. I completed the 3 year program for B.C. Registered Massage Therapists and in my 3rd year did an internship with Mary Freebairn in Nakusp. I was intrigued by the technique and plus I had so much fun learning with Mary that I was hooked. I settled in Creston B.C. and practiced for 2 years until the perfect opportunity to take the training in Calgary happened. On the whole this technique has provided a great benefit to my clients; such as longer periods of relief from pain and discomfort and sometimes with some side benefits that were totally unexpected. At this time about 35% of all the client sessions I do are Hurley Osborn and I believe this will continue to grow as word gets out about the effective results.

Hi I'm **Lindsay Thompson**, I am 31 years young and I currently reside in Nelson, BC. I am also in the process of becoming a Hurley/Osborn Practitioner under the guidance of Mary Freebairn. I moved to Nelson in 2006 from Saskatoon, Saskatchewan. I have been a certified physio/occupational therapy assistant(rehab assistant) since 1998. I have always had a passion to work on helping people to help themselves but in March/07 I needed that help for myself. I



have been affected with a nagging low back pain since I was in a car accident in 1997 but nothing I could not tolerate by doing specific stretches and using heat/ice. Then comes March/07 and I was doing laundry when I felt something really twinge in my back, affecting the fronts of both of my thighs. Upon some serious investigation by myself and my doctor I was diagnosed with 2 prolapsed discs(L4 and L5), as well as spinal stenosis in the same area(which is a narrowing of the spinal canal). Needless to say I was shocked, in pain and needed to stop my job working in a extended care facility immediately. On one of my last days at work I was approached by a fellow worker (a nursing manager) who proceeded to tell me about the Hurley/Osborn Technique. I called Mary right away and booked my first session in July/07. My session went extremely well and by the time I left my pain was about 80% improved. I was amazed and very interested so I asked if Mary would train me. Based on my background and the fact that I had my physiology and anatomy classes Mary agreed to train me and I began in October/07. I have also had three more sessions which I feel have helped immensely and I will continue to receive sessions when necessary. I am about 3/4 through my training and hope to be up and practising in the next few months which is great because I really look forward to sharing the wonderful gift of Hurley/Osborn with the wonderful community in Nelson, BC.

Website HIT FAQs

Our website host gave us the following info on www.hurleyosborn.com

Over 2007 we had a total of 1325 Unique hits..that means first time hits...a total of 1700 hits..means that about 400 went back to look again (like me or us!).

- That's an average of just over 100 unique hits per month.
- The most hits went to the "About the Treatment" page, the next most went to "Contacts", then to the History, then Testimonials
- From Google, they found us through "Sacrum Alignment", then Hurley Osborn, then Hurley Osborn treatment, then Pelvic Girdle Misalignment, then Normal Pelvic and Sacrum Misalignment.

from **Joanna Campbell**

Just a quick note. It was good to get the greetings (Pat's) . You asked for some feedback or tidbits.

We got together here on the island for a seasonal gathering at the end of November as well as to talk about anything related to the work, including difficult cases. It was most helpful.

We're planning another get together sometime in the next couple of months to do a practical session.

We also discussed going out to Nakusp. However, we all agreed it would be important to have it well organized and a clear schedule and purpose.

Happy New Year to you all over there....

Hurley/Osborn Training

April 11, 12, 13, 14th, 2008
Selkirk College, Nakusp, BC

The Hurley/Osborn Technique is a gentle, non-invasive, pain free approach to overall structural re-alignment. Developed in the 1930's by John Hurley, DC / Structural Engineer and named Aquarian-Age Healing, the Technique was furthered by Russell Osborn, DC until his passing in 2001. The students of Dr. Osborn, in honor of both the founder and our teacher, renamed it the Hurley/Osborn Technique and formed the Hurley/Osborn Practitioners Association. The technique is further explained at www.hurleyosborn.com.

*****Anatomy and physiology are a basic requirement to this course.**

Please contact Mary Freebairn 250-265-9986 or e-mail

mary9986@telus.net for further information on this up and coming teaching being held in Nakusp, BC

❖ Day 1: Friday, April 11, 2008

- 9:00 to 10:00 - Introductions, introduction and history of the Hurley/Osborn Technique, the founders and the association.
- 10:00 to 10:20 - Break and Exercises
- 10:20 to 10:40 - Discussion on "Tools of the Trade" and the table
- 10:40 to 12:00 - Anatomy Review, Muscle of the Sacrum and Function, Dermatomes,
- 12:00 to 1:30 - Lunch
- 1:30 to 3:00 - Line of Gravity, Effects of Gravity through the pelvis, practical application using a plumb line
- 3:00 to 3:20 - Break and Exercises
- 3:20 to 4:30 - Farnie studies, disc degeneration, closed packed positions, resting positions

Evening- Therapeutic use of Essential Oils

❖ Day 2: Saturday, April 12, 2008

- 9:00 to 9:20 - Exercises and Discussion
- 9:20 to 12:00 - Hurley/Osborn Technique Process Section 1 including plumb line assessment review, marking up, assessing which point to use, treatment procedure and assessing sacrum rotation - hands on.
- 12:00 to 1:30 - Lunch
- 1:30 to 4:00 - Discussion on the Aquarian-Age Healing in its wider aspects, including growing of foods, pharmaceuticals, healing, energy, cloacal energy, what we are doing with the Hurley/Osborn Technique.
- 4:00 to 4:20 - Break and Exercises
- 4:20 to 5:30 - Continuing Practice Session.

Evening - Foot Baths and Hot Springs

✦ Day 3: Sunday, April 13, 2008

- 9:00 to 9:20 –** Exercises and Discussion
- 9:20 to 10:30 –** Review of Sacrum Assessment and practical experience
- 10:30 to 10:45 –** Break
- 10:45 to 12:00 –** Section 2 Procedure
- 12:00 to 1:30 –** Lunch
- 1:30 to end –** Practical - Including Hip-Atlas, Bio-Modulator for Cranial Alignment, Muscle Energy Techniques for the pelvis,

Evening – Hot Springs and Dinner



✦ Day 4: Monday, April 14, 2008

- 9:00 to 4:00- New Students - Review and practice sessions**

Wear comfortable clothing and bring a blanket or exercise mat.



Cost:

Continuing Practitioners \$150: You are welcome to come for the full three or four days, especially if you're interested in teaching in the future. Days 2 and 3 will cover most of the information relevant to Section 2

New Students \$1000: This is the basis of your training. In addition to this weekend it would be expected that you would follow through with practical training with either another qualified practitioner or me.

Please make cheques payable to Mary Freebairn. Official receipts will be given

This classroom time will be held to a limited number of participants, so don't delay!

Location:

Nakusp situated in the beautiful Kootenays, in BC, is found half way between Calgary and Victoria where the majority of our Practitioners are presently located. I have secured a room in the Selkirk College, close to all amenities, is a most appropriate and adequate teaching facility. The drive to Nakusp is about 7 hours from Calgary and over 10 (with the ferry) from Victoria.

If you're interested in sharing accommodation or rides, please contact me so that I might put you in touch with others also interested.

You will be responsible for all of your meals and accommodation.

Places to stay:

- Casa Mandala**..... www.casamandala.com
- Halcyon Hot Springs** www.halcyon-hotsprings.com
- 1-888-689-4699
- Huckleberry Inn**.....250-265-4544
- Kuskanax Lodge**..... 1-800-663-0100
- Selkirk Inn**.....250-265-3666
- O'Brien's on the Lake**.....250-265-4575
- Cozy Cabin**250-265-1072

How Scotland came to Be? Aye..... by Brenda Passegger

It all started quite innocently during the Annual General Meeting Teleconference . Calgary third party Nakusp out to Victoria what a connection.

When subject of one abroad showing interest in the Hurley Osborn Technique how could we train or bring up to Canadian Standard - Peter Goldby was his name!

Aye, Brenda pipes up I have two tickets for "Free" that need to be used up by end October. Anyone interested give me a holler....ah yes, sweet Mary she 'twas the interested party to go, I heard the wheels turning before the end of the conference call.

So with wee eldest daughter shipped off abroad Brenda marched into thee Sears travel center to place her request. No problem who flies with me NOW the outcry was heard from many and Sears lifted the rules on who can accompany the head or guest? - YEA!

What trips do ye have ye lass....me's want to go abroad with me friend Mary Freebairn! 'Tis Thursday now and flights are given for Sunday. Mary asks of me is this "pie in the sky" or the real thing? Oh the real thing lass - we fly on Sunday aft'noon - you leave Nakusp tomorrow. How flexible can one be - to call all appointed clients, make arrangements, find money, make it good with the partner, pack for such unexpected trip, order a car?

Ah yes we are "women on the loose" as quoted by President Henderson. We are OFF, our mission - to locate thee Mr. Goldby and bring him up to speed and train up, Jolly good.

We flew out of Calgary Sunday, Oct 7 at 2:30 pm via Thomas Cook, narrow seats but oh the food. It's a miracle we were able to get out of our seats after our travel time in the air. We arrived in Manchester 5:30 a.m. with nary a full sleep - just a few nods here and there. We signed up for a rental car without proper ID but the trusting souls we are - were off to discover this new land England & beyond well really beyond into Scotland mostly.

With Mary at the wheel on the right and Brenda navigating with somewhat of a map on the left or is that Mary on the left and Brenda on the right? We are off to anywhere, no plans, no reservations, no



time schedule - just go. How freeing is that? Oh but there is SO much to see and so little time to do it in says the country gal to the city gal! Aye but lets see it and embrace it and remember it and feel it and taste it and touch it till we are FULL!

So speeding in some what control along the highroads and playing chicken on the low roads we fly our little car and l's! Trusty steed it was gave us a faithful 1304 miles it did. Gas was high, the letter "L" (learner) showed us favor and along we bumped on the search for Mr. Goldby!

Up North thru Lake District, and westerly to Scottish coast we go walking towns of past rel-ies, sipping tea, latte's and chai. Sip we must at quite an expense. Traversing across country speeding past with reckless abandon - click, buzz and flash go the cameras! From West to East and Southerly and central now. Hostelling along the way we go, some with privacy others NOT! Some with offers of meals most with NOT! So we find that we can cook quite simply and reasonably our own and be fortified! Next time? we will be WISE to buy a towel for the trip instead of renting one everyday! We will put together a community purse of sorts instead of wasting precious time at the end of each day over silly figures called numbers on what and who owes who and what! We will always drive with both a front and back "L" sticker that STAYS put, hence forth! Bring along ear plugs so BOTH enjoy as much sleep as the other. Purchase a REAL map from the REAL country that shows every nook and cranny. Travel with someone who likes to communicate to you every driving move you must make without offend- ing each other, and who says only kids can only play those games as they shout out at their TV games! Turn Turn NO STOP! Have NO expectations but make at least ONE for then it will be a MOST excellent trip.

Here are the many highlights of two "women on the loose" in search of Mr. Goldby! Meeting endless people, freedom, eating out, hostel living at its best usually the 3rd or 2nd floor up, narrow staircases, endless hallways, bunk beds, mysterious noises and bumps in the night, haggis, black pudding, sheep of many colors, give way is yield, to let is to rent, have we fig- ured out the roundabouts yet, hikes, shops, amazing race, high places, dead ends, endless countryside, outrageous colors, pubs filled with talented players, to guinness or not to guinness, working internet, castles, castles and more castles, from coast to coast, buses, ferries, and hitchhiking, white beaches and stony beaches, mostly sunshine little rain, to film or to digital, flexibility, history and culture, finger fed while driving, fresh shrimp, hairy cows and sweaty horses, long walks, to be or not to be, caleigh, dances, tours, sunsets mostly, chapel, breaking bread, goblet of wine, Walter the working man, red telephone booths, paid toilets, cars have the right of way not pedestrians, cheese and more cheese, airports, rules and regulations, road races, this way or that way, bed and breakfast, not lost have no destination, aroma of oils, Valor, EnRGee, lamb, fish & chips, Ningxia Red, brochures, videos, aye the voices!

As for Mr. Goldby we regretfully didn't accomplish our mission in this regard, we tried he was tied up personally, to meet on such short notice from two "women on the loose"!

Fair thee well to Scotland mostly, a bonnie land with much from Sea to Sea. We did thee fair, we came, we saw, we embraced, we felt, we tasted, we touched and we're touched, we will remember for we came back FULL!

We landed back in Calgary Sunday, October 21 at 12:30 pm, two weeks later in free young Canada our home and native land. We are truly blessed beyond measure.

This completes my report on our wee travels abroad, we stand ready and willing to go...just give us the go and a "FREE" ticket! Next stop? No destination just a desire!