

## **Christy Friederich: Studies, Certifications, and Work Experiences**

Business Address: 715 G Street #3, Davis, Calif. 95616 Telephone: (530) 758-9339  
e-mail: bizmail@balancethecenter.com Web Site: <http://www.balancethecenter.com>

Certified Bodywork/ Massage Techniques since 1982, Certified Advanced Ortho-Bionomy® Practitioner,  
B.A. in education focus: Art Teaching and Art Therapy Author: "Balance The Center: Self Help  
Concepts and Neuromuscular Rebalancing Exercises For Restoring Natural Body Health and Balance©"  
Sept. 11, 1999

### **Education - School**

Grade School Education St. Louis, St. Louis County Schools Missouri  
High School Graduate 1951 University City High, University City, Missouri  
College: Harris Teacher's College, Saint Louis, Missouri Sept.1951-Jan.1955  
College: B.A. Arts and Art Teaching, Graduate June 1981 Sacramento State, Sacramento, CA

### **PROFESSIONAL EDUCATION: BODYWORK - MASSAGE CERTIFICATIONS**

1981, June 30, Certificate: Holistic Institute of Massage Therapy, Sacramento, CA Acupressure, Swedish and Esalen Massage, Polarity Therapy	Credit hours: 250
1981-1982 Sept.-Feb.1982 Nikko (Japanese) Restoration Massage, Certified, LeRoy Wilson, Teacher and Head of Massage Board, Reno, NV	Credit hours: 90
1981 Oct.- Apr. 1982 Touch For Health, 1-3 (3 is Advanced Level)	Credit hours: 24
Sept. 1989 Completed Practitioner Basic Program, Ortho-Bionomy®	Credit hours: 503
October 1992 Institute of Natural Therapeutics [Course Title: Anatomy, Herbal & Vitamin Therapy, Kinesthiology, Nature's Sunshine, Rayid & Iridology,Nature's Sunshine Director/Teacher , John Ritchason, N.D, Ph.D, Book: 'Little Herb Encyclopedia'	Credit hours: 8
Dec.1999 Completed Registered Advanced Practitioner Program, Ortho-Bionomy®	Credit hours: 502
1999 Aug. K. Kain Advanced Teacher of Ortho-Bionomy®, 'Resolution of Injury Trauma'	Credit hours: 16
1999 Jan. K. Kain, Teacher, Cranial Techniques	Credit hours: 16
2002 Nov. K. Kain Teacher, Teeny, Tiny Tissues	Credit hours: 16
2002&2003 TKM [Ki Iki Jutsu] Levels 1 through 3 Teacher, Glenn Thomas King, Founder/ Director of the King Institute	Credit hours: 48
2002 Dr. Robert Gilbert, Teacher, Vesica Institute for Holistic Studies, Sacred Geometry, BioGeometry[™] Vibrational Energy Balancing	Credit hours: 49
2003 Oct. Kathy Kain, Teacher, "Visceral Techniques,"	Credit hours: 16
2004 Jul. Rouel Cazanjan Advanced Instructor, Ortho-Bionomy®, Structural Evaluation	Credit Hours: 8
2004 Nov. Rouel Cazanjan O.B. Self Care	Credit hours: 8
2005 Aug. Visceral 2 Class Kathy Kain, Teacher	Credit hours: 16
2007 May K. Kain, Teacher, 'Touching Body Through Layers	Credit hours: 18
2009 Aug. K. Kain, Working with Body Diaphragms and Joints	Credit hours: 18
2011 May R. Valasek S. Sunstein, Phase 6 – Connecting with Surround	Credit hours: 16
<b>TOTAL CREDIT HOURS: 1,614</b>	

### Occupations List

1981 Jul.-Sept.: Assist Manager of Davis Health Store, Davis, Calif.

1981 Sept.-Apr. 1983: Self-employed, Massage, Ortho-Bionomy®, Polarity Therapy Reno, NV.

1983 May-Apr. 1985: Universal Health Services, Prescott, AZ.

1984 May-Apr. 1985: Self-employed Massage/Bodywork, Neuromuscular Therapies, Sedona & Prescott, AZ.

1985 Jan.-Apr.: Teaching, Montessori Early Education School, Prescott Arizona

1985 Aug.: Self employed, Business name: Total Health Services, Massage, Bodywork, Davis, Calif.

1998-Oct. 2011: Teaching Classes - Neuromuscular Re-Balancing Exercises, Client Education & In-Office Tutoring.

1999 Oct.: National Convention for Ortho-Bionomy® International, Featured Speaker: Presenting, Manual, "Balance The Center: Self Help Concepts and Neuromuscular Rebalancing Exercises For Restoring Natural Body Health and Balance", A Self Care Manual.

2000 January: Retitled business, "Total Health Services" in Davis, Calif. to 'Balance The Center' with the Launch of my web site: [www.balancethecenter.com](http://www.balancethecenter.com).

### **BEGAN TEACHING CLASSES 2001-2004 IN ADDITION TO PRIVATE PRACTICE**

2001-'02-'03-'04 Davis Adult School, Teaching classes: 'A Break-through Therapy for Stiffness and Pain', Davis, Calif. Text 'Classes: 'Self Care Techniques' , 'Exploring Ways You Can Get Up From The Floor.'

Nov. 2001 Class: Reflexology and Aromatherapy, Peter and Christy Friederich

Dec. 2001 An interview presentation re. 'Ortho-Bionomy & Massage' on The Davis Community T.V.

2002 Classes At the Davis Adult School, Teaching at Davis Senior Center and at Davis Food Coop.

2002 Classes re. Emergency tips from Ki-Iki Jutsu® .

2002 February, TEACHING, 3 show Series, Davis Community T.V. "A Breakthrough Therapy for Pain and Stress",

2002 Featured Writer, Davis Enterprise Newspaper Article: 'Whiplash'.

2004 Article 'Office Ergonomics and Finding Your Best Posture at The Computer' Davis Downtown Business Assoc. News.

2007 Added more pages to my Web site, [www.balancethecenter.com](http://www.balancethecenter.com)

### RELATED EDUCATION: SEMINARS & EXPERIENCES

Sept. 1966-Dec. 1967 A series of classes in Sensory Awareness, A week workshop at Esalen Institute, Charlotte Selver and Charles Brooks [www.sensoryawareness.org](http://www.sensoryawareness.org)

June 1969 June 1980 Polarity Therapy Classes Mandy Savides, Instructor Vacaville, CA

1989 to 2009 Workshops and Seminars: Limbic Integration Therapy, Teacher, Founder Jerrie-Jo Idarius

2006 Aura Advantage – Instructor Cynthia Sue Larson

During years 1982- 2006 also studied, Aura Soma : color and fragrance, [ from UK],

Edu-Kinesthetics - [a.k.a. Brain Gym], Bowen Therapy, Holographic Repatterning [HR],

Energetic Use of Gem & Stones, and Herbs for Nutrition

**Professional Associations:** Davis Downtown Business Association, Ortho-Bionomy® Society International, Associated Bodywork and Massage Professional, Sensory Awareness Foundation

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