Ortho-Bionomy® DIY Self-Care

Relax, Renew, Revitalize
with Sara Sunstein

*"Your seminar was fantastic!
It is carrying over into my
everyday life. Thank you so much."*
~email from a student two weeks after self-care class

In class: R. After   L. Before
Solid grounding through R. foot now!

Sunday, Feb 18, 2018
9:30 a.m.-5:00 p.m.
Berkeley, CA

Prerequisite: Ability to get down to floor and back up again. Some of the class involves lying on the floor.

$125 if postmarked by 1/18/18
$150 after that
Mail payment to:
      Sara Sunstein
      PO Box 6164
      Albany, CA 94706

Info: 510.526.5414
      www.sarasunstein.com

Sara Sunstein, M.A., Advanced Instructor of Ortho-Bionomy®, is praised for her warmth, expertise, and clarity. She practices in Berkeley, specializing in the resolution of pain and trauma, the interplay of emotions and body, and befriending the body.

Discomfort is the body's way of saying, "There's something wrong here. Please, pay attention." Paying attention more closely or differently from what you're used to, you'll discover ways to increase comfort and awaken self-healing reflexes—so your body relaxes and releases naturally from the inside out. You'll enjoy positions, movements, and practices that increase your ease, function, and resilience.

We'll also explore applying similar healing concepts to our self-talk, learning ways to increase inner peace where and when we can.

Please join us for a daylong healing retreat!

Who benefits from attending this class?
*anyone who wants to feel better
*anyone who wants to learn self-relaxation practices
*anyone who wants to know her/his/their body better

We will cover:
* self-relaxation practices for neck, back, torso, hips,
      shoulders, arms, legs, feet, hands
* gravity, support, and posture
* concepts of Ortho-Bionomy® that underlie the practices
* additional tidbits!

A gentle, profound approach to healing that everyone can learn!

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