

Ortho-Bionomy®

with Advanced Instructor, Sara Sunstein, MA



Isometrics—

Beyond what you know from the gym

“The isometric technique you taught made a dramatic change in what I do with my clients.

The results have been amazing!”

A.F., licensed massage therapist, WA

**Saturday & Sunday
March 24-25, 2018
9:30 a.m. - 5:30 p.m.
Oakland, CA**

No pre-requisites--teaching geared toward all levels.

\$320 if registered by 2/22
\$295 SOBI members repeating,
who register by 2/22
\$370 for all after 2/22

To Register: Mail \$175 deposit to
Sara, P O Box 6164, Albany, CA 94706
Please include your phone and email info.

Info: 510.526.5414
info@sarasunstein.com

Sara Sunstein, Registered Advanced Instructor of Ortho-Bionomy®, is praised for her warmth, expertise, and clarity, and loves seeing students light up with understanding. She maintains a private practice in Berkeley, CA, specializing in bodymind/emotion awareness and resolution of pain and trauma.

Isometrics are especially helpful for freeing “stuckness” (of body and/or mind) and increasing and/or restoring ease, tone, range of motion, and possibilities. You can do them yourself or with another person. Promoting structural/muscular balance and neuromuscular re-education, isometrics are beneficial by themselves or with other modalities. In a bodywork session, they actively engage the client and provide a change of pace for both the practitioner and client.

Who can benefit from this class? People wanting to release long-held patterns; yoga practitioners and gym enthusiasts; massage therapists, bodyworkers; anyone who's curious and interested.

In this 16-hour seminar you will learn:

- why, when, and how of using isometrics
- theory in practice--addressing different parts of the body using isometrics
- isometrics for resolving trauma patterns
- isometrics for self-care
- other interesting tidbits

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2 weeks before class receive back deposit or 50% of full fee, whichever is less, minus \$35 administrative fee. No refunds for cancellations less than 2 weeks before class, except in cases of emergencies.

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