

Ortho-Bionomy®

Chapman's Reflexes for Organs & Glands

a gentle hands-on approach

Sara Sunstein, Advanced Instructor Ortho-Bionomy®

April 28-29, 2018

Saturday-Sunday

9:00 a.m.- 5:30 p.m.

Oakland, CA

Pre-Requisites: Experience with subtle perception and touch

This course submitted to CA Acupuncture Board for approval for 14 CEU.. Provider #1445

\$320 if registered by March 21

\$295 SOBI members repeating
Chapman's, reg'd by March 21

\$370 for all after March 21

Registration: Mail \$175 minimum to Sara Sunstein, PO Box 6164, Albany, CA 94706. Please include your phone and email contacts.

Info: 510.526.5414

info@sarasunstein.com

<http://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.

Identified by osteopath Frank Chapman in the 1920s, the reflex points stimulate nerve and lymph flow to individual organs and glands. They also help free up "stuck" structural components. Working with the reflex points, we improve the body's self-regulating abilities, overall functioning, lymph flow, and structural balance. Grouping specific points together, we can address different systems of the body.

Being lymphatic reflexes, the points are just under the skin and do not require deep pressure to be awakened. **The hands-on contact is gentle for the receiver and requires attention, not force, from the practitioner.**

Who can benefit from attending this training:

- * Body therapists and health-oriented professionals
- * Lay persons who want to learn more about self-healing or helping others

In this seminar you will learn and practice:

- * Location, identification and palpation of Chapman's Reflex points
- * Gentle methods to stimulate and release the points and corresponding organs and glands
- * Groups of reflexes that address:
 - endocrine and reproductive systems
 - gastro-intestinal function
 - trauma, immune system, allergies, congestion
- * Using reflexes for muscles and structure
- * Common applications of reflex points during a hands-on session
- * Basic Ortho-Bionomy® concepts and release techniques for the pelvis

Required text available spiral-bound in class, \$25: *An Endocrine Interpretation of Chapman's Reflexes*, by Charles Owens, DO

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2 weeks before class get deposit or 50% of full fee returned, 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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