

## Ortho-Bionomy® Phase 4

with Registered Advanced Instructor, Sara Sunstein, MA



# Healing With Ease: Joints, Muscles, Bones

*"I've studied several modalities of healing, but Ortho-Bionomy feels so much more natural than anything I've done before."*

*L. A. student after class*

**June 16-18, 2018**

**Saturday-Monday**

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

**Oakland, Ca**

### **No pre-requisites**

Teaching is geared to all levels of experience, from beginner to professional.

This course approved by CA Acupuncture Board for 21 CEU, Course Category 1, Provider #1445

**\$485 by May 18**

\$535 after May 18

\$435--SOBI members repeating who register by May 18

**Register:** Mail at least \$200 to Sara, P O Box 6164, Albany, CA 94706. Balance due in class.

**Info: 510.526.5414**

**info@sarasunstein.com**

**Sara Sunstein, M.A., Registered Advanced Instructor of Ortho-Bionomy®**, delights in seeing students "light up" as they understand new concepts. She is praised for her warmth, expertise, and clarity. In her Berkeley practice, Sara specializes in resolution of pain and trauma and bodymind awareness.

**The body knows how to heal--but occasionally forgets its way.** Ortho-Bionomy® helps it to remember, so that tensions, pain, stiffness, and soreness release naturally, gently, and deeply from within, as if by magic. Function and flexibility increase. Peace and well-being also surface during the process.

**Ortho-Bionomy® provides relief for a wide range of concerns--**from general stress, tensions, headaches and sprains, to injuries, chronic conditions and trauma. Being gentle, it's suitable for elders and children, too.

**The person doing Ortho-Bionomy® enjoys the experience too, feeling freer and enlivened.**

**Who should take this class?** Hands-on practitioners who want to work smarter and easier; those who want to understand the body better; parents, friends who want to help others; those seeking professional body training.

### **In this seminar you will learn:**

- hands-on techniques to assess, relax, release, and re-educate the body, joint by joint (spine, pelvis, ribs, shoulders, limbs)
- history, philosophy and concepts underlying the techniques
- ways to incorporate Ortho-Bionomy® into other modalities
- a compassionate, affirming way to connect with another (and yourself)

**By the end of the seminar, you will be able to put your new skills into practical use.**

**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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