

Ortho-Bionomy®

with Registered Advanced Instructor, Sara Sunstein, MA



Women's Care

"I got my period this morning and felt none of the regular cramping. Thank you so much for all your help with that."

client after one women's care session

October 13-14, 2018

Saturday-Sunday

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

Ottawa, IL

(45 mins from Chicago O'hare Airport)

Pre-requisites:

Phase 4 pelvis and spine

\$320 by Sept 10

\$370 after Sept 10

\$310--SOBI members who register
by Sept 10

Registration and Info:

Renee Schneider

(309) 824-7377 (text ok)

renee.santo@gmail.com

www.sarasunstein.com

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

The health, function, and balance of female parts and pelvic structure are intimately linked. Ligaments securely bind the uterus and ovaries to the bony structure of the pelvis. When the pelvis becomes out of balance, it adversely affects the organs. Likewise, organs can pull in such a way to cause structural discomfort, such as low back pain.

Ortho-Bionomy® has helped women decrease PMS and menopause symptoms, decrease strain and increase ease through pregnancy and post-partum, increase comfort and libido after surgery, clear the womb after miscarriage, heal sexual trauma at deeper levels, release migraines, chronic backache, and pelvic misalignments.

In this 16-hour class, you'll learn:

- physical interconnections in the pelvis that are unique to women's bodies
- ways to work with bones, ligaments, organs, and reflex points to restore function, balance, and ease to women's pelvic structure, organs, and glands
- side-lying techniques for pregnancy
- Ortho-Bionomy® support for post-mastectomy pain, range of motion, scarring, and lymphedema
- tips on breast health

Bring your questions and client concerns!

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 fewer than 2 weeks before class, except in cases of emergencies.

Ortho-Bionomy® is a registered trademark of the Society of Ortho-Bionomy, Int'l, and is used with permission.