

Ortho-Bionomy® Phase 5, "energy work"

Subtle Perceptions, Connections, and Healing

Sara Sunstein, Advanced Instructor



"In the path of non-effort, there is no struggle. You open yourself to the reality of the present. To rest in the sense of naturalness is all that is asked. Out of this, all understanding and compassion follow."

Jack Kornfield, Buddhist teacher, author

July 14-15, 2018

Saturday-Sunday

9:15 a.m. - 5:15 p.m.

Berkeley, CA

Pre-Requisite: Desire to engage with subtle energies to promote healing.

This course approved by CA Acupuncture Board for 14 CEU, Course Category 1, Provider #1445

\$320-Register by June 12

\$50 late fee after June 12

\$25 discount for SOBI members repeating who register by June 12

To Register: Check for \$175 (or more), payable to Sara Sunstein. Mail to:

Sara PO Box 6164, Albany, CA 94706

Info: Sara 510.526.5414

info@sarasunstein.com

www.sarasunstein.com

Sara Sunstein, Advanced Instructor, is praised for her warmth, expertise, and clarity. She maintains a practice in Berkeley, specializing in resolution of pain and trauma, as well as bodymind awareness.

An invitation: To non-effort, to rest in the sense of *somatic naturalness*, out of which all healing follows. Phase 5 invites us to let go of agendas and expectations, become fully centered and present, fine-tune our sensitivities, experience a shift from "intuition" to "conscious awareness," so we indeed sense the body's fluidities, healing reflexes, and webs of interconnections.

Enjoy the fine art of somatic conversation: listening, engaging, and supporting the body's subtle, inherent movements toward coherence, ease, function, and integration.

Healing follows: decreased pain and tension, natural flows between the parts and the whole, renewed self-connection, increased awareness, and inner congruity for the person on the table, and you too.

In this seminar, you will practice this gentle hands-on approach and learn to:

- * Sense subtle movements of fascia, fluids, and more (aka "energy") in another person
- * Connect with and allow another's subtle movements, while remaining in your own experience
- * Identify, stimulate, and work with five healing reflexes defined by Arthur L. Pauls, DO, which activate self-correction, self-awareness, balance, and integration
- * Address specific parts and layers of the body in

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2 weeks before class are refunded 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.

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