



Resolving Impacts & Trauma

with Advanced Instructor, Sara Sunstein

*"Be strong then, and enter into your own body.
There you have a solid place for your feet."
Kabir, 15th C. Indian Sufi*

November 10-11, 2018

Saturday-Sunday

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

Berkeley, CA

Pre-requisites: Phase 4 and 5.

Helpful—Phase 6 and Chapman's

\$325 postmarked by October 10

\$375 after October 10

\$300 SOBI members repeating who
register by October 10

Registration: Send \$160 (or more),
to Sara Sunstein at
PO Box 6164, Albany, CA 94706

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Sara Sunstein, Registered Advanced Instructor of Ortho-Bionomy®, has been helping people heal traumas since the late 1980s when she trained with Peter Levine. Subsequent studies with Kathy Kain, Richard Valasek, and Baeleay Callister have extended Sara's perceptions and understanding of Ortho-Bionomy® for resolving trauma and impact injuries. Sara maintains a private practice in Berkeley, CA, specializing in bodymind awareness and resolution of pain and trauma.

Our bodies know how to weather trauma; we developed biologically to be prepared for such. But sometimes we don't quite bounce back to "regular" after a trauma or series of traumas. All or part of our body stays in the past, the time of the event. That's when trauma becomes a problem, affecting emotions, relationships, body processes, and pains.

The majority of PTSD symptoms can be traced to physiology and addressed by renegotiating patterns at a physical level. Ortho-Bionomy's® ability to work with all the body systems and support healthy self-regulation is well-suited for healing trauma—when you know what to sense and look for, which is what you'll be learning this weekend.

When injuries or pain are involved with trauma, sometimes resolving them leads to resolution of the rest of the trauma. Impact injuries, due to velocity, create a different body story than do strains, misuse, and other painful conditions. You'll learn how to address the line of force itself, so the injury can truly heal. (Hint, it's kind of like removing a splinter.)

This 16 hour seminar includes lecture/discussion, demonstrations, and lots of hands-on practice.

We will cover:

- physiology and signs of trauma response
- components of healing trauma
- appropriately addressing relevant structural, visceral, and neural systems using O-B
- impact injuries' unique healing technique
- client's internal and external resources that facilitate resolution of trauma

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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