

Ortho-Bionomy®

Sara Sunstein, MA, Advanced Instructor

# Posture and Integration Techniques

*"I wanted to let you know how much I enjoyed your Post-Techniques workshop. I especially liked how joyful and easy you made the learning process." J.S. a week after class*

**Berkeley, CA**

**December 8-9, 2018**

**Saturday-Sunday**

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

**Pre-requisites:** Ortho-Bionomy®  
Phase 4 for pelvis, spine

**\$320 postmarked by 11/7/18**

\$295 SOBI members repeating  
who register by 11/7/18

\$370 for all after 11/7/18

To register, send \$150 minimum  
to Sara Sunstein, PO Box 6164,  
Albany, CA 94706

**Info: 510.526.5414**

[www.sarasunstein.com](http://www.sarasunstein.com)



**Sara Sunstein, M.A.,**  
**Registered Advanced**  
**Instructor of Ortho-**  
**Bionomy®** has enjoyed

practicing and teaching bodywork for over 30 years. Praised by clients and students for her warmth, expertise, and clarity, Sara maintains a somatic practice in Berkeley, helping people feel better, learn about, and befriend their bodies.

**Posture--it always seems to be associated with "should's." How about an affirming approach instead?** Using observation and sensory experience, we'll discover how postures enhance—or depress—our function, wholeness, and aliveness. And instead of imposing a new set of tensions upon the current ones, we use Ortho-Bionomy® to release inefficient holding patterns and encourage our innate balanced structure to become habit.

**Integration techniques (also called Post-techniques) are gentle, rhythmic movements to integrate and deepen the body's releases and flexibility that occurred during a session.** Most of these techniques focus on vertebral individuation. However, other body parts have their share too. Integration techniques are also used for assessment or freeing a general area before doing more specific work.

**During this 16-hour weekend, you will learn:**

- \*Reframing myths about posture, posturing
- \*Observation, assessment, and hands-on skills to address sitting, standing, scoliosis, sunken chest, pigeon-toed, dowager's hump, knock knees, and other postural concerns
- \*Integration techniques for spine, pelvis, limbs, and ribs

**Cancellation/refund policy:** Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2-4 weeks before class are refunded deposit or 50% of full fee, whichever is less, minus \$35 administrative fee. No refunds for cancellations within 2 weeks of class, except in cases of emergencies.

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