

Ortho-Bionomy® Phase 4

with Registered Advanced Instructor, Sara Sunstein, MA



Ortho-Bionomy® Basics: Joints, Bones, Muscles

"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

February 22-24, 2019

Friday-Sunday

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 fulfills 24 hours of Phase 4, SOBI Associate and Practitioner training programs.

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

\$465 by Feb. 1

\$515 after Feb 1

\$415--SOBI members repeating who register by Feb 1

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.

Bony structure and muscles don't require force to come into balance--Ortho-Bionomy® provides an alternative that's gentle for the client and easy on the practitioner's body. When we stimulate the body's innate healing reflexes, it returns to balance and remembers ease. Without applying force, we can facilitate relaxation and releases to happen gently from within, feeling "like magic" to the one on the table. "How'd you do that?!" is their frequent comment. Function and flexibility increase. Peace and well-being surface, as well.

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

Who should take this class?

- Hands-on practitioners who want to work smarter and easier
- Parents, friends who want to help others
- Those who want to understand the body better
- 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
- A compassionate, affirming way to connect with another (and yourself)
- Ways to blend Ortho-Bionomy® with other modalities

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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