

## Ortho-Bionomy® Phase 5, "energy work"

### *Sensing Movement and Fluidity in Stillness*

**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*

**March 23-24, 2019**

Saturday-Sunday

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

**Berkeley, CA**

**Pre-Requisite:** Desire to engage with another's subtle movement to promote healing.

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

This course fulfills 16 units Phase 5 in SOBI Associate and Practitioner trainings.

**\$320-Register by Feb. 20**

\$50 late fee after Feb. 20

\$25 discount for SOBI members repeating who register by Feb 20

**To Register:** Check for \$175 (or more), payable to Sara Sunstein. Mail to her: PO Box 6164, Albany, CA 94706

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**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 mind-body connection and congruence.

**An invitation:** To non-effort, to resting in the sense of *somatic* naturalness, out of which all healing follows. This aspect of Ortho-Bionomy® 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 witness 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

**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.

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