

Ortho-Bionomy® Workshop

with Registered Advanced Instructor Sara Sunstein, MA

Sit Up Straight!

A no-scolding exploration of posture

Sunday, April 7, 2019

9:30 am-12:30 pm

How many hours do we spend sitting each day? And how many of those hours are we genuinely comfortable? When we honor the body's innate structural balance, sitting erect and comfortably is **easy**. Little effort, no scolding, and great results. When we sit upright and balanced, tensions noticeably decrease throughout the back, neck, and rest of body; we feel more alert, breathing becomes more spacious, and the heart, guts and brain function better.

Join us to learn a simple process to establish the dynamic **balance** your body craves while sitting. Then explore how to take this balance into standing (and walking if we have time). You'll also learn a bit of anatomy along the way. Take advantage of this opportunity to improve your health and well-being for the rest of your life!

This workshop fulfills 3 hours of Study Group requirement in SOBI training programs.

Cost: \$54 for registration/postmark by March 1. \$75 after March 1.

Registration: Send fee to Sara at P.O. Box 6164, Albany, CA 94706

Information: 510.526.5414, www.sarasunstein.com

Sara Sunstein, MA, Ortho-Bionomy® Advanced Instructor, practices in Berkeley, and has been helping people feel better since 1980. So many clients have found relief and "aha's" when they learned how to sit up more easily that Sara now teaches it to the general public.

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$15 administrative fee. Cancellations 2 weeks before class receive back 50% of full fee, minus \$15 administrative fee. No refunds for cancellations less than 2 weeks before class, except in cases of emergencies.

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