

Ortho-Bionomy® Workshop

with Registered Advanced Instructor Sara Sunstein, MA

# Visualize Health!

Harness your imagination for healing

Sunday, April 7, 2019

1:30 pm-4:30 pm

As a species, we've experientially known for millennia that **imagination influences our lives**: images, meditation, and thoughts affect the brain, neurology, and the body's tissues. Western science has finally caught up with us and verified such.

Join us to discover how to actively engage this phenomenon to **positively engage the body's neuroplasticity** to relieve discomforts or symptoms, and enhance your wellness. You'll learn firsthand about the "relaxation response," explore imagery beneficial for your specific concerns, meet your healing guides, and who knows what else! At the very least you'll enjoy relaxing during the class. At the best, you'll begin developing skills you can use anywhere, anytime to support your health, joy, and well-being.

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

*Sara Sunstein, MA, Ortho-Bionomy® Advanced Instructor, is also an artist who learned about visualization and healing before she learned bodywork. Visualization is an integral part of her daily self-care as well as a beneficial adjunct to her hands-on work. Ever the one to support self-care, Sara looks forward to sharing these skills/techniques with others.*

**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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