

## Ortho-Bionomy® Phase 6, "Aura" Work

Registered Advanced Instructor, Sara Sunstein, MA



# A Field Guide

*"We must learn to fly within ourselves and launch ourselves into spaces where we see no landing place." ~Arthur L. Pauls*

**November 9-10, 2019**

**Saturday-Sunday**

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

**Berkeley, CA**

**Open to all who are interested.**

**No pre-requisites.**

**\$320 postmarked by October 8**

\$295, SOBI members repeating  
who register by 10/8/19

\$370 for all postmarked after 10/8/19

**Info: Beth Youngdoff 707.296.1070**

[floatinglotusbeth@gmail.com](mailto:floatinglotusbeth@gmail.com)

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

**Register:** Send \$160, payable to  
Sara Sunstein, to Beth Youngdoff,  
PO Box 844, Isleton, CA 95641  
Balance is due in class.

**Sara Sunstein,** is praised for her warmth, expertise, and clarity. She enjoys seeing people "light up" when they learn through their bodies' experiences. Practicing in Berkeley, CA, Sara specializes in emotions in the body and resolution of pain and trauma.

**Ortho-Bionomy® Phase 6 engages our "field awareness,"** which we use all the time, but usually unconsciously. This is an opportunity to become actively aware of your body's field and inner knowing, especially in relationship with another and while doing hands-on work. What some call "energy" or "aura" work will become palpable, do-able, and beneficial. Your bodywork practice will become more effective and deepen, as will your relationships with yourself, clients, and others.

**This class is beneficial for:** beginner and experienced healing arts practitioners, parents, teachers, and interested others.

*"A Field Guide" fulfills 16 units of Phase 6 for SOBI trainings.*

**This 16-hour seminar will include:**

- Understanding/embodying Phase 6 as integral to Ortho-Bionomy®
- Sensing yourself internally and externally, alone and in relationship, and tracking shifts
- Practicing non-doing and "holding the space"
- Deepening your understanding of Ortho-Bionomy® healing reflexes: rebound, follow-on, ongoing action and reciprocal action
- Being with another in this way to facilitate release, and increase comfort and balance
- Addressing specific body parts, trauma, and emotional holding using Phase 6

**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.

Ortho-Bionomy® is a registered trademark of the Society of Ortho-Bionomy, Int'l, and is used with permission.