

Ortho-Bionomy®

Sara Sunstein, MA, Advanced Instructor

Posture and Integration Techniques

"I wanted to let you know how much I enjoyed your Post-Techniques workshop. I especially liked how joyful and easy you made the learning process." J.S. a week after class

Berkeley, CA

October 12-13, 2019

Saturday-Sunday

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

Pre-requisites: Ortho-Bionomy®
Phase 4 for pelvis, spine

\$320 postmarked by Sept. 10

\$295 SOBI members repeating
who register by 9/10/19

\$370 for all after 9/10/19

Info: Beth Youngdoff 707.296.1070

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



**Sara Sunstein, M.A.,
Registered Advanced
Instructor of Ortho-
Bionomy®** has enjoyed

practicing and teaching bodywork for over 30 years. Praised by clients and students for her warmth, expertise, and clarity, Sara maintains a somatic practice in Berkeley, helping people feel better, learn about, and befriend their bodies.

Posture--it always seems to be associated with "should's." How about an affirming approach instead? Using observation and sensory experience, we'll discover how postures enhance—or depress—our function, wholeness, and aliveness. And instead of imposing a new set of tensions upon the current ones, we use Ortho-Bionomy® to release inefficient holding patterns and encourage our innately balanced structure to become habit.

Integration techniques (also called Post-techniques) are gentle, rhythmic movements to integrate and deepen the body's releases that occurred during a session. Most of these techniques focus on vertebral individuation. However, other body parts have their share too. Integration techniques increase flexibility, and are also used for assessment or freeing a general area before doing more specific work.

During this 16-hour weekend, you will learn:

- *Reframing myths about posture, posturing
- *Observation, assessment, and hands-on skills to address sitting, standing, scoliosis, sunken chest, pigeon-toed, dowager's hump, knock knees, and other postural concerns
- *Integration techniques for spine, pelvis, limbs, and ribs
- *Language skills to support clients, rather than shame or criticize, regarding posture.

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2-4 weeks before class are refunded deposit or 50% of full fee, whichever is less, minus \$35 administrative fee. No refunds for cancellations within 2 weeks of class, except in cases of emergencies.

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