

Ortho-Bionomy®

with Advanced Instructor, Sara Sunstein, MA



# *Isometrics—*

## *Activating self-correction and transformation*

*"The Isometric technique you taught made a dramatic change in what I do with my clients. The results have been amazing!"*

*A.F., licensed massage therapist, WA*

**Saturday & Sunday  
February 22-23, 2020  
9:30 a.m. - 5:30 p.m.  
Berkeley, CA**

No pre-requisites--teaching geared toward all levels.

**\$320** if registered by 1/30  
**\$295** SOBI members repeating,  
who register by 1/30  
**\$370** for all after 1/30

**To Register:** Email or call Sara by 1/30. Then mail \$175 deposit to her ASAP at P O Box 6164, Albany, CA 94706. Balance due in class.

**Info: 510.526.5414**  
info@sarasunstein.com

**Sara Sunstein, Registered Advanced Instructor of Ortho-Bionomy®**, loves seeing students light up as they gain understanding. Praised for her warmth, clarity, and expertise, Sara also maintains a private practice in Berkeley, CA, specializing in body-mind-emotion integration and resolution of pain and trauma.

**Isometrics are especially helpful for freeing "stuckness" (of body and/or mind), restoring/ increasing ease, tone, range of motion, and expanding possibilities.** Because they promote structural/muscular balance and neuromuscular re-education, isometrics are beneficial by themselves or with other modalities. And during a bodywork session, isometrics, which are actively engaging the client, provide a pleasant change of pace for both practitioner and client.

**Who can benefit from this class?** People who want to release long-held patterns; yoga and Pilates practitioners; gym enthusiasts; massage therapists, bodyworkers; anyone who's curious and interested.

**In this 16-hour seminar you will learn:**

- why, when, and how to use isometrics
- theory in practice--addressing different parts of the body using isometrics
- isometrics for resolving trauma patterns
- isometrics for self-care
- other interesting tidbits

*This class fulfills SOBI training requirements for 16 units of Isometrics.*

**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.

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