

Ortho-Bionomy® gentle, integrative, hands-on
with **Sara Sunstein, MA, Advanced Instructor**



Introduction to Chapman's Reflexes: Self-Care for Organs & Glands

April 18, 2020
Saturday, 10-1 PDT

No Pre-Requisites.

Helpful: Experience with subtle perception and touch

This class fulfills SOBI training requirement 3 hours study group.

\$75 paid in advance

Registration: Contact Sara, then mail \$75 check or money order to confirm your space to:

Sara Sunstein
PO Box 6164,
Albany, CA 94706

Info: 510.526.5414

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Sara Sunstein, M.A., Advanced Instructor of Ortho-Bionomy, is praised for her warmth, expertise, and clarity. She practices in Berkeley, specializing in the resolution of pain and trauma, the interplay of emotions and body, and befriending the body.

We'll be using Chapman's Reflexes, identified by osteopath Frank Chapman in the 1920s, to stimulate nerve and lymph flow to individual organs and glands. Working with the reflex points, we improve the body's self-regulating abilities, overall functioning, and lymph flow. Grouping specific points together, we can address different systems of the body.

Being lymphatic reflexes, the points are just under the skin and do not require deep pressure to be awakened. **The hands-on contact is gentle for the receiver and requires attention, not force, from the practitioner.**

In this 3-hour seminar, you will learn and practice on yourself:

- * Location, identification and palpation of Chapman's Reflex points
- * Gentle methods to stimulate and release the points and corresponding organs and glands
- * Groups of reflexes to address:
 - Immune system
 - Lungs, bronchials and throat
 - Gastro-intestinal function
 - And more, time allowing
- * Common applications of reflex points during a hands-on session, for when we can be touching clients again.

Required text: *An Endocrine Interpretation of Chapman's Reflexes*, by Charles Owens, DO.
Purchase details given with registration.

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2 weeks before class get deposit or 50% of full fee returned, 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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