

Ortho-Bionomy® Phase 4

with Registered Advanced Instructor, Sara Sunstein, MA



Ortho-Bionomy® Basics: Joints, Bones, Muscles

"I've studied several modalities of healing, but Ortho-Bionomy feels so much more natural than anything I've done before."

L. A. student after class

May 9-11, 2020

Saturday-Monday

9:30 am - 5:30 pm

Oakland, CA

No pre-requisites

Sara's teaching is geared to all levels of experience, from beginner to professional.

This course fulfills 24 hours of Phase 4, SOBI Associate and Practitioner training programs.

CA Acupuncture Board approval pending for 21 CEU, Course Category 1, Provider #1445

\$465 Registrations by April 11

\$415--SOBI members repeating

who register by April 11

\$515 for all after April 11

Payment plans available. Please ask.

Info: 510.526.5414

info@sarasunstein.com

www.sarasunstein.com

Registration: Mail \$230 deposit to Sara, PO Box 6164, Albany, CA 94706

Sara Sunstein, M.A., Registered Advanced Instructor of Ortho-Bionomy®, has enjoyed teaching for over 35 years and delights in seeing students "light up" as they understand new concepts. She is praised for her warmth, expertise, and clarity.

Muscles don't require force to relax; nor do joints or structure need force to come into balance. Ortho-Bionomy® provides a gentle way that's also highly effective.

With subtle touch and movement, we stimulate the body's innate healing reflexes, so it remembers anew its balance and ease.

Without applying force, we invite relaxation and releases to happen naturally from within, feeling like magic" to the one on the table. "How'd you do that?!" is their frequent comment. Function and flexibility increase. Peace and well-being surface as well. *Gentle for the client and easy on the practitioner's body.*

Ortho-Bionomy® provides relief for a range of concerns--from stress, tensions, headaches, and sprains, to injuries, chronic conditions and trauma. Being gentle, it's suitable for elders and children, as well.

Who should take this class?

- Hands-on practitioners who want to work smarter and easier
- Those who want to help family members, friends, and others
- Those who want to understand the body better
- Those seeking professional hands-on bodywork training

In this 3-day seminar you will learn:

- A compassionate, affirming way to connect with another (and yourself)
- Hands-on techniques to assess, relax, release, and re-educate the body, joint by joint (spine, pelvis, ribs, shoulders, limbs)
- History, philosophy, and concepts underlying the techniques
- Ways to blend Ortho-Bionomy® with other modalities

By the end of the seminar, you will be able to put your new skills into practical use.

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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