

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



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

*"A great workshop this weekend! It's given me  
lots to think about and a deeper awareness  
of my own body." HTF*

**September 17, 2020**

ONLINE EVERYWHERE!

**Thurs, 4:30-7:30 PDT**

**6:30 Central, 7:30 Eastern**

**No Pre-Requisites**

Helpful: Experience with subtle  
perception and touch

This class fulfills SOBI training requirement  
3 hours study group or 3 hours Chapman's.

**\$45-75 paid in advance**

**Registration:** Contact Sara, then  
mail your check or money order  
to confirm your space to:

Sara Sunstein  
PO Box 6164,  
Albany, CA 94706

**Info:** 510.526.5414

[info@sarasunstein.com](mailto:info@sarasunstein.com)  
[www.sarasunstein.com](http://www.sarasunstein.com)

**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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