

Ortho-Bionomy®

with Registered Advanced Instructor, Sara Sunstein, MA



Women's Care*

"Awesome class! I'm very glad you offered this. I'm going to really be able to use this with so many of my clients."

October 9-10, 2021

Saturday-Sunday

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

Berkeley, CA

Pre-requisites

Phase 4 pelvis and spine.

Helpful: Phase 5 and Chapman's

\$290 by September 8

\$345 after September 8

\$265--SOBI members repeating who register by September 8

Registration: Send \$150 (or more)

to Sara Sunstein at

PO Box 6533, Albany, CA 94706

Info:

510.526.5414

info@sarasunstein.com

Sara Sunstein, M.A., Registered

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.

The health, function, and balance of female parts and pelvic structure are intimately linked. Ligaments securely bind the uterus and ovaries to the bony structure of the pelvis. When the pelvis becomes out of balance, it adversely affects the organs. Likewise, organs can pull in such a way to cause structural discomfort, such as low back pain.

Ortho-Bionomy® has helped women decrease PMS and menopause symptoms, increase ease and libido after surgery, clear the womb after miscarriage, heal sexual trauma at deeper levels, release chronic backache and pelvic misalignments.

In this 16-hour class, you'll learn:

- physical interconnections in the pelvis that are unique to women's bodies
- ways to restore function, balance, and ease to structure, organs, and glands for various women's concerns, including side-lying techniques for pregnant women
- Ortho-Bionomy® support for post-mastectomy pain, range of motion, scarring, and lymphedema
- tips on breast health
- and more...

Bring your questions and client concerns!

* "Women" refers to those born biologically female, regardless of current sexual identity.

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 fewer than 2 weeks before class, except in cases of emergencies.

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