

Ortho-Bionomy®



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Cranial

with Sara Sunstein
Advanced Instructor

November 13-14, 2021

Saturday-Sunday

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

Berkeley, CA

Pre-requisites: Phase 5, other cranial,
or Sara's permission

\$290 by October 12 (pandemic rate)

\$265 SOBI members repeating
who register by October 12

\$350 for all after October 12

Info: 510.526.5414

info@sarasunstein.com

www.sarasunstein.com

Registration: Deposit is \$150
payable to Sara Sunstein. Mail to
Sara at PO Box 6533, Albany, CA 94706.
Balance due in class.

Sara Sunstein, Advanced Instructor,
is grateful to have studied cranial with
Arthur L. Pauls, founder of Ortho-Bionomy®,
and to be able to pass on some of his legacy.
Sara is praised for her warmth, clarity, and
Expertise. She maintains a bodywork practice
in Berkeley helping people feel better, learn
about, and befriend their bodies and themselves.

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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Ortho-Bionomy® Cranial work? Yes--Dr. Arthur L. Pauls, founder of Ortho-Bionomy® approached the cranium based on spirals he sensed within the three planes of movement. As with all Ortho-Bionomy®, it's about moving-with, a combo of hands-off and -on, which places it on the "energetic" end of the spectrum of how to address the skull. Instructors have since expanded the repertoire of addressing cranium and its associated systems, such as lymph, cerebrospinal fluid, brain, etc.

The 26 bones of the skull fit together brilliantly with sutures, (similar to tectonic plates) allowing very slight shifts and movements, perfectly suited to respond to subtle attention--and also making it quite clear that we don't want to manipulate them, nor work with just 1 or 2 bones. We need to be aware of the entire arrangement as we work.

This 16-hour seminar includes:

- lymph clearing prior to cranial work--sinus, neck, upper ribs
- hand positions and techniques developed by Dr. Pauls that support balancing all the cranial bones in all 3 planes.
- cranial techniques Sara and other instructors have developed and worked with, including impacts and concussion
- cranial, facial nerves associated with discomfort and twitching
- jaw, eye, and ear balancing
- and more....