

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*

April 21, 2022

ONLINE EVERYWHERE!

Thurs, 3-5:30 PDT

4 Mountain, 5 Central, 6 Eastern

No Pre-Requisites

Helpful: Experience with subtle perception and touch

This class fulfills SOBI training requirement 3 hours study group..

\$45 SOBI members

\$55 non-members

Info:

SOBI--317.426.1261

office@ortho-bionomy.org

www.sarasunstein.com/classes-with-sara-sunstein/

Registration: Begins March 18.

Contact SOBI.

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, and requires attention, not force, to be effective.**

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
 - And more, time allowing
- * Common applications of reflex points during a hands-on session, for when we're touching clients.
- * Ways to navigate the Chapman's book

** 2.5 hours online together, 0.5 hours of prep work.

Required text: *An Endocrine Interpretation of Chapman's Reflexes*, by Charles Owens, DO. or *Chapman's Reflex Charts*, by Denise Deig, both available through SOBI.

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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