



# Sit Up Straight!

aka Playing with Posture

Monday, August 22, 2022

1:30-4:30 pm, in Berkeley

Three hours that could change your life!

Learn how to use your innate structural balance to “sit up straight” —without effort or scolding! Feel tensions relax, breathing expand, and energies increase. Your guts and heart will thank you too. Lessons in transitioning to and from sitting too. Time permitting, we’ll move into standing and walking as well.

**Please register now.** Send \$65 to Sara Sunstein at POB 6533, Albany, CA 94706.

**Info:** 510.526.5414 [www.sarasunstein.com](http://www.sarasunstein.com)

**Instructor:** Sara Sunstein, MA, CMT, Ortho-Bionomy® Adv. Instructor and Practitioner, who enjoys helping people feel better and learn to help themselves.