

Ortho-Bionomy® Women's Care

Sara Sunstein, MA, Registered Advanced Instructor

with Jennifer Stover, Doula, Embodied Birth Educator, Upledger CSP, and O-B Associate

Focus: Pregnancy through Birth



September 16-18, 2022, Berkeley, CA

Have you ever worked with a body who has a body within it, while both are in constant change, even as you work with them?

As Ortho-Bionomists, how do we support pregnant women and others through these 9 months of physical, hormonal, emotional, energetic, and even spiritual changes? What do these clients need?

This 24-hour class will cover:

- Full day intro to O-B, with focus on pelvis
- Understanding and working with structural and soft tissue unique to a woman's pelvis
- Using O-B throughout—to increase internal balance, release pain, support posture, gait, mobility, prep for labor
- Addressing relationship and resiliency of mama and baby-in-utero
- Changes at all levels through the trimesters
- Ways to build confidence in mama's own sense and trust of innate processes
- Recognizing/supporting awareness and healing of past and current stories that play into pregnancy and mothering
- Ways to support the birth process

\$435 register by August 17

\$500 after August 17

Discounts for multiple Fall classes taught by Sara; Payment plans available! Please inquire.

Pre-requisites

Being a CMT, bodyworker, doula, midwife, or instructor's permission.

Register: Mail at least \$200 to Sara,
PO Box 6533, Albany, CA 94706.
Balance due in class.

Info: 510.526.5414

info@sarasunstein.com

Sara Sunstein is praised for her warmth, expertise, and clarity. She teaches and maintains a practice in Berkeley helping people feel better, learn about, and befriend their bodies.

Jennifer Stover has spent 30 years immersed in the world of pregnancy, birth, lactation, and parenting—which led her to becoming a bodyworker. She loves learning, teaching, and dancing in the interplay between the emotional, intellectual, energetic and physical bodies.

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2 weeks before class are refunded 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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