

Ortho-Bionomy®

with Advanced Instructor, Sara Sunstein, MA



Isometrics—

Activating self-correction and transformation

"The isometric technique you taught made a dramatic change in what I do with my clients. The results have been amazing!"

A.F., licensed massage therapist

**Saturday & Sunday
April 22-23, 2023
9:30 a.m. - 5:30 p.m.
Berkeley, CA**

No pre-requisites—all levels welcome

\$320 if registered by 4/5
\$295 SOBI members repeating,
who register by 4/5
\$370 for all after 4/5

To Register: Email or call Sara by 4/5.
And mail \$160 deposit to her at
P O Box 6533, Albany, CA 94706.
Balance due in class.

Payment plans available. Please ask!

Info: 510.526.5414
info@sarasunstein.com

Sara Sunstein, Registered Advanced Instructor of Ortho-Bionomy®, loves seeing students light up as they gain understanding. Praised for her warmth, clarity, and expertise, Sara maintains a private practice in Berkeley, CA.

Isometrics are especially helpful for freeing "stuckness" (of body and/or mind), restoring/increasing ease, tone, range of motion, and expanding possibilities. Because they promote structural/muscular balance and neuromuscular re-education, isometrics are beneficial by themselves or with other modalities. During a bodywork session, isometrics actively engage the client, so they provide a pleasant change of pace for both practitioner and client.

Who can benefit from this class? People who want to release long-held patterns; yoga and Pilates practitioners; gym enthusiasts; massage therapists, bodyworkers; anyone who's curious and interested.

In this 16-hour seminar you will learn:

- why, when, and how to use isometrics
- theory in practice--addressing different parts of the body using isometrics
- isometrics for resolving trauma patterns
- isometrics for self-care
- other interesting benefits and tidbits

This class fulfills SOBI training requirements for 16 units of Isometrics.

Cancellations/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 admin fee. No refunds for cancellations less than 2 weeks before class, except in cases of emergencies.
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