

Ortho-Bionomy® DIY Self-Care

Release, Relax, Revitalize

with Sara Sunstein

Registered Advanced Instructor

*"Your seminar was fantastic!
It is carrying over into my
everyday life. Thank you so much."*

~email from a student two weeks after self-care class



In class: R. After L. Before
Solid grounding through R. foot

May 6, 2023

Saturday, 9:30-5:30

Berkeley, CA

Prerequisite: Ability to get down to floor and back up again. Some of the class involves lying on the floor.

Fulfills 8 hours in SOBI training programs

Fee: \$120 by April 14

\$95 for SOBI members repeating
\$175 for all after April 14

Info: 510.526.5414

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Register: Send \$120 payable to Sara
PO Box 6533, Albany, CA 94706

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.

Discomfort is the body's way of saying, "There's something wrong here. Please, pay attention." Paying attention more closely and/or differently from what you're used to, you'll discover ways to increase comfort and re-awaken self-healing reflexes—so your body relaxes and releases naturally from the inside out. You'll enjoy positions, movements, and practices that increase your ease, function, and resilience.

We'll also explore applying similar healing concepts to our self-talk, learning ways to increase inner peace where and when we can.

Please join us for a daylong healing retreat!

Who benefits from attending this class?

- * anyone who wants to feel better
- * anyone who wants to learn self-relaxation practices
- * anyone who wants to know her/his/their body better

We will cover:

- * self-release and relaxation practices for different body parts, including psoas; addressing stress response via adrenals and vagus nerve
- * gravity, support, and posture
- * concepts of Ortho-Bionomy® that underlie the practices
- * additional tidbits!

A gentle, profound approach to healing that everyone can learn!

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Cancellation/refund policy: 30 days in advance = Full refund less \$35 admin fee. 2 weeks in advance = 50% refund less admin fee. Less than 2 weeks = no refund except in the case of emergencies.