

Ortho-Bionomy® gentle, integrative bodywork  
with **Sara Sunstein, MA, Advanced Instructor**



# Chapman's Reflexes: Organs & Glands

*"Thank you again for a great workshop this weekend! It's given me lots to think about and a deeper awareness of my own body." HTF*

**June 3-4, 2023**  
**Saturday-Sunday**  
9:30 a.m.- 5:30 p.m.  
Berkeley, CA

**No Pre-Requisites.** Helpful: Experience with subtle perception and touch

This class fulfills SOBI training requirement for 16 hours Chapman's. Reflexes

**\$320 if postmarked by May 17**  
\$295 SOBI members repeating postmarked by May 17

**\$370 for all after May 17**  
Payment plans available. Please ask.

**Registration:** Mail \$160 deposit to Sara, PO Box 6533 Albany, CA 94706

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

**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.

Chapman's Reflexes, identified by osteopath Frank Chapman in the 1920s, stimulate nerve and lymph flow to individual organs and glands, supporting self-regulation. Working with the reflex points, we improve the body's overall functioning, lymph flow, and self-regulating abilities. We can also address different systems of the body by grouping related reflex points together.

Being lymphatic reflexes, the points are just under the skin and do not require deep pressure to be stimulated. **The hands-on contact is gentle for the receiver and requires attention, not force, from the practitioner.**

**Who can benefit from attending this training:**

- \* Body therapists and health-oriented professionals
- \* Lay persons who want to learn more about self-healing or helping others

**In this 16-hour seminar, you will learn and practice:**

- \* 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:
  - endocrine and reproductive systems
  - gastro-intestinal function
  - stress, immune system, allergies, congestion
- \* Interconnections between reflexes and muscles
- \* Common applications of reflex points during a hands-on session
- \* Basic Ortho-Bionomy® concepts and release techniques for the pelvis

**Required text or Charts:** *An Endocrine Interpretation of Chapman's Reflexes*, by Charles Owens, DO; and/or Chapman's Reflexes Charts—both available through SOBI, or contact me for spiral bound book.

**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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