

Ortho-Bionomy® Phase 5, "energy work"

Subtle Perceptions, Connections, and Healing

Sara Sunstein, Advanced Instructor



"In the path of non-effort, there is no struggle. You open yourself to the reality of the present. To rest in the sense of naturalness is all that is asked. Out of this, all understanding and compassion follow."

Jack Kornfield, Buddhist teacher, author

July 8-9, 2023

Saturday-Sunday

9:30 a.m. - 5:30 p.m.

Berkeley, CA

No Pre-Requisites

This course fulfills 16 units Phase 5 in SOBI Associate and Practitioner trainings.

\$320-Register by June 10

\$295 for SOBI members repeating

Phase 5 who register by June 10

\$370 for all after June 10

Payment plans available! Please ask.

To Register: Mail check for \$150 (or more),

payable to Sara Sunstein to her at

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Sara Sunstein, Advanced Instructor,

is praised for her warmth, expertise, and clarity. She maintains a practice in Berkeley, specializing in resolution of pain and trauma, as well as befriending one's body.

Ortho-Bionomy® Phase 5 is an invitation to non-effort, to resting in the sense of *somatic* naturalness, out of which all healing follows. It's an aspect of our work that elicits from clients: "You're so intuitive!" and "That's magic! How did you do that?!"

The "magic" lies in becoming "open to the reality of the present." We're letting go of agendas and expectations as we engage in a somatic conversation: listening, allowing, and gently engaging.

Our becoming present and listening re-awakens the body's innate healing reflexes to support coherence, ease, function, and integration.

Healing follows: pain and tension decrease, parts and the whole reconnect, self-awareness increases, self-connection is renewed, as is inner congruity for the person on the table, and yourself as well.

In this seminar, you will practice this gentle hands-on approach and learn to:

- * Sense and address subtle movements throughout another's body while remaining in your own experience; blending with, not merging
- * Identify, stimulate, and work with five healing reflexes defined by Arthur L. Pauls, DO, which activate self-correction, self-awareness, balance, and integration
- * Address specific parts in the body using this subtle contact and awareness

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 less than 2 weeks before class, except in cases of emergencies.

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