

Ortho-Bionomy® Phase 6, "Aura" Work

Registered Advanced Instructor, Sara Sunstein, MA



A Field Guide:

Exploring Energetic Boundaries and Patterns

"We must learn to fly within ourselves and launch ourselves into spaces where we see no landing place."

~Arthur L. Pauls, DO

September 9-10, 2023

Saturday-Sunday

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

Berkeley, CA

Open to all who are interested.

No pre-requisites.

"A Field Guide" fulfills 16 units of Phase 6 for SOBI trainings.

\$320 Register by August 10, 2023

\$295, SOBI members repeating
who register by 8/10/23

\$370 for all after 8/10/23

Payment Plans available! Please ask.

Info: 510.526.5414

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Registration: Send at least \$150 deposit payable to Sara Sunstein, PO Box 6533, Albany, CA 94706. Balance is due in class.

Sara Sunstein is praised for her warmth, expertise, and clarity. She enjoys seeing people "light up" when they learn through their bodies' experiences. Practicing in Berkeley, CA, Sara specializes in emotions in the body and resolution of pain and trauma.

Ortho-Bionomy® Phase 6 is about "field awareness," which we use all the time, like when we step back from someone who's come in too close to talk to us, or when we find our "right place" at a party or in a lecture hall. This weekend, you'll become *more consciously* aware of your body's energetic field and your inner knowing arising from it.

We'll be focusing on our own boundaries and how/when to shift them in relationship with another; **and our partner's field** as an extension of their physical body, to support it and the physical body coming into greater balance.

What some call "energy" or "aura" work will become palpable, do-able, and beneficial. Your bodywork practice will become more effective and deepen, as will your relationships with yourself, clients, and others.

This class is beneficial for: beginner and experienced healing arts practitioners, parents, teachers, and others.

This 16-hour seminar will include:

- Understanding/embodying Phase 6 as integral to Ortho-Bionomy®
- Sensing yourself internally and externally, alone and in relationship, and tracking shifts
- Deepening your understanding of Ortho-Bionomy® healing reflexes: rebound, follow-on, ongoing action, and reciprocal action
- Using Phase 6 to facilitate release, increase comfort and balance in the energetic and physical body
- Addressing impacts and emotions held in the field

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

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