

Ortho-Bionomy® Phase 4

with Registered Advanced Instructor, Sara Sunstein, MA



Ortho-Bionomy® Basics: Joints, Bones, Muscles

"I've studied several modalities of healing, but Ortho-Bionomy feels so much more natural than anything I've done before."

L. A. student after class

December 2-4, 2023

Saturday-Monday

9:30 am - 5:30 pm

Berkeley, CA

No pre-requisites

Sara's teaching is geared to all levels of experience, from beginner to professional. Masks required, for safety's sake.

This course fulfills 24 hours of Phase 4, SOBI Associate and Practitioner training programs.

\$435 Registrations by November 10

\$400--SOBI members repeating who register by November 10

\$490 for all after November 10

Payment plans are available!

0% interest. Please ask.

Info: 510.526.5414

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Registration: Mail \$150 deposit to Sara, PO Box 6533, Albany, CA 94706
Balance due in class (if no payment plan)

Sara Sunstein, M.A., Registered Advanced Instructor of Ortho-Bionomy®, has enjoyed teaching for over 35 years and delights in seeing students "light up" as they understand new concepts. She is praised for her warmth, expertise, and clarity.

Ortho-Bionomy® is a healing modality that's both gentle and highly effective. Muscles don't require stretching or prodding to relax; nor do joints or structure need force to come into balance.

Through subtle touch and movement, we stimulate the body's innate healing reflexes, so it remembers anew its balance and ease. We invite relaxation and release to naturally happen from within, feeling like "magic" to the one on the table. "How'd you do that?!" is their frequent comment. Function and flexibility increase. Peace and well-being surface as well. *Gentle for the client; easy on the practitioner's body.*

Ortho-Bionomy® provides relief for a range of concerns--from stress, tensions, headaches, and sprains, to injuries, chronic conditions, surgery rehab, and trauma. Being gentle, it's suitable for elders and children, as well.

Who should take this class?

- People curious about listening to and understanding bodies better.
- Ortho-Bionomy® students seeking refresher of Phase 4
- Hands-on practitioners who want to work smarter and easier
- People wanting to help family members and friends
- Those seeking professional hands-on bodywork training

In this 3-day seminar you will learn:

- A compassionate, affirming, and healing way to connect with another (and yourself)
- Hands-on techniques to assess, relax, release, and re-educate the body: addressing spine, pelvis, ribs, shoulders, limbs
- History, philosophy, and concepts underlying the techniques

By the end of the seminar, you will be able to put your new skills into practical use.

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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