

Ortho-Bionomy® Phase 4

with Registered Advanced Instructor, Sara Sunstein, MA



February 17-19, 2024

Saturday-Monday

9:30 am - 5:30 pm

El Cerrito, CA

No pre-requisites

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, for all SOBI training programs.

\$435 Registrations by February 8

\$400--SOBI members repeating who register by February 8

Limited to 6 students! Sign up now!

If there's space, \$490 for all after Feb 8

Payment plans are available! Please ask.

Info: 510.526.5414

info@sarasunstein.com

www.sarasunstein.com

Registration: Mail \$200 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® 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

Ortho-Bionomy® is a healing modality that helps people feel more comfortable in their bodies.

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.

Through subtle touch and movement, we stimulate the body's innate healing reflexes, so it remembers anew its balance and ease. Relaxation and release happen naturally from the inside out, 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.

Who benefits from taking this class?

- 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
- People curious about listening to and understanding bodies better.
- Ortho-Bionomy® students seeking refresher of Phase 4

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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