

Somatic Explorations of Emotions in the Body

Psyche & Soma

Saturday, April 12, 2014

Sara Sunstein, M.A.



*"In your body is the garden of flowers.
Take your seat on the thousand petals of the lotus,
and there gaze on the infinite beauty." Kabir*

Berkeley, CA

9:30 a.m. - 4:00 p.m.

\$65 by April 5

\$95 after April 5

Info and Registration:

510.526.5414

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Sara Sunstein, MA, was drawn to bodywork nearly 40 years ago as a path for self-discovery and self-connection. She was fortunate to train with somatic pioneers Peter Levine, Don Hanlon Johnson, and Arthur L Pauls, among others.

A Registered Instructor of Ortho-Bionomy®

Sara enjoys seeing people "light up" when they learn through their bodies. Teaching for 30 years, Sara is praised for her warmth, expertise, and clarity. She maintains a bodywork practice in Berkeley, CA. specializing in pain, injury, and bodymind issues such as trauma and "just not feeling right."

In this experiential class, we explore the innate connections between body and emotions and how to make the most of our biochemistry/physiology to promote healing, self-connection, and inner peace.

Our day is filled with attention to present-time felt experiences--postures, tensions, sensations, impulses to move--along with any emotions, imagery and words that arise from the body. We'll also turn that around: What are the sensations of each emotion? The movement they invite? How do you respond to those emotion-inspired sensations and impulses to move?

Example: Smile! Right now! What just happened to your face, the rest of your body, your mood?

We'll also explore implications of our discoveries--clarifying boundaries, freeing up and expanding receptivity and expression, living more authentically.

Join this class if you want to:

- Have fun doing things similar to above Smile process
- Know yourself better
- Learn about a somatic adjunct to therapy
- Feel greater congruence between body, heart and mind

"Enter into your own body; there you have a solid place for your feet." Kabir