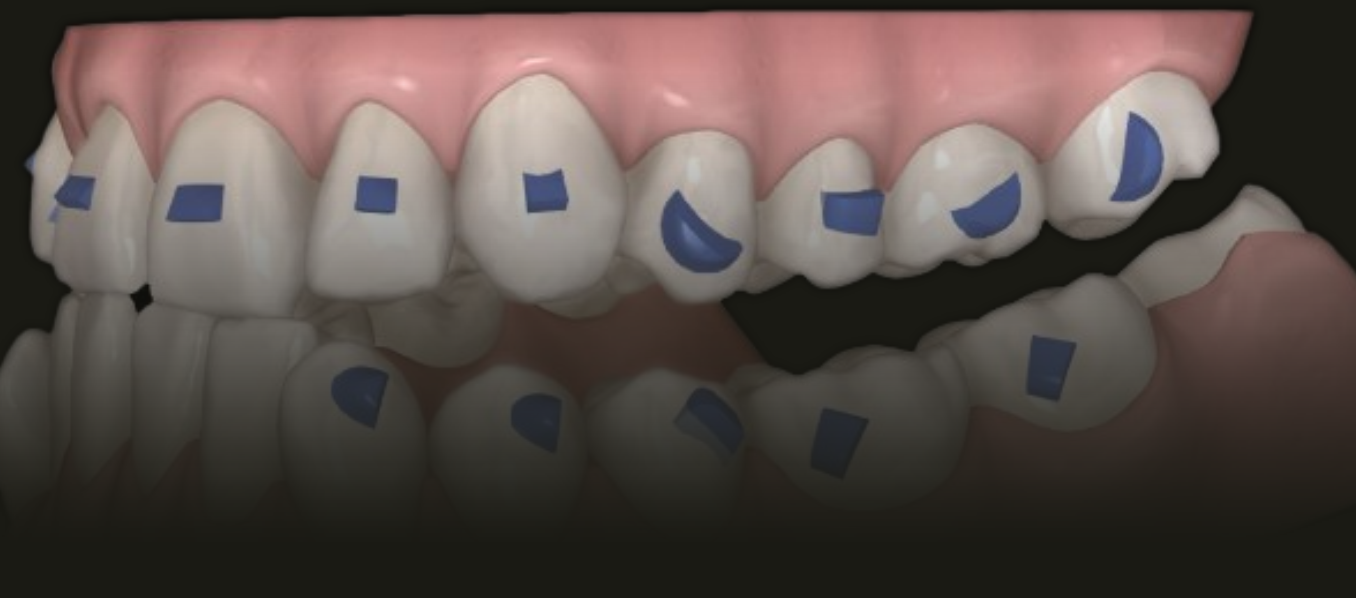


# Biomechanics Fundamentals.

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A 12-month online programme on the biomechanics  
behind every aligner treatment.



# Dr. Mónica Pais

Lead mentor · clinical director



Mónica leads the programme as your educational guide. She combines years of clinical experience with a teaching style built around real, complex aligner cases.

She designs the lessons, curates the advanced masterclasses, and shapes the SAS Method protocols you'll use every day.

**12**  
MONTHS  
mentorship

**50+**  
HOURS  
recorded training

**23+**  
LESSONS  
plus masterclasses

## THE METHOD

**Real cases. Real protocols.  
Real biomechanics.**

SAS METHOD · BIOMECHANICS FUNDAMENTALS

# Everything you need to master aligner biomechanics.

One enrollment unlocks four pillars that work together over 12 months.

## 01 · TRAINING

### Online programme

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#### 50+ HOURS

23 recorded lessons unlocked monthly + advanced masterclasses on sagittal, transversal, vertical and growing cases.

## 02 · COMMUNITY

### Private peer chat

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#### COLLEAGUE-TO-COLLEAGUE

A private group where you share real cases and clinical doubts with other dentists in the programme.

## 03 · MATERIALS

### Protocols & books

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#### WRITTEN GUIDES

Detailed clinical protocols and reference books that complement every module of the programme.

## 04 · ACCESS

### Lifetime community

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#### FOREVER ACCESS

Once you join, you stay. Continued access to the community and growing library of resources.

# The core curriculum.

23 recorded lessons · 40-50 min each · one unlocked every month

A progressive path: foundational principles first, then specific clinical challenges. Each lesson builds on the previous one.

<b>01</b> LESSON Biomechanics principles	<b>02</b> LESSON Patient communication & motivation	<b>03</b> LESSON Digital tools & visual simulations
<b>04</b> LESSON Case selection for success	<b>05</b> LESSON Clincheck fundamentals	<b>06</b> LESSON Communication with CAD designer
<b>07</b> LESSON Staging & sequencing movements	<b>08</b> LESSON Attachments: design & function	<b>09</b> LESSON IPR best practices
<b>10</b> LESSON Managing crowding	<b>11</b> LESSON Diastema & spacing management	<b>12</b> LESSON Crossbite correction
<b>13</b> LESSON Open bite with aligners	<b>14</b> LESSON Overbite & deep bite protocols	<b>15</b> LESSON Extractions in aligner therapy
<b>16</b> LESSON Interceptive & expansion strategies	<b>17</b> LESSON Aligners in growing patients	<b>18</b> LESSON Difficult movements & tracking
<b>19</b> LESSON Elastics, buttons & auxiliaries	<b>20</b> LESSON TADs and aligners	<b>21</b> LESSON Restorative & aesthetic dentistry
<b>22</b> LESSON Periodontal, TMD & complex cases	<b>23</b> LESSON Retention & long-term stability	

# Next-level training.

16 advanced classes organised by clinical challenge

After the core curriculum, additional masterclasses unlock to tackle the most complex aligner cases.

## A

### SAGITAL

5 CLASSES

- Class II – Diagnosis & planning
- Class II – Distalization control
- Class II – Auxiliary techniques
- Class III – Skeletal anchorage
- Sagittal control of the dentature

## B

### TRANSVERSAL

5 CLASSES

- Torque control in crossbites
- Biomechanics & limits of cross-bites
- MARPE indications & protocol
- MARPE + aligner integration
- Transversal skeletal anchorage

## C

### VERTICAL

4 CLASSES

- Anterior vs posterior intrusion
- Closing open bites – strategies
- Open bite – efficient biomechanics
- Overbite: braces vs aligners

## D

### GROWING

2 CLASSES

- Mixed dentition treatments
- Combined orthopedic + aligners

# A circle of colleagues.

The private group chat where you share questions, real cases, and clinical doubts with other dentists walking the same path.

Real cases.

Real answers.

Real peers.

A private space where you can post anything from a tricky tracking issue to a complete treatment plan – and get answers from dentists who've been there.



A growing community of orthodontists

## PRIVATE

Only for SAS students

## IMMEDIATE

Active community, quick replies

## PEER-TO-PEER

Learn from real experiences

# In-person in Madrid.

DATE

8–10 October  
2026

LANGUAGES

English · Spanish

What happens beyond the screen: stripping, selective grinding, bite ramps, auxiliary techniques and clinical criteria you can't learn from a software alone.

THE THEME

## Aligners: what to do beyond the screen.

SPEAKERS · 8 international experts

01



Dr. Víctor  
**Guerrero**

TADs and aligners: where is the limit?

02



Dr. Martín  
**Pedernera**

Clinical precision vs human connection? Why you need both?

03



Dra. María  
**Vilarrasa**

Class III treatment: managing time and when to act.

04



Dr. Junior  
**Emmanuel**

Clinical precision vs human connection? Why you need both?

05



Dra. Alicia  
**Megía**

How to finish cases well with clear aligner orthodontics.

06



Dr. Enrique  
**Lozano**

Hands-on MARPE Workshop.

07



Dr. Raúl  
**Ferrando**

Aligners without limits: hybrid protocols and digital strategies.

08



Dr. Koji  
**Morikawa**

Mandibular advancement with aligners in adult patients.

INCLUDED IN OPTION 02

Online Programme + SAS Meeting Madrid — 999€

# Two ways in.

One programme. Pick the option that fits you.

Both unlock the full online programme. The premium tier also brings you to the SAS Meeting in Madrid.

## OPTION 01

### Online Programme

# 799€

OR 3 × 266€

- 12 months programme access
- 50+ hours recorded training
- Private peer group chat
- Clinical protocols & books
- Lifetime community access

**ENROL NOW** →

## RECOMMENDED

## OPTION 02

### Online + SAS Meeting

# 999€

OR 3 × 333€

- **Everything in Option 01**
- **SAS Meeting Madrid** — 8–10 October 2026, advanced biomechanics with M. Vilarrasa, J. Emmanuel & V. Guerrero

**ENROL NOW** →

# Schedule your call.

Discover the best offer for you.

A short conversation to understand your goals and show you how the Biomechanics Fundamentals programme can transform your clinical practice.



BOOK YOUR CALL WITH

**Josema**

He'll help you choose the option that fits your clinical goals and answer any question about the programme.

**BOOK YOUR CALL** →

Limited spots available for 2026.

[calendar.app.google/EvPcT7R3H4QWgtG6](https://calendar.app.google/EvPcT7R3H4QWgtG6)