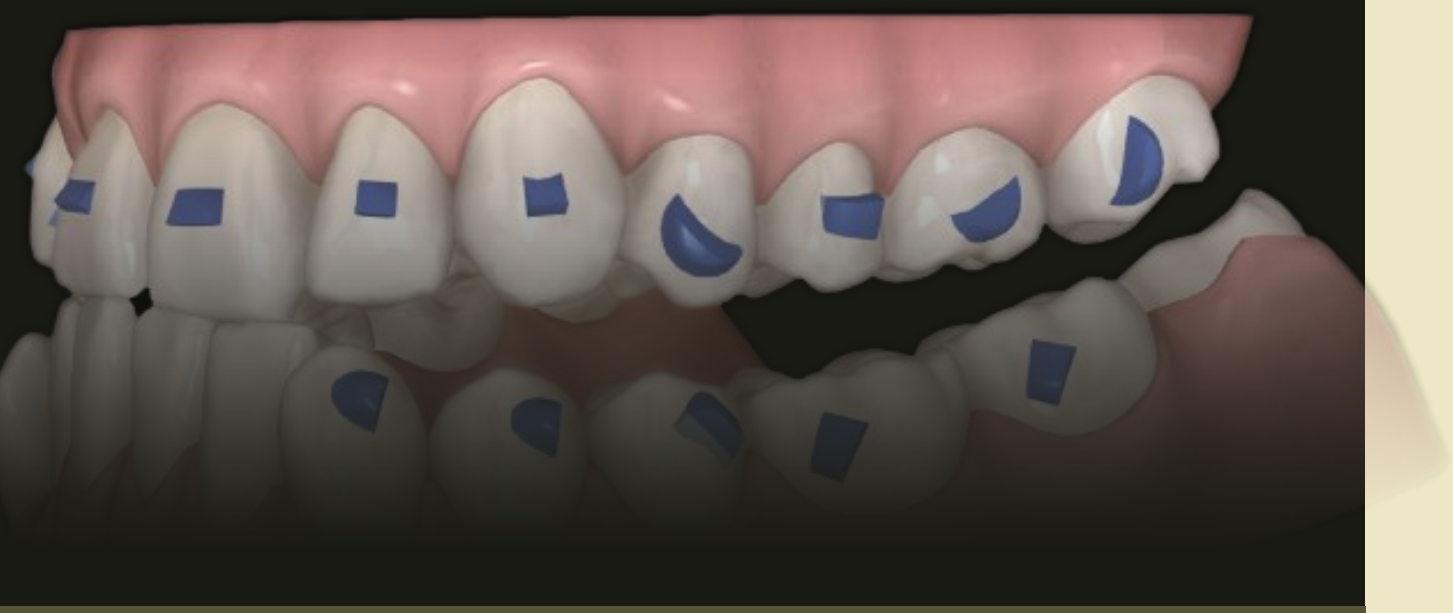
PROGRAMME · 2026

Biomechanics Fundamentals.

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

50+ HOURS

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

02 · COMMUNITY

Private peer chat

COLLEAGUE-TO-COLLEAGUE

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

03 · MATERIALS

Protocols & books

WRITTEN GUIDES

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

04 · ACCESS

Lifetime community

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 on

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

One programme. One price.

Full access to Biomechanics Fundamentals.

Twelve months of online training with Dr. Mónica Pais, the SAS Method, the private community and all the clinical materials included.

FULL ENROLMENT

Online Programme

799€

OR 3 × 266€

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

ENROL NOW →

Your questions, answered.

Everything you need to know before joining the Biomechanics Fundamentals programme.

01 How long will I have access to the platform?

12 months from your enrolment date. After that, you keep lifetime access to the private community and the growing library of resources.

02 Can I book 1:1 sessions?

Yes — 1:1 sessions are available at an additional cost of 99€ for a 30-minute session.

03 Is any other case-review service included?

No. You'll have access to a private WhatsApp group where you can post cases and ask clinical questions to other dentists and mentors. No individual case review is included in the base programme.

04 Can I watch all the content right after enrolling?

No. Lessons are released progressively — one per month — so the content stays current and you can fully absorb each module before the next one.

05 Is it valid for all aligner brands?

Yes. The biomechanical principles taught apply regardless of the system you work with — Spark, Invisalign or any other clear aligner brand.

STILL HAVE QUESTIONS?

Book a call with our education advisor.

calendar.app.google /EvPcT7R3H4QWgztG6

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.



EDUCATION ADVISOR

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/EvPcT7R3H4QWgztG6