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SELF-HELP RESOURCES

Hoped-for relief from an unexpected source: somatic education.

CLICK IMAGE OR TITLE FOR DESCRIPTION

LEGEND OF CODES UNDER TITLES: A = audio CD

V = video

B = book

eB = eBook

SOME WORDS FROM LAWRENCE GOLD:

I am considered by colleagues to be among the best in our field. I put a great deal of care into the development of programs. Two come from a colleague of mine, Carol Welch. They all guide you into inhabiting your own body with greater ease and comfort. With them, you can recapture, preserve and improve your ability to move with the flexibility, comfort, and effortless ease that are the hallmarks of everyday fitness.

If one of these programs excites you, you'll probably stay with it and get good results. If you need help choosing, [contact me](#) and I will be glad to advise you.

Turn what may be a hidden fear -- living indefinitely with pain, stiffness, or diminished activities -- into an asset: the motivation to improve your quality of life.



[The Magic of Somatics](#)
B - eB



[Somatic Exercise Sampler](#)
A



[Free Yourself from Back Pain](#)
A - B - eB



[Free Your Psoas](#)
A - V



[The Cat Stretch](#)
(GENERAL PREPARATORY PROGRAM)
A



[The SuperCat Stretch](#)
(ADVANCED GENERAL PROGRAM)
A



[The Five-Pointed Star](#) (KEYSTONE PROGRAM)



[BioKinetics/Hanna Somatics Reflexes 101](#)
[BioSomatics Reflexes 102](#)



[The New Seated Refreshment Exercises](#)
A



[Somatic Exercises for Easier Walking](#)
A



[Getting Ready for Sex](#)
A - eB
[Deeper Lovemaking](#)
eB - A



[Body Meditations](#)
eB



[Pre-Natal/Post-Partum Somatic Exercises](#)
B - A



[Calm & Energize](#)
A



[Special Program to Free Breathing](#)
A



[The Guidebook of Somatic Transformational Exercises](#)
(FOR PROFESSIONALS)
B - eB

ALL BOOKS AND PROGRAMS COME WITH FIFTEEN MINUTES FREE CONSULTATION, BY TELEPHONE.

Call 505 699-8284 to schedule. We recommend you call after you have worked with the program, so your questions are based on experience. Please have your transaction confirmation number and be prepared with three appointment times for your consultation. We will confirm your appointment.

Satisfaction guarantee: You're satisfied, or your purchase (except the shipping charge) is honorably refunded.

Valid for the purchase price of items returned in good condition.

Lifetime guarantee.

The teaching comes from outside. The learning comes from within.

(POINT AND CLICK ON UNDERLINED ITEMS.)

- [Help Choosing a Program](#)
- [Program Descriptions](#)
- [Paid Consultation by Telephone](#)
- [Certified Hanna Somatic Educators](#)
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PROGRAM DESCRIPTIONS

"The proof of the pudding is in . . ."

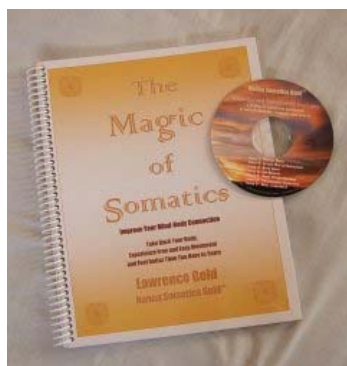
The Magic of Somatics

by Lawrence Gold

Take Back Your Body,
Develop Free and Easy Movement
and Look Better Than You Have In Years

Hanna Somatics Gold™

NOTE: Purchase this program or Body Meditations, but not both.



A COMPANION TO THE ORIGINAL BOOK ON CLINICAL SOMATIC EDUCATION, *Somatics*, BY THOMAS HANNA

Use the somatic exercises in this richly illustrated, step-by-step instructional book to eliminate stubborn pains and to recover the pleasure of moving and functioning well. The introductory section explains the difference between somatic exercises and other kinds of exercise and how to get the best results with the least effort.

ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here.](#)

- **BOUND AND PRINTED BOOK** with bonus CD, The New Seated Refreshment Exercises: **\$34.50 (Item #106)**
8 1/2" x 11" full-page, coil-bound handbook format that opens flat for easy use.

[Add To Cart](#)

- **e-BOOK (only): ECONOMIC HARD TIMES SPECIAL**
~~\$23.76~~ **\$17.76 (Item #107)**

Adobe Acrobat/PDF format with full color illustrations

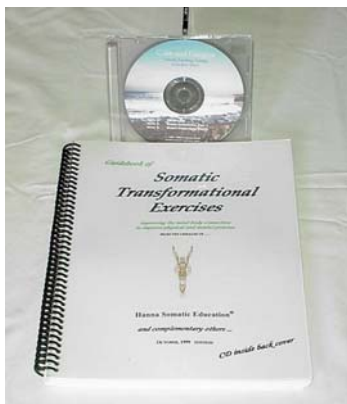
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For preview, click [here.](#)

Mailable order form, click [here.](#)

FREE BONUS with bound-book order: instructional AUDIO-COMPACT DISC: *The New Seated Refreshment Exercises*
A system of conscious movements to refresh flexibility, comfort and vitality in five minutes -- for office workers, drivers, travellers and others chair-bound for long periods.

Guided audio instruction teaches you the pace to do somatic exercises to get the best results.

[| TO TOP OF PAGE |](#)

The Guidebook of Somatic Transformational Exercises

by Lawrence Gold

Hanna Somatics Gold™

FOR PROFESSIONALS: Improving Bodily Awareness and Quality of Movement

Decrease or end chronic pain; improve freedom of movement and coordination. Text-only, step-by-step exercise guide for instructors (to be read aloud) and for people who want the most comprehensive collection of somatic exercises available in print. Suitable as source of instructional material for therapeutic movement classes.

[| TO TOP OF PAGE |](#)

ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here.](#)

• BOUND AND PRINTED BOOK with bonus CDs: \$97.95 (Item #103)

[Add To Cart](#)

PHYSICAL BOOK INCLUDES SPECIAL AUDIO-INSTRUCTIONAL PROGRAMS ON COMPACT DISCS (set of 4):

- *Calm and Energize: Somatic Breathing Training to Reduce Stress* (1 CD)
- *Somatic Transformational Exercises for Easy Walking* (1 CD)
- *Pre-Natal and Post-Partum Somatic Exercises* (set of 2 CDs)

• e-BOOK (only): \$68.00 (Item #104)

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For preview, click [here.](#)

Mailable order form, click [here.](#)

message from purchasers (reprinted with permission)

Hi Lawrence, I got the download. Right away, I got a lot from your knowledge today. I was able to eliminate my pain pretty fast. Very cool. Looking forward to more studying/practicing.

Thanks,

steev dinkins

~~~~~  
Also, an update - I was dreading 12 hours worth of flying round trip from San Francisco to Boston for the fourth of July this past weekend. I knew ordinarily I'd be in massive pain by then end of these flights. By using your techniques, I was amazed to find myself able to limit and control the pain unlike I'd known before. Essentially I was in a lot of motion for the duration of the flight, as opposed to sitting "perfectly still" and hoping not to cramp. Now I know to stay in motion and listen to what is out of balance or needing stimulation/relaxing.

I know I have a ways to go to eliminate the quadratus lumborum pain, but I now feel I can actually make better progress than I have in the last 2 months of yoga, weight training, acupuncture and chiropractic work.

Thanks much again,

steev



# Free Yourself from Back Pain, 2nd edition

Hanna Somatics Gold™

*Nine Weeks or Fewer to a Comfortable Back You Can Trust*

by Lawrence Gold

Regain the freedom of a secure back. Nine programmed brain-muscle-training sessions free you from back muscle spasms. Remove the causes of bulging discs, back pain, and sciatica -- **muscle tension**. Immediate results that accumulate with practice. Workbook or audio CD-based program, either of which can be used by itself, or as a workbook-CD set. Large print for easy reading; illustrated, step-by-step instructions. Includes reprints of articles by the author that appeared in *The Townsend Letter for Doctors* and *Somatics* -- magazine/journal of the *mind-body arts and sciences*.

WORKBOOK: 274 pages, large print, color illustrations, nine exercise sequences  
AUDIO CD set: 5 DISCS

**ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here.](#)**

- **PHYSICAL BOOK/INSTRUCTIONAL CD SET: \$98.60 (Item #217)**

[Add To Cart](#)

- **AUDIO-INSTRUCTIONAL CD SET with e-BOOK download:**

**ECONOMIC HARD TIMES SPECIAL ~~\$62.50~~ \$50.00  
(Item #218) -- BEST VALUE**

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- **PHYSICAL WORKBOOK (only): \$62.50 (Item #110)**

[Add To Cart](#)

- **e-BOOK (only): ECONOMIC HARD TIMES SPECIAL ~~\$31.25~~ \$25.00 (Item #111)**

[Add To Cart](#)

**For preview, click [here.](#)  
Mailable order form, click [here.](#)**

| [TO TOP OF PAGE](#) |

Hi Lawrence,

I typed in "relief for back spasms" yesterday and read your article. Then I ordered the ebook, and did some exercises this morning. I can already feel some relief. And I know over time my "back problems" will return to normal, my natural state.

Thank you so MUCH for making Somatics available!

I love alternative therapies. I listed your article/site at What Love Does in alternative therapies.

Marelin Thornton

~~~~~  
Hi, Marelin.

Thanks for the note and for the listing at What Love Does.

May I quote you on the website, somatics.com?

with regard, Lawrence Gold

~~~~~  
Sure! I'd be honored. I did them again this morning and I feel even more improved. I plan to keep this up for the sake of my healthy back.

Marelin

# Getting Ready for Sex CD set

## with optional *playbook* **Deeper Lovemaking**

**Hanna Somatics Gold™**

*Move Freely, Enhance Your Sensuality, and Prolong Your Intimate Occasions*  
by Lorenzo Gold

Would you like to enhance your intimate sexual occasions with your lover? This program takes you both into deeper sexing at both physical and emotional levels. Do this program to enhance other sexual development practices, such as those found in The Kama Sutra or the teachings of Mantak Chia. More than about positions, this program is about freeing movement, self-control, and awakening feeling intensity -- both physical and emotional.

- The Cadenced Breathing
- Wriggling
- Twisting
- Spine Waves
- The 'Grind' of Bump and Grind
- Freedom to Spread your Legs
- Freeing Your Groin
- Presenting Your Chest and Pelvis
- The Pelvic Power Thrust
- A Few Final Suggestions

In addition to movement instruction, the playbook contains nine interludes with titles such as, "The Subtle Touch," "The Transcendental Kiss," "The Whole-Body Orgasm."

PLAYBOOK: 198 pages, large print for easy reading, color illustrations of exercises to improve sensation, movement and flexibility

AUDIO-INSTRUCTIONAL CD SET: four CDs to guide you through the process of greater freedom and sensual awakening.

| [TO TOP OF PAGE](#) |

**ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here.](#)**

- **e-PLAYBOOK/AUDIO CD SET: \$69.96 (Item #222) -- BEST VALUE**

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- **AUDIO-INSTRUCTIONAL CD SET (only): \$47.69 (Item #215)**

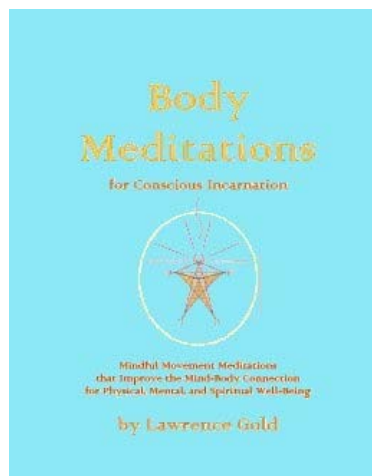
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- **e-PLAYBOOK (only): \$30.96 (Item #112)**

[Add To Cart](#)

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Mailable order form, click [here.](#)



## Body Meditations

Mindful Movement Meditations  
that Rapidly Improve Mind-Body Integration  
for Physical, Mental, and Spiritual Development

**Hanna Somatics Gold™**

by Lawrence Gold



For some people, meditation is an inward thing, a relaxation process of the mind -- and that's partially true. The other part is that body and mind are interrelated. In this time when the body is held in disrepute and the mind is extolled, this program takes you in an unexpected direction that brings unexpected results: As you enter into incarnation as the body with feeling, put yourself together, and relax, your mind becomes still. When you become active, again, you find that your mind is functioning at a higher level of organization -- which shows up as new clarity of thought, new kinds of thoughts, and creativity -- while your body feels better put together and more efficient.

See these articles:

- [Cybernetic Freud](#)

(the correct meaning of "cybernetic" is "self-directing") for a discussion of the mind-body connection.

- [Is the Body 'Self' or 'Other'?](#)

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e-BOOK: ECONOMIC HARD TIMES SPECIAL ~~\$28.00~~

\$17.76 (Item #113)

Choose this book or *The Magic of Somatics*, but not both.

[Add To Cart](#)

For preview, click [here](#).

Mailable order form, click [here](#).

## The Somatic Exercise Series

*Programmatic Keys to Free and Easy Movement*

*Recorded, Step-by-Step Instruction for Self-Development and Self-Help*

ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here](#).



### *Somatic Exercise Sampler*

Hanna Somatics Gold™

Get an integrated experience of three somatic exercises. Free the muscles of your back, front, and sides for a lasting change you can feel, immediately.

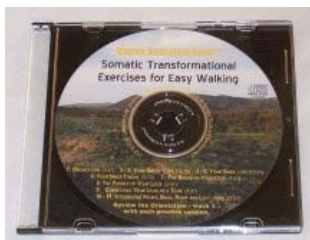
AUDIO COMPACT

DISC (1): \$14.92

3 sessions, 68 minutes

[Add to Cart](#)

Selections from The SuperCat Stretch and from The Magic of Somatics



### *Somatic Transformational Exercises for Easy Walking* by Lawrence Gold

Hanna Somatics Gold™

Whether you're looking to improve your balance, your endurance, or your speed -- or working to rehabilitate yourself after injury -- this program takes you where you want to go. Recover the

pleasure of walking freely at your preferred speed.

AUDIO COMPACT

DISC (1): \$18.65 (Item #213)

10 sessions, 79 minutes

[Add To Cart](#)

Mailable order form, click [here](#).



### *Calm & Energize: Somatic Breathing Training to Reduce Stress*

by Lawrence Gold

An energizing program to revolutionize your breathing: relaxed, fuller, easier, filling all of you

Hanna Somatics Gold™

Audio Preview: [CLICK HERE](#) and send - will return an email message with clickable, download links)

AUDIO COMPACT

DISC (1): \$18.65 (Item #214)

five different lessons

[Add To Cart](#)

Mailable order form: click [here](#).

Read a [review](#).



## Special Program to Free Breathing

by Lawrence Gold **NEW!**

Increase your ease of breathing and breathing capacity, immediately.

Hanna Somatics Gold™



## The Cat Stretch

Overcoming the Myth of Aging

(also titled, *Somatic Exercises for Neuromuscular Stress*)

Preparatory Lessons and 10-minute daily regimen

guided by Lawrence Gold, certified Hanna somatic educator

Guided instruction in Dr. Hanna's original exercises for movement health, the same as in his book *Somatics: Re-awakening the Mind's Control of Movement, Flexibility and Health*. Newly recorded with introductory explanations separate from instructional material, so you can hear and do exactly the exercises you want.

- The Back of the Body
- The Front of the Body
- The Sides of Your Trunk
- Twisting Your Hips and Trunk
- Freeing Your Neck and Shoulders
- Twisting Your Hips and Trunk
- Improving Breathing
- Improving Walking
- The Daily "Cat Stretch" (brief routine)

**Audio Preview:** [CLICK HERE](#) and send - will return an email message with clickable, download links)

Sold alone or with The SuperCat Stretch Exercises (see immediately below).



## **NEW!** The SuperCat Exercises - higher integration

Hanna Somatics Gold™

Beyond Overcoming the Myth of Aging

developed and guided by Lawrence Gold, certified Hanna somatic educator

Evolved forms of Dr. Hanna's original exercises, found in his book *Somatics: Re-awakening the Mind's Control of Movement, Flexibility and Health*, that go all the way into the mind.

How well do the tangible results of our actions express our ideas? Consider the gap between intentions and results we so often see, and you have an answer. Our intentions often get garbled in the results. It's a problem so universal that when things turn out as we intended, it seems like something of a miracle. How do we get our tangible results to better reflect our ideal sense of things? Forge a better, and better-organized mind-body connection.

This development of somatic exercises uses more highly integrated physical movements combined with metaphors that discipline attention to take somatic education to the next-higher level -- intentionality that goes all the way from intuitive conception into physical expression.

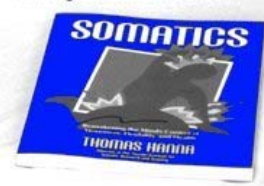
## AUDIO COMPACT

DISC (1): \$18.65

65 minutes

[Add To Cart](#)

Have you read this book?



## AUDIO COMPACT

DISCS (4): \$54.40 (Item #211)

eight lessons plus the daily Cat Stretch regimen

[Add To Cart](#)

INSTANT DOWNLOAD (4 DISCS

in compressed format for quick download): \$40.00

[Add To Cart](#)

Mailable order form, click [here](#).

## AUDIO COMPACT

DISCS (10): \$87.50 (Item #212)

Includes the Cat Stretch Program (above, 4 CDs) and the SuperCat Program (6 CDs)

[Add To Cart](#)

Mailable order form, click [here](#).

## *Getting Ready for Sex*

by **Lorenzo Gold**

*Move Freely, Enhance Your Sensuality, and Prolong Your Intimate Occasions*

Contains the complete instructional movement sequences found in the illustrated book (instant electronic download or bound manual), but without the deeper, psycho-physical disciplines found in the

book *Deeper Lovemaking*. Can be used independently of the book.

**BOOK DESCRIPTION, CLICK [HERE](#).**

**ORDERS TO BE SHIPPED  
OUTSIDE THE U.S.A. [click here.](#)**

**AUDIO COMPACT  
DISCS (4): \$47.95 (Item #215)**

**Add To Cart**

**Mailable order form click [here.](#)**





## Prenatal and Post-Partum Somatic Exercises

by Lawrence Gold

For during and after pregnancy. Get those abdominal and pelvic muscles stronger and more responsive. Make it easy on yourself.

After delivery, recover your strength, get back your attractive shape, and feel more energetic for those months of new motherhood. A gift for a sister, a friend or a couple!

AUDIO COMPACT DISCS (2): \$23.95 (Item #216)

[Add To Cart](#)

Mailable order form, click [here](#).

## Free Yourself from Back Pain

Contains the complete instructional sequences found in the illustrated workbook. Can be used independently of the book.

BOOK DESCRIPTION, CLICK [HERE](#).

AUDIO-INSTRUCTIONAL

CD SET with e-BOOK download:  
ECONOMIC HARD TIMES SPECIAL

~~\$62.50~~ \$50.00 (Item #218) -- **BEST VALUE**

[Add To Cart](#)

Mailable order form, click [here](#).



## New Seated Refreshment Exercises

by Lawrence Gold

Working too hard for too long? Glued to your chair? Getting stiff and tired? Here's a system of movements to refresh your physical comfort and flexibility. This sequence of movements

was designed for people with limited freedom to move or who must stay seated for long periods -- air travelers, drivers, desk jockeys, the elderly, customer service and tech support team members -- people who otherwise may have little in common!

AUDIO-INSTRUCTIONAL

CD (1 CD): \$12.70 (Item #219)

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Mailable order form, click [here](#).



## Free Your Psoas

by Lawrence Gold

ALL MOST PEOPLE NEED:

**NEW!**

End psoas muscle pain. Free, strengthen, and balance the other core movers and stabilizers of your body.

Improve your comfort and coordination. This series of brain-muscle retraining lessons (somatic exercises) fits together like the pieces of a jigsaw puzzle to give you a feeling of

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DVD set

- Two DVDs = 147 minutes

organized into bite-size lessons that leave you feeling noticeably better each time

- **Bonus:**

*The Five-Pointed Star*  
(2 audio CD set - [description](#))

**\$102.70 (Item #306)**

wholeness. One lesson leads logically into the next. An integrated mind-brain-body video program that produces immediate, feelable improvements.

**Preview:**

click [here](#) and send the blank email message.

## Free Your Psoas

### ENHANCED AGILITY FOR ELITE ATHLETES

An integrated system of brain-muscle training (somatic exercises) to free your psoas muscles and to integrate them with the other core movers and stabilizers of the body. A mind-brain-whole-body training workshop-on-DVD.

This video program first tells you how to get the fastest results in the least possible time, then introduces each somatic exercise with a preview and one or two keys to the exercise, then guides you carefully, step-by-step, through each exercise at a slow pace for easiest learning. You will feel immediate results.

**Preview:**

Click [here](#) and send the blank email message.

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### Instant Electronic Download

"ZIP" compressed file expands to ".wmv" (Windows Media Video) format playable on Windows Media Player

\$69.00 (Item #307)

Add To Cart

### ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here.](#)

### DVD SET (3 DVDs = 228 minutes)

with immediate electronic download of DVD disc 1 (Windows, only):

#### ECONOMIC HARD TIMES SPECIAL

~~\$159.20~~-\$95.00 (Item #305)

includes bonus audio CD training program,

*Somatic Transformational Exercises for Easy Walking (79 minutes)*

Add To Cart

**SPECIAL OFFER:** Obtain the introductory material and first lesson by electronic download for \$10.00.

Add To Cart

### AUDIO-INSTRUCTIONAL

CD SET (4 CDs): \$54.40 (Item #220)

Add To Cart

Mailable order form, click [here](#).

**Bill Arcand wrote:**

Hi

Please send me more information on how to obtain the introductory material and first lesson on video CD and any other info describing the contents of the full psoas DVD program as well as the Free Preview, Guidebook of Somatic Transformational Exercises. I am completed two years of somatic training in the Northampton MA somatics systems institute so i have some background on somatics.

thanks,  
Bill Arcand

*(follow-up message from Bill, exactly as written:)*

Hi Lawrence,

Just wanted to say that your DVD, CD, and Manual are great!!!!!!!!!!!!!!!!!!!!!!!!!!!!- giving me a whole new perspective on exploring- thanks for sincerity, for sharing your knowledge and for taking me deeper into discovery.

Thank you thank you thank you!!!!  
Bill

Hi, Bill,

Thanks for the note.

May I use your words on the website, to encourage others?

with regard,  
Lawrence

Hi Lawrence,

I would be honored if it will help inspire others to investigate these wonderful tools.

Bill



## The Five-Pointed Star

- or - The Four Universal Human Movements

A Mind-brain-body-based Approach

by Lawrence Gold

**This program is a "keystone" -- meaning that by freeing and balancing our center of movement, it enhances the effects of any somatic exercise done immediately thereafter.** This integrated system of movement lessons (somatic exercises) awakens, frees and integrates movements from your somatic center, the origin of all human movements, outward through your extremities. Immediately increases strength, flexibility, and fluidity of movement to a surprising degree. At the end, you feel like a five-pointed star with a glow at the center. Walking is faster, easier and looser.

Side-effect: emotionally calming and centering. Those who meditate after a session of The Five-Pointed Star notice an enhanced capacity to witness mind, emotions, and body from a neutral, centered space *without identifying with them.*

audio compact disc set (2) \$24.96 (Item #221)

[Add To Cart](#)

Mailable order form, click [here](#).



## Biokinetics/Hanna Somatics

Developmental Movement Education with Carol Welch,  
Certified Hanna Somatic Educator

### Reflexes 101w

The movement patterns worked with in this video address muscular contractions held involuntarily and unconsciously. They create a better condition for breathing, walking, and functioning in a more comfortable and efficient body. Practice along with Carol.

76 minutes running time, many hours in fruitful practice time.

**ORDERS TO BE SHIPPED OUTSIDE THE U.S.A. [click here.](#)**

- **VHS/PAL/SECAM: \$54.40: (Item #301)**

[Add To Cart](#)

- **DVD: \$64.00: (Item #303)**

[Add To Cart](#)

Mailable order form, click [here](#)

## BioSomatics

### Spine and Joints 102w

This program is based on movement patterns for the well-being of the spine, the long muscles of the back, and the small muscles joining the vertebrae. Included are cyclic motions that serve to integrate the sense of weight, balance, intention, and direction of movement.

- **VHS/PAL/SECAM: \$54.40: (Item #302)**

[Add To Cart](#)

- **DVD: \$64.00: (Item #304)**

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Mailable order form, click [here](#)

I liked this video very much. It was well organized and aesthetically pleasing. Clear and simple to follow, the video had an excellent pace which allowed the viewer to participate simultaneously with the producers.

Consequently, I would recommend this video . . . It is accessible, applicable and appropriate for any audience: practitioners, students, or novices.

~ Judith Aston (*Aston Patterning*)

## Information on Consultations by Telephone

Consultation by telephone with [Lawrence Gold](#), Certified Hanna Somatic Educator #3 (third person conferred certification), can be arranged by [pointing and clicking on](#) (i.e., "following") the link at the end of this description.

[Lawrence Gold](#) was one of the thirty-eight people trained by the developer of Hanna Somatic Education, Thomas Hanna, Ph.D. From 1996 to 1998, he practiced at The Wellness and Rehabilitation Center of Watsonville Community Hospital; his writings have appeared in *The American Journal of Pain Management*, *The Townsend Letter for Doctors and Patients*, *The Massage and Bodywork Quarterly*, and elsewhere.

A partial list of conditions with which he may help you can be found by following [this link](#). This page will remain behind the window that opens.

In your consultation by telephone, tell Lawrence Gold about your problem. He will then ask pertinent questions about your history of injuries, surgeries, and your general condition.

If somatic education will help, he will offer one or more options to you, all of which are available through [Somatics on the Web](#) :

- pertinent exercises from the book, **Somatics**, by Thomas Hanna, or audio CD program [Ougrowing the Myth of Aging, somatic exercises guided by Lawrence Gold](#)
- pertinent audio or video instructional program
- exercises from [The Magic of Somatics](#) or [Free Yourself from Back Pain](#)
- custom-made audio program to address your problem
- referral to a certified clinical somatic educator

To proceed, follow this link: [CONSULTATION](#)

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Eugene, OR 97401

**Lawrence Gold, C.H.S.E.**

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Santa Fe, NM 87502

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