



# The Somatic Yoga

Hatha Yoga is thousands of years old – and it hasn't changed much, to this day – a point of pride for many practitioners, and rightly so.

The field of somatics has been maturing rapidly since the 70s, bringing with it new capacities for change.

Somatic yoga introduces an approach that significantly speeds the rate of improvement of yoga practitioners, prevents injuries, and helps resolve injuries that have already occurred. More than that, it induces a deepening of consciousness that **leads toward** Deep Rest in the Intuition of the Conscious, Blissful Silence That Pervades and Includes the Body-Mind.

*Somatic education is not only something new and unexpected. It is something of momentous consequence: It entails a basic transformation in our understanding of the human species and of the capacities of the human individual. That which we have believed to be unchangeable in the human creature has been discovered to be not, after all, so unchangeable. Such a discovery amounts to a reassessment of the nature of ourselves and of humankind.*

■ Thomas Hanna

Thomas Hanna taught yoga at the University of Florida at Gainesville in the late 60s and early 70s. His classes were so large that they used the football field.

He also significantly advanced the field of somatics, as the one who brought Moshe Feldenkrais to the USA, trained in and practiced Feldenkrais Functional Integration, and then over the years made new discoveries and additions to the discipline that advanced it enough to warrant a new name for the work: Hanna Somatic Education®.

Somatic yoga integrates the two disciplines to produce a new discipline with features of each, the way a child has the features of her parents, but is different from both.



## Taught by Lawrence Gold

three Tuesdays

1:00–2:00 pm



starting October 28th

\$15.00

Information/directions: 699-8284



**Santa Fe Soul**  
Health and Healing Center

*Holding Life with Grace*