

Biokinetics Movement Education

Presented by Carol Welch, C.H.S.E.
VHS/PAL \$54.40
DVD \$60.00



REFLEXES 101 gives a brief overview of Sensory Motor Amnesia and the three pathological processes by which it occurs. The

movement patterns free muscular contractions held involuntarily and unconsciously in Sensory Motor Amnesia. This program helps you overcome Sensory Motor Amnesia, rejuvenate your spine, restore agility to your hips, and reactivate health in your shoulders and neck.

SPINE AND JOINTS 102

This program teaches movement patterns for the well-being of the spine, the long muscles of the back, and the small muscles joining the vertebrae. Included are movements for the health of the joints of the hips, knees, and ankles, as well as cyclic motions that serve to integrate the use of balance between weight, intention, and direction.

Outgrowing the Myth of Aging

guided by Lawrence Gold, C.H.S.E.

BASIC INSTRUCTION

– four audio-compact discs - \$54.40

BASIC AND ADVANCED INSTRUCTION

– ten audio-compact discs - \$87.50

Dr. Hanna's eight somatic exercise lessons, as published in his book, **Somatics, Re-awakening the Mind's Control of Movement, Flexibility and Health.**

EXPERIENCED USERS SPEAK

I taught (substituted for an away instructor) a Seniors Pilates/Yoga class today. The class was people aged basically in the mid 60's to a gentleman of 78 and two younger in the 30's. My program was to warm up with stretching and gentle movement to build a little heat in the muscle.

We then did 45 minutes of Somatic exercises . . .

I always have people take a walk and quietly stroll around the room and make a personal assessment ... with not much coaxing from me. "Taller", "Balanced" and the 78-year-old said, "I just feel better all over, do you have a business card?" All of them wanted to know how they could get more of this gentle restorative work....something not controlled by me. Of course you know that smile that participants get when they realize what they have just done for themselves...

John S. Smith

I also purchased your book 'The Magic of Somatics' last night. I have been working on one of the neck stretch exercises . . . and my neck is starting to feel better already.

Rod Stevens

Lawrence, I've got to tell you that the exercises in the back book you sent me are absolutely working wonders. This is really something!

Glen Baird

Keys to Somatics



Hanna Somatic Education®
Mind-Brain-Body Training

Somatic: pertaining to the body experienced and controlled from within

Self-Help Resources

RESALE OPPORTUNITY

DISTRIBUTOR

www.somatics.com/resources.htm

All prices plus tax and shipping, if applicable.

Free Yourself from Back Pain

**nine-weeks or fewer to a comfortable
back you can trust**

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

CD set & workbook \$98.60

Workbook or CD set: \$62.50 each



An audio-CD-based program to end back pain. Learn what to do about brain-muscle conditioning that

causes a whole array of back problems, including spasms, degenerative disc disease, sciatica, and other conditions. The workbook illustrates the audio instructions and paces the program.

Free Your Psoas

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

audio CDs (4) \$54.40

DVDs (3) + bonus CD: \$98.60

An integrated system of somatic exercises frees your psoas muscles and integrates them with the other central movers and stabilizers of the body for new balance, freedom of movement, and a feeling of being better put-together. A mind-brain-body-based approach.

All programs available as experiential training workshops conducted by Lawrence Gold, C.H.S.E. Call 505 699-8284 to inquire.

The Magic of Somatics

Take back your body and feel better than you have in years, or maybe ever
by Lawrence Gold, C.H.S.E.

\$34.50



Eleven structured learning sequences clear up pains and stiffness related to ageing, injury and stress. Clear up lingering pain,

prevent injury, and enhance your body to a new level of agility, coordination, endurance and speed.

bonus CD: *The New Seated Refreshment Exercises*

The Guidebook of Somatic Transformational Exercises

improving the mind-body connection for more physical and mental prowess

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

\$97.95



For professionals, the source text from which much of *The Magic of Somatics* was elaborated, the Guidebook contains approximately six

times as many somatic transformational exercises as *The Magic of Somatics*. This text-only version is presently available for use by movement instructors and students with a thirst for the material.

bonus CDs: *Calm and Energize, Somatic Breathing Training to Reduce Stress • Easier Walking • Pre-Natal and Post-Partum Somatic Exercises*

New Seated Refreshment Exercises

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

one audio CD

\$12.70

A system of conscious movements to refresh comfort, flexibility and vitality for travelers, those in high-stress seat-bound occupations -- airline pilots, customer service team members, technical support personnel, computer-workers -- and those with limited mobility.

Somatic Transformational Exercises for Easy Walking

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

one audio CD

\$18.50

"The amazing walking miracle"

A system of coordinated movements brings lightness and ease to walking. The effects of these movements, done lying down, become apparent as soon as you stand up.

Calm and Energize: Somatic Breathing Training to Reduce Stress

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

one audio CD

\$18.50

Explore breathing with body and mind. Get calm. Get refreshed. A good listening experience, a good feeling.

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, Ph.D.