



# Somatics on the Web

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## RESOURCES

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- [Certified Hanna Somatic Educators](#)
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ALL BOOKS AND PROGRAMS COME WITH FREE CONSULTATION, FIFTEEN MINUTES, BY TELEPHONE.

**note: ORDERS OUTSIDE THE U.S.A. REQUIRE ADDITIONAL POSTAGE. ALLOW ONE TO THREE WEEKS FOR DELIVERY, EXCEPT FOR INSTANT ELECTRONIC DOWNLOADS.**



When ordering, please propose three appointment times for your consultation in the space, "Additional Comments for the Supplier." You will be contacted. If ordering by mail, write your telephone number.

## BOOK TITLES

Click titles (underlined) below to obtain description.

- [The Magic of Somatics](#)
- [The Guidebook of Somatic Transformational Exercises](#)
- [Free Yourself from Back Pain, 2nd edition](#)
- [Getting Ready for Sex](#)
- [Body Meditations](#)

# The Magic of Somatics

## Hanna Somatics Gold™

Improving the Mind-Body Connection to Improve Physical and Mental Prowess by Lawrence Gold

- **BOUND AND PRINTED BOOK** with bonus CD, The New Seated Refreshment Exercises: **\$34.50 (Item #106)**

*(You don't need a PayPal account to use*



- e-BOOK (only): \$21.00 (Item #107)



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



a practical continuation of the original book on clinical somatic education, *Somatics*, by Thomas Hanna

Extensively illustrated descriptive guide to somatic transformational exercises to help you take back your body, improve your quality of movement, and perhaps feel better than you have in years. Eliminate stubborn pain and gain major improvements in bodily functioning. Explanations lend depth and clarity to the practice of Somatics. Extensively illustrated and available in both electronic format (in Adobe Acrobat format with full color illustrations) and in

full-page, coil-bound handbook format.

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.

Learn the best way to do somatic exercises to get the best results.

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## The Guidebook of Somatic Transformational Exercises

**Hanna Somatics Gold™**

FOR PROFESSIONALS: Improving Bodily Awareness and Quality of Movement  
by Lawrence Gold

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



- e-BOOK (only): \$68.00 (Item #104)



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

Decrease or end chronic pain; improve freedom of movement and coordination. Text-only instructions 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.

PHYSICAL BOOK INCLUDES SPECIAL AUDIO-INSTRUCTIONAL PROGRAMS ON COMPACT DISC:

- *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)

message from a purchaser (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

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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

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## Free Yourself from Back Pain, 2nd edition

**Hanna Somatics Gold™**

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

by Lawrence Gold

WORKBOOK: 274 pages, large print, color illustrations, nine exercise sequences

AUDIO CD set: 5 DISCS

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



- **AUDIO-INSTRUCTIONAL CD SET with e-BOOK download: \$62.50 (Item #218)**



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



- **e-BOOK DOWNLOAD (only): \$31.25 (Item #111)**



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



Regain the freedom of a secure back. Nine programmed movement-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 workbook-CD set. Large print for easy reading; illustrated 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.*

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## Getting Ready for Sex

### Hanna Somatics Gold™

Enhanced Your Sensuality, Move Freely, and Prolong Your Pleasure Together

by Lorenzo Gold

WORKBOOK: 198 pages, large print for easy reading, color illustrations of positions  
AUDIO-INSTRUCTIONAL CD SET: 4 CDs

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



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



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



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

For deeper sexing, Somatic training is very powerful. It transforms your ability to feel and to create feeling. How would you like to transform your sexual experience? Master the energies of sex, feeling, movement, orgasm. Do this program to enjoy positions described in such books as The Kama Sutra and add to the physical and emotional experience of sex.

- The Cadenced Breathing
- Wiggling
- 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 workbook contains nine interludes with titles such as, "The Transcendental Kiss," "The Whole-Body Orgasm," "The Subtle Touch."

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## Body Meditations

for Conscious Incarnation

**Hanna Somatics Gold™**

by Lawrence Gold

e-BOOK: \$28.00 (Item #113)



For preview, click [here](#).

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

Many people have the idea that meditation is an inward thing, "the art of relaxation", a route to passivity. But that is an incorrect view. Meditation is simply to be consciously present to the content of experience, to function as consciousness. Apply consciousness to bodily experience and you set the stage for transformation, not just of the mind, but also of body. This is meditation with an active purpose: mastering the body-mind through greater awareness of your psycho-physical condition. See this article: [Cybernetic Freud](#) (the correct meaning of "cybernetic" is "self-directing") for a discussion of the mind-body connection.

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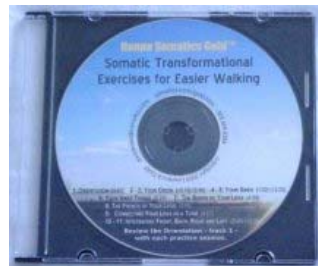
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## The Somatic Exercise Series

Recorded Instruction for Self-Help

*Programmatic Keys to Free and Easy Movement*

It only seems miraculous, but it's ... somatic education.



### *Somatic Transformational Exercises for Easier Walking*

For lightness, speed, and comfort. Develops stronger legs; creates some very unusual, pleasant sensations in the lower legs and feet.

AUDIO COMPACT DISC (1): **\$18.50 (Item #213)**  
10 sessions, 79 minutes



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



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

A deeply relaxing and energizing program by Lawrence Gold.

AUDIO COMPACT DISC (1): **\$18.50 (Item #214)**  
two thirty-minute lessons



Mailable order form: click [here](#). *Read a review.*

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



## **NEW! Thomas Hanna's Original Cat Stretch Exercises**

**Outgrowing the Myth of Aging**

(also titled, *The Myth of Aging Series: Somatic Exercises for Neuromuscular Stress*)

guided by Lawrence Gold, certified Hanna somatic educator

AUDIO COMPACT DISCS (4): **\$54.40 (Item #211)**  
eight lessons plus the daily Cat Stretch regimen



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

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)

Have you read this book?



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

Sold alone or with **The Super Cat Stretch Exercises** (see immediately below).



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

**Hanna Somatics Gold™**

**Beyond Outgrowing the Myth of Aging**

developed and guided by Lawrence Gold,

certified Hanna somatic educator

AUDIO COMPACT DISCS (10): **\$87.50 (Item #212)**  
eight lessons plus the daily Super Cat Stretch regimen



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

Evolved forms of Dr. Hanna's original exercises as found in his book *Somatics: Re-awakening the Mind's Control of Movement, Flexibility and Health*. Uses each of the exercises to forge an enhanced mind-body connection through the powers of feeling-attention and feeling-intention.

**Mind-Body Integration:**

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

## Getting Ready for Sex

Enhance Your Sensuality, Move Freely, and Prolonged Your Pleasure Together

Contains the complete instructional sequences found in the illustrated book (instant electronic download or bound manual). Can be used independently of the book.

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

by Lawrence Gold

audio compact discs (4): **\$47.95 (Item #215)**



Mailable order form click [here](#).



## Pre-Natal and Post-Partum Somatic Exercises

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!  
by Lawrence Gold

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



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

## Free Yourself from Back Pain

Contains the complete instructional sequences found in the illustrated book (instant electronic download or bound manual). Can be used independently of the book.

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

**AUDIO-INSTRUCTIONAL CD SET (5 CDs)** with e-BOOK  
download: **\$62.50 (Item #218)**



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

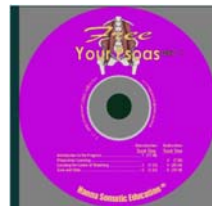
## New Seated Refreshment Exercises

Glued to your chair? Working too hard for too long? Getting stiff and tired? Here's a system of movements to refresh physical comfort and flexibility for those with limited freedom to move or who must stay seated for long periods -- air travelers, desk jockeys, customer service and tech support team members, the elderly, etc.  
by Lawrence Gold.

**AUDIO-INSTRUCTIONAL CD (1 CD): \$12.70 (Item #219)**



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



## Free Your Psoas **NEW!**

An integrated system of movement lessons (somatic exercises) to free your psoas muscles and to integrate them with the other central movers and stabilizers of the body. A mind-brain-whole-body-based approach.  
by Lawrence Gold.

**DVD SET (3 DVDs): \$98.60 (Item #305)**



Preview: click [here](#)

**SPECIAL OFFER:** Obtain the introductory material and first lesson on video CD for \$10.00. click [here](#).

**AUDIO-INSTRUCTIONAL CD SET (4 CDs): \$54.40 (Item #220)**



Audio Preview: click [here](#)

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



## The Five-Pointed Star **NEW!**

- or - **The Four Universal Human Movements**  
An integrated system of movement lessons (somatic exercises) to awaken, free and integrate movements from the somatic center, the origin of all human movements. At the end, you feel like a five-pointed star with a glow at the center. Side-effect: emotionally calming and centering. A mind-brain-body-based approach.



by Lawrence Gold.

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



Audio Preview: click [here](#)  
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.

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



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



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.

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*)

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



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



Mailable order form, click [here](#)

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## 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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