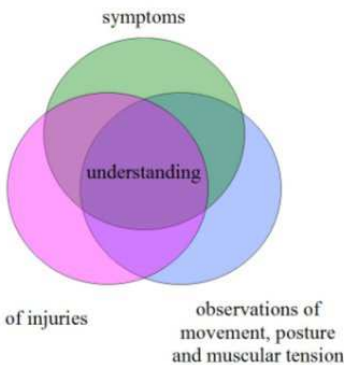


Pandiculation

an Easier Way to Recover from Injury and to Improve Even Good Movement

a strong voluntary contraction followed by a slow relaxation and movement

THE L.E.A.R.N. SEQUENCE



LISTEN TO CLIENT'S SYMPTOMS

EVALUATE FUNCTION

ASSESS AND RELATE TO HISTORY OF INJURIES

RENOVATE (ASSISTED PANDICULATION) AND REINFORCE (SOMATIC EDUCATION EXERCISES)

NEW LIFE



hereness@somatics.com by 2017-7-14



APPLICATION FOR A FREE "EXPLORING POSSIBILITIES" SESSION

I'm interested in using pandiculation to get much more done more easily.

CHECK ALL THAT APPLY:

- I'm sharp, level headed and have my wits about me.
SCALE = FROM 1 - 1000
- I'm keen to explore substituting pandiculation for stretching.
- I'm interested in professional training as a clinical/Hanna somatic educator or somatic education exercise instructor.
- I'm a health professional and want to know whom, and what kinds of persistent injuries, to refer for clinical somatic education to extinguish pain.
- I want to know more about somatic education exercises that prevent injury and improve balance, performance and agility in the young and in the elderly.
- I'm interested to have Lawrence Gold speak before my professional group.
- I have an injury and am interested in clinical pandiculation, for myself.

name _____ profession _____

telephone # _____ email _____