



**ABOUT  
LAWRENCE GOLD**  
CERTIFIED HANNA  
SOMATIC EDUCATOR

Practicing since 1990.  
One of fewer than 100  
certified practitioners,  
worldwide.

Two years (1997-1999) on-staff at the  
Wellness and Rehabilitation center of  
Watsonville Community Hospital. Author of  
numerous articles and five books. Trainer of  
practitioners. Creator of Somatics on the  
Web (somatics.com).

**WORDS FROM EXPERIENCED CLIENTS**

"I'm a total believer since it worked for me. A  
splitting headache caused by stress and  
pressure on the job disappeared after only  
minutes of treatment by Lawrence Gold."

S. Marmann, San Rafael, CA

"Oh, wow, my neck has so much more  
movement, now."

Debora L., Santa Fe, NM

**OTHER CONDITIONS**

"I was diagnosed with fibromyalgia several  
years ago with constant pain in my right  
shoulder. It was so severe I was unable to  
sleep more than 4 hours a night. After one  
session with Lawrence Gold using Somatics,  
my shoulder released! I am now pain-free  
and sleeping 7 hours a nite. To me, for one, it  
has been a miracle."

Beth H., Santa Fe, NM

"My horrible sciatica and lower back pain  
was ruining my life. I hurt all the time. I tried  
chiropractic, massage, and pain killers.  
Nothing worked. Lawrence Gold got rid of  
my sciatica and chronic low back pain.

Samantha S., Warrenton, VA

**Physician's'letter about Lawrence Gold  
and about Hanna Somatic Education**

This is a letter to recommend Mr. Lawrence Gold in  
the highest regard. Lawrence is, by training, a  
massage therapist and a certified Hanna Somatic  
Educator. He has worked at the Wellness and  
Rehabilitation Center since my coming there in  
August, 1996. He has assisted us in treating a very  
diverse and multiple-injured patient population. The  
majority of the patients seen at the Wellness Center  
are those who have usually defied a diagnostic  
agreement amongst physicians.

His utilizing Hanna Somatic Re-education has  
allowed these patients to regain what the chronicity  
of their injuries has taken from them.

Lawrence's treatment techniques and keen eye in  
evaluation have been a key modality to restore  
balance to these altered systems. Lawrence's ability  
to diagnose, educate, and restore a better  
understanding with patients is his best attribute. He is  
well written, well-spoken, and is an asset to have as  
a key staff member in a multi-disciplinary approach  
to musculoskeletal injury and chronic pain.

In closing, I recommend Mr. Lawrence Gold with the  
highest regard and would be happy to speak to any  
of those reading this letter in person in more detail.

Sincerely yours,

Janine M. Talty, Doctor of Osteopathy,  
M.P.H., Biomechanics  
Watsonville Community Hospital, California, (831) 768-8095



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.



Hanna Somatic Education®

Somatic Training

**Somatic:** pertaining to the body  
experienced and controlled from within

**Lawrence Gold**  
Certified Hanna Somatic Educator

505 699-8284  
somatics.com/gold.htm

# Somatic training is self-training. Here's how to get the most out of it in the easiest way.

## THE COORDINATION PATTERNS

You've been taught some movement patterns to reinforce and enhance the benefits of your somatic training sessions.

These movement patterns reprogram your coordination.

Without them, you've gotten some improvement, but not necessarily the improvement possible for you.

Without changing your coordination, your old habitual way of moving may cause some of your pain and stiffness to return.

More than that, if you do the coordination patterns the way you do common exercises, you may condition your muscles into a higher state of contraction, which may lead to the return of muscle fatigue (pain) and stiffness (lack of elasticity).

We don't want that. So here are some guidelines for doing the somatic coordination patterns.

## THE COORDINATION PATTERNS ARE ABOUT CONTROL, NOT STRENGTHENING OR STRETCHING.

You may be used to systems of exercise where "more is better" or where strengthening and stretching are the desired outcomes.

The coordination patterns are different. They're about feeling and control, rather than about strengthening or stretching.

That means that to **do the movements in good form** is much more important than how much effort you use. To do the movements **at a constant speed** (very smoothly) is much more important than how fast you do them. To **feel the movements and the involved muscles** is much more important than to do a lot of repetitions.

Because you are learning to control both *contraction* and *relaxation*, it's important to **relax completely between repetitions**.

- do the movements in good form
- at a constant speed
- work within your comfort zone
- feel the muscles in movement and
- relax completely between repetitions

If you are used to listening to music or watching TV when exercising, please refrain when practicing the coordination patterns. You need your full attention to feel them as you practice them.

It turns out that half of strength is coordination, so done correctly, the coordination patterns give you the benefits sought by strengthening and stretching - and more.

## CONTROL BY FEEL

We control our movements by feel. Tight muscles usually have diminished feeling, so we can feel pain, but not less intense body-feelings. We can't feel our muscles, clearly, so we control them poorly.

The coordination patterns, done correctly, improve feeling and control. We relax and the pain fades out.

That means that to practice the coordination patterns is to practice control. Control the speed of your movement. Control the smoothness of your movement. Use enough effort to feel the action but not so much that you hurt or shake with effort! In fact, **use less effort with each repetition**.

When you have good control, you can tighten muscles with no danger of cramping and relax muscles at will. **Then, no special effort is needed to relax. You relax just by deciding to relax. That's natural muscular control.**

## SORENESS

Amazing as it may seem with movements as gentle as these, some soreness is a possibility. If soreness occurs, its onset occurs the day after and lasts 24-36 hours. During that time, it's safe to do the movements, but you may wish to wait until the soreness passes.

## IMPROVEMENTS INCREASE WITH PRACTICE

Your first attempts at the coordination patterns may be uncoordinated, somewhat confused, and "ratchety" (at an inconstant speed). Allow for that. This is a learning process, after all.

Just persist in practice and you may be amazed at how fast you improve and at the improvements you get, even beyond what you got during your session.

If you have questions or concerns, consult with your practitioner, who may modify your program - better sooner than later. Why flounder?

If your pain or stiffness returns at some time in the future, you can restore your own comfort and freedom with the coordination patterns.

I've just hinted at something else: as long as you remember the coordination patterns, you may not need to visit your practitioner for that problem, again, once you've accomplished your goals. You'll be self-sufficient - and that's as it should be.

