

PREVIOUS CLIENTS SPEAK

"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 Hofmann, 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. Somatics works!"

Samantha Swann, equestrian, Warrenton, VA

"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, CEO, San Rafael, CA

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

Debora Lloyd, teacher, Santa Fe, NM

Three levels of improvement:

- Clear up the sources of pain.
- Enhance bodily functioning to superior levels.
- Prevent future injury with the somatic movement exercises.

Satisfaction Policy

Osteopath'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) 722-5505

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.
founding director

The Novato Institute for Somatic Research and Training

Free and Easy
Recovered. Enhanced.
Movement



Hanna Somatic Education®
It's your time.

Lawrence Gold

505 699-8284

somatics.com/gold.htm

More Than a Quick Fix – A Quick Fix That Lasts

The promise:

Permanently having an injury and losing your quality of life may be one of your hidden fears. Happily, it need not be that way.

There hasn't been a fast and reliable way to end the lingering pain, stiffness, and self-guarding of certain injuries – until now. In a few one-hour sessions, you can end your dependence on pain meds and therapists and have your life and energy back – if you work with me.

A client's experience:

I recommend Hanna Somatic Education with Lawrence Gold. It is a sophisticated, gentle bodywork that brings lasting relief from habitual, job related or accident-trauma holding patterns.

I have experienced Dr. Thomas Hanna's work personally, and Lawrence has the touch and the gift of the teacher. There are only some 30 practitioners in the world that Dr. Hanna trained personally.

Lawrence will coach you gently to let the brain release contractions in the body that lead to structural misalignments, improper breathing patterns, and reduced range of motion. The release may be dramatic as it was for me. You feel and look better with only a few sessions.

Sabrielle Wagner, esthetician ☺

Ready to take back control
of your own body?

About Lawrence Gold certified Hanna somatic educator

One of 38 persons trained in 1990 by developer Thomas Hanna, and also certified in the Rolf Method of Structural Integration, my qualifications include two years (1997 - 1999) on-staff at the Watsonville (California) Community Hospital Wellness and Rehabilitation Center. In 2003, I presented at the New Mexico Conference on Aging and in 2005, at the Head-to-Toe Conference for Educators. I authored articles published in the Townsend Letter for Doctors, the American Journal of Pain Management, and elsewhere, I have produced numerous self-help programs available for purchase at the website, Somatics on the Web (somatics.com). Authorized NCBTMB Continuing Education provider.

What we do during sessions:

- initial functional assessment to determine the suitability of the procedure for your condition
- brain-muscle/movement training with hands-on help so you quickly (1) capture control of and relax tight muscles, (2) newly feel and activate muscles that have not been working properly.
- practice self-care exercises that, done at home, aid maximum improvement and self-sufficiency

What you take from sessions:

- freedom of movement without pain
- a body you can trust during physical activity
- a sense of strength and of being "put together"
- agility, coordination and easy grace
- longer-lasting energy throughout your day
- ability to relax
- better sleep

Working intensively, but comfortably, you gain more and more control of your body. Pains fade out. Movement improves. Lasting improvements come quickly and blend into your life.

Hanna Somatic Education effectively addresses a range of conditions and old injuries. Examples:

RELATED TO MOVEMENT OR EXERTION
BACK MUSCLE SPASMS • STIFFNESS

RELATED TO TIGHT MUSCLES
MUSCULAR PAIN • TIGHT TENDONS • TIGHT JOINTS

RELATED TO NERVE ENTRAPMENT
SCIATICA • NUMBNESS • BURNING SENSATIONS

You may already have tried many ways to recover free and easy movement. This way is different.

The key to free and easy movement is self-training your brain – the master control center for your muscles. Improve your control of your muscles, improve your freedom and ease of movement; use your brain, lose your pain. Regain your mobility; reclaim your life. Move on.

Each session brings significant improvements that accumulate and become second-nature.

You have an advantage.



Lawrence Gold
practitioner, trainer
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Take advantage of your advantage.
Decide to call at your next opportunity.