



*The Novato Institute for Somatic Research and Training presents:*

## **Canine Hanna Somatics® Workshop**

**Saturday, March 14, 2020, 1-3pm**

*An Introduction to Canine Hanna Somatics®*

Dear Dog Enthusiast,

We are pleased to announce the Canine Hanna Somatics® Workshop:

Saturday, March 14, 2020, 1:00-3:00 p.m. Check-in is 1:00 p.m.; the workshop begins at 1:30 p.m.

The workshop will be led by Eleanor Criswell Hanna, Novato Institute director and originator of Canine Hanna Somatics®. The co-instructor is Alissa Mayer.

The topic for the workshop is: AN INTRODUCTION TO CANINE HANNA SOMATICS

Canine Hanna Somatics (CHS) is an adaptation of Hanna Somatics for dogs. Like humans, dogs experience stress and develop chronically contracted muscles. Chronically contracted muscles often create discomfort and restricted movement. Canine Hanna Somatics is a hands-on procedure for teaching dogs, their owners, and dog handlers the voluntary, conscious control of the neuromuscular systems of dogs suffering muscular contractions of an involuntary, unconscious nature. Dogs find CHS very relaxing. After the CHS session, dogs walk more easily and their muscles move more fluidly.

The workshop will begin with an introduction to the principles of Canine Hanna Somatics; then Eleanor Criswell Hanna will guide you and your dog through the CHS procedures. Please bring your dog to the workshop, if possible. Dogs need to be at least a year old or beyond, well-socialized to other dogs and people and able to follow directions and become relatively quiet.

Cost of the workshop is \$30 per dog and human; \$10 per observer. The workshop will be held from 1:00 p.m. to 3:00 p.m., March 14 at the Novato Days Inn, Novato; (415) 897-7111. Please bring a flat bed or rug your dog likes to lay on and a regular leash and collar. Please do not bring recording devices.

In order to reserve a space for the workshop, please send check payable to Somatics, Inc. to 1500 Grant Ave. #228, Novato, CA 94945 by February 28. Include your return address, phone number, and email address. Checks received after the workshop is full will be mailed back to you. For late registration please phone the Novato Institute (415)897-0336 to see if there is space available. **WE NEED 48 HOURS NOTICE FOR CANCELLATION REFUNDS.** For information, call (415) 897-0336.

We look forward to seeing you at the Canine Hanna Somatics workshop.



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**ELEANOR CRISWELL, Ed.D.**, is emeritus professor of psychology and former chair of the psychology department, Sonoma State University. Founding director of the Humanistic Psychology Institute (now Saybrook University, San Francisco), she is currently a Distinguished Consulting Faculty member for Saybrook University. Editor of *Somatics Magazine*, the magazine-journal of the mind-body arts and sciences, and director of the Novato Institute for Somatic Research and Training, her books include *Biofeedback and Somatics: Toward Personal Evolution*, *How Yoga Works: An Introduction to Somatic Yoga*, and she is editor of *Cram's Introduction to Surface Electromyography*. She is past president of the International Association of Yoga Therapists, the Somatics Society, and past president of Division 32—Society for Humanistic Psychology of the American Psychological Association, the Association for Humanistic Psychology, and the Biofeedback Society of California. She is on the board of the Association for Hanna Somatic Education. She is the originator of Somatic Yoga, Equine Hanna Somatics® and Canine Hanna Somatics®.