

SOMATICS EDUCATIONAL RESOURCES

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SOMATICS EDUCATIONAL RESOURCES

Dear Friend,

Somatics Educational Resources is happy to announce the publication of our first .pdf format catalog. This catalog offers a one-of-a-kind selection of books, audiotapes, CDs, videos, DVDs, teaching aids, and more for professionals, students and all persons interested in the mind/body field.

Many of these items are invaluable as an aid to better health, movement and overall well-being, as well as providing the serious student or practitioner with hard-to-find resource materials. They serve as a welcome adjunct to classes, workshops and one-on-one sessions with clients, and provide anybody with their own personal health resource library for home use.

These resources also make wonderful gifts; give the gift of good health to yourself, and to your family and friends. We hope you enjoy the catalog and welcome your suggestions.

Sincerely,

Allegra Broughton Hiner

Catalog Editor & Business Manager
info@somaticsed.com (415)892-0617

Dear Somatics Educator/Explorer:

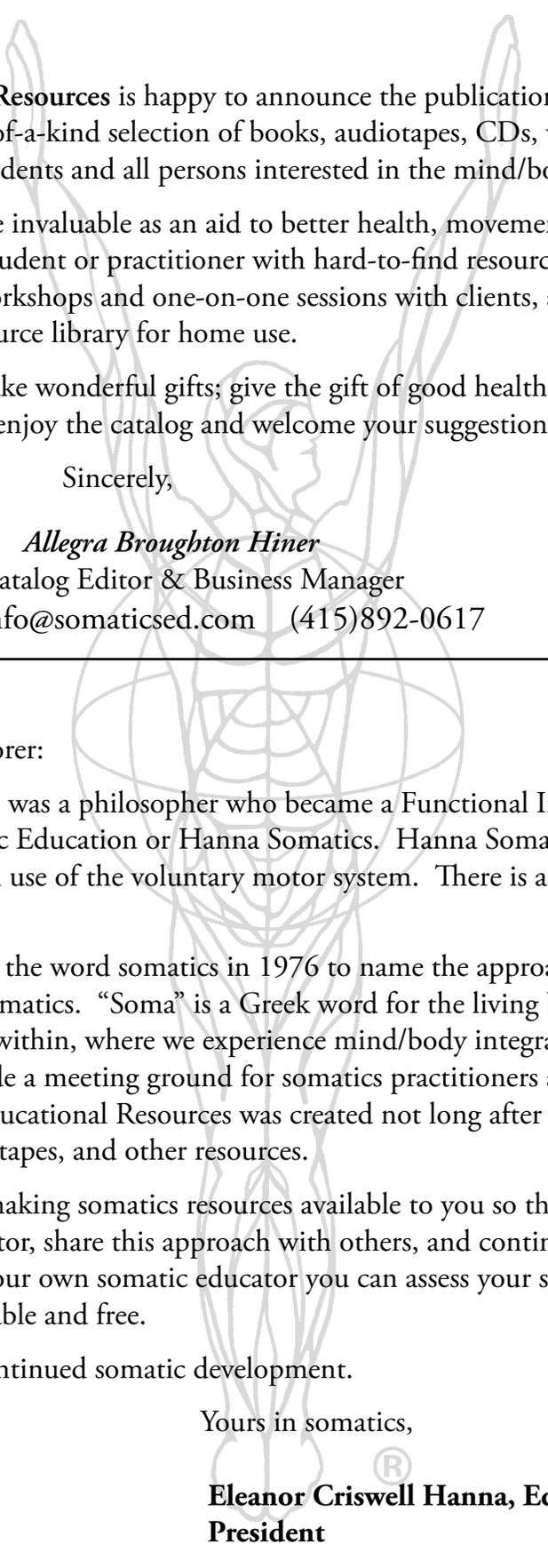
Thomas Hanna, Ph.D., was a philosopher who became a Functional Integration practitioner, and later developed Hanna Somatic Education or Hanna Somatics. Hanna Somatics is an approach to renewed control of the muscles through use of the voluntary motor system. There is a hands-on version and there are the Somatic Exercises.

Thomas Hanna created the word somatics in 1976 to name the approaches to mind/body integration and his new magazine, Somatics. "Soma" is a Greek word for the living body, which Hanna re-defined as the body experienced from within, where we experience mind/body integration. The Somatics Society was founded in 1981 to provide a meeting ground for somatics practitioners and others interested in the mind/body field. Somatics Educational Resources was created not long after to distribute somatics books, audiotapes, Cds, DVDs, videotapes, and other resources.

We are committed to making somatics resources available to you so that you can increasingly become your own somatic educator, share this approach with others, and continue your own somatic development throughout life. As your own somatic educator you can assess your somatic state, do the somatic exercises, and remain comfortable and free.

Best wishes for your continued somatic development.

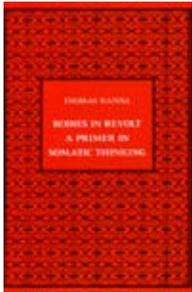
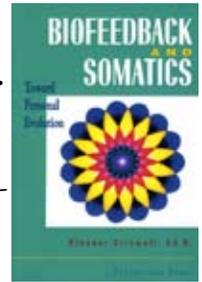
Yours in somatics,


Eleanor Criswell Hanna, Ed.D.
President

SOMATICS EDUCATIONAL RESOURCES - BOOKS

BIOFEEDBACK AND SOMATICS: Toward Personal Evolution, Eleanor Criswell, Ed.D. (#SER-80) \$14.95

A ground-breaking work, already being used in universities as a course textbook. An in-depth, illustrated overview of biofeedback and its specific applications from a somatic perspective. For use with or without biofeedback equipment. See also *Somatics & Biofeedback* video. (Freeperson Press, paperback, illus, 217 pages)

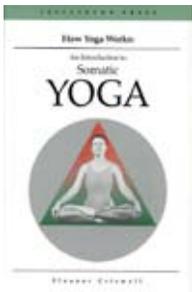
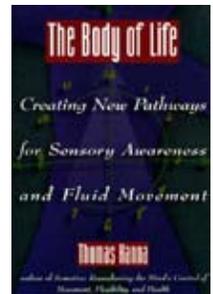


BODIES IN REVOLT: A Primer in Somatic Thinking, Thomas Hanna. (#SER-20) \$9.95

A new and revised edition of the book that defined the “somatic” point of view and formulated the somatic tradition. The book introduces the concept of the soma and surveys the scientific and philosophic spokesmen of this concept. This is the basic textbook for studying the field of somatics. (Freeperson Press, paperback, 308 pages)

THE BODY OF LIFE: Creating New Pathways for Sensory Awareness and Fluid Movement, Thomas Hanna. (#SER-30) \$12.95

Classic book on bodywork education with discussion of case histories. This book covers the general theory and practice of somatic education and body work with reference to the inner workings of Functional Integration, Alexander Technique, Sensory Integration, Sensory Awareness, Dance Therapy and other somatic practices. (Paperback, 210 pages)

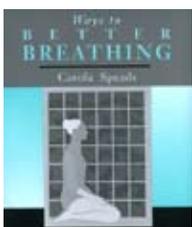
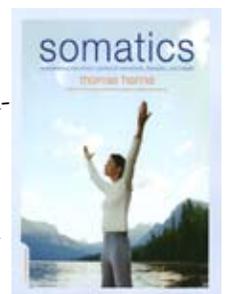


HOW YOGA WORKS - An Introduction to Somatic Yoga, Eleanor Criswell, Ed.D. (#SER-40) \$14.95

For the first time, a special study of the psychophysiological foundations of the experiences and bodily transformations occurring through yogic practice. The entire field of Raja Yoga is surveyed in this illustrated volume. For the general reader. “One of the best books dealing with the physical aspects of yoga that I have read.” - Michael Murphy, Director, Co-founder, Esalen Institute. See also video/DVD *Somatic Yoga* and tapes/CDs #250-SOM.EX.YOGA. (Freeperson Press, paper, illus., 191 pgs)

SOMATICS: Reawakening the Mind's Control of Movement, Flexibility, and Health, Thomas Hanna. New Edition (#SER-10) \$17.95

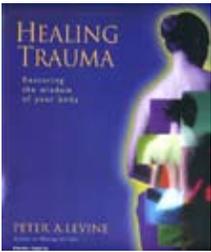
“If I could, I would put Somatics in the hands of every neurologist, internist, nurse, psycho-physiologic therapist, and clinical psychologist in the country.” - Elmer E. Green, Ph.D., The Menninger Clinic. Learn about the “Red Light” and “Green Light” muscular stress reflexes that distort our bodies. Discover the “Trauma Reflex” that causes our bodies to tilt. Read about the medical consequences of chronic muscular contraction. Practice the eight Somatic Exercises which erase the damaging effects of stress and trauma and maintain daily flexibility and comfort. See also videos/DVDs: *Unlocking Your Body* and *Somatic Cat Stretch*, tapes/CDs #700-*Myth of Aging* and #150-CAT. (Paper, illus., 162 pgs)



WAYS TO BETTER BREATHING, Carola Speads (#SER-5) \$14.95

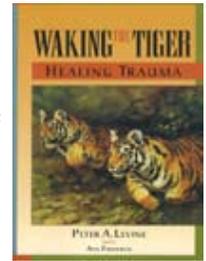
A small classic that gives simple and clear instructions on how to gain greater awareness and control of the process of breathing. Immensely beneficial on two fronts: emotional and physiological. (Paperback, illustrated, 122 pages)

SOMATICS EDUCATIONAL RESOURCES - BOOKS



WAKING THE TIGER/Healing Trauma Series Book & audiocassettes, Dr. Peter A. Levine.

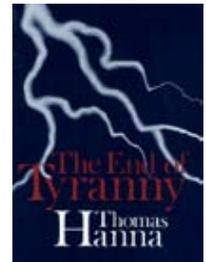
Somatic Experiencing is a practical, body-oriented, naturalistic approach to resolving the effects and aftermath of trauma through a 3-phase somatic process that addresses emotional trauma at its source - the body. (Paperback book & 6 cassettes s (#TIG-1) Book \$25.95; (#TIG-2) Tapes \$67.95; (#TIG-3) THE SET-\$93.90



THE END OF TYRANNY, Thomas Hanna.

(#SER-60) \$9.95

An analysis of contemporary American history and the role of the "humanoid" in the political process from the perspective of somatic philosophy. Carl Rogers says, "This book reminds me of Tom Paine, the prophet of the American revolution." (Freeperson Press, paperback, 191 pages)



THE LYRICAL EXISTENTIALISTS, Thomas Hanna.

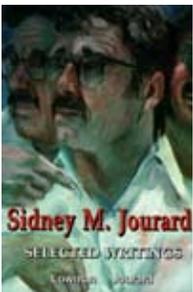
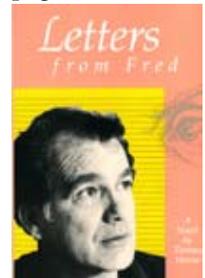
(#SER-50) \$9.95

A book of discovery and beauty, disclosing the common voice of three rebellious modern thinkers who shared an uncommon vision of human existence and who became the forerunners of the somatic viewpoint. More than an elegant introduction to the philosophies of Kierkegaard, Nietzsche, and Camus: The real enjoyment is in following Hanna's deeper explorations into the roots of these philosophies where an exalted vision of human possibility and freedom lies embedded. (Freeperson Press, paperback, 299 pages)

LETTERS FROM FRED, Thomas Hanna

(#SER-65) \$14.95

A novel by Thomas Hanna, founding editor of SOMATICS Magazine-Journal of the Mind/Body Arts & Sciences. This semi-autobiographical novel dialogues between first-person reality and the infinite, creating a deeply personal exploration of the somatic realm. (Freeperson Press, paperback, 197 pages)



SIDNEY JOURARD: SELECTED WRITINGS, edited by Michael Lowman, Antoinette Jourard and Marty Jourard

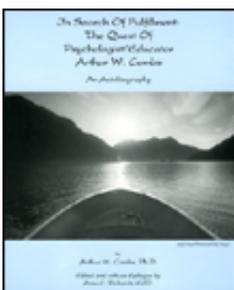
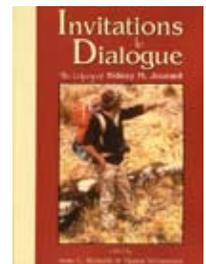
(#SER-75) \$24.95

Seminal papers by the originator of the concept of self-disclosure and the transparent self, including important articles on somatic disclosure and perception of the soma. A rich resource of foundational material for somatic educators. (Round Right Press, paperback, 372 pages)

INVITATIONS TO DIALOGUE: THE LEGACY OF SIDNEY JOURARD, edited by Anne C. Richards, Tiparat Schumrum

(#SER-130) \$29.95

This book highlights the work of psychologist Sidney Jourard (1926-1974), tracking his pioneering and insightful ideas as they relate to mind-body perspectives, self-disclosure, therapeutic dialogue, research and education. Additional contributors: Eleanor Criswell Hanna, Franz Epting, Stanley Krippner, Thomas Moore, others. (Oversize paperback, 319 pages)



In Search of Fulfillment. The Quest of Psychologist/Educator Arthur W. Combs, edited by Anne C. Richards. (#SER=85) \$29.95.

"This is not just an autobiography of an exceptional man whose life story is well-worth knowing, but also a personal history of the pioneering development, significance, and evolution of humanistic psychology, education, and psychotherapy. Readers around the world will be enriched by the way Art lived, his contributions and even the way he chose to die." - David J. Cain, Ph.D., Alliant International University. (432 pages)

SOMATIC EDUCATIONAL RESOURCES - BOOKS



Somatic Exercises™ Teacher's Guide (#TCHR-1) \$20.00

Discusses the basic definition of somatics, Somatic Exercises™, how to derive the maximum benefit from them, and provides a class outline/schedule for teachers.

SOMATIC EXERCISES™ Deluxe Teacher's Kit - \$97.95:

SOMATIC book, (SER-10), The Myth of Aging-tapes or CDs #700, The Cat Stretch-tape or CD #150, UNLOCKING YOUR BODY video or DVD (SER-15), Somatic Exercises™ Teacher's Guide (TCHR-1)

SOMATIC EXERCISES™ Regular Teacher's Kit - \$63.95

Includes all items in DELUXE Teacher's Kit except the video/DVD, UNLOCKING YOUR BODY

Somatic Yoga Teacher's Guide (#TCHR-2) \$20.00

Discusses the definition of Somatic Yoga, Somatic Exercises™, how to derive the maximum benefit from both, how to integrate this approach with other Yogas, provides an outline/schedule for teaching Somatic Yoga classes.

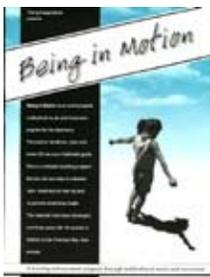
SOMATIC YOGA Deluxe Teacher's Kit -\$89.95:

HOW YOGA WORKS book (SER-40), Somatic Exercise Yoga-tapes or CDs #250, The Cat Stretch tape or CD #150, SOMATIC YOGA Video or DVD- 90-min. (SER-45), Somatic Yoga Teacher's Guide (TCHR-2)

SOMATIC YOGA Regular Teacher's Kit - \$55.95

Includes all items in DELUXE Teacher's Kit except the video/DVD, SOMATIC YOGA

Teacher's Kits contain the essential start-up teaching materials at a discount for both Somatic Exercise™ and Somatic Yoga teachers and practitioners. "Deluxe" kits include a video/DVD, "Regular" kits do not.



BEING IN MOTION, Somatic Music & Movement Program for Children (#BIM-1) \$45.00

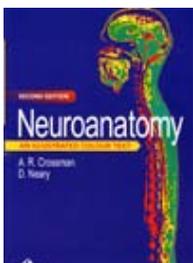
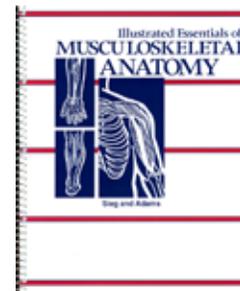
Set includes Book, DVD & CD. Multicultural music and movement activities to enhance awareness and cognitive skills for use in the classroom or other children's programs, grades K-5+. Developed by Young Imaginations in collaboration with Dr. Eleanor Criswell-Hanna, BIM provides a teacher handbook, instructional DVD & CD or that features lessons to foster calm attentiveness and readiness to learn. (Young Imaginations, Book-paperback, 66 pgs., illustrated; CD/cassette-40 mins., VHS color video-45 mins.)

ILLUSTRATED ESSENTIALS OF MUSCULOSKELETAL ANATOMY,

Sieg & Adams

(#SER-95) \$29.95

Clear, concise information on musculoskeletal anatomy for both review reference and for the beginning student. Separate illustrations and descriptions of individual skeletal muscles, bones and nerves of the upper and lower extremities, major muscle groups of head, neck and trunk, and muscle groups which perform the motion of the joints. An essential tool for student bodywork therapists and health professionals. (oversize paperback, illus., 154 pages)

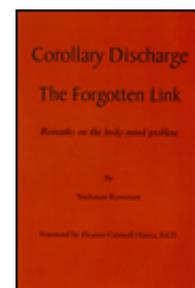


NEUROANATOMY, Illustrated Colour Text, A.R. Crossman, D. Neary. (#SER-120) \$59.95

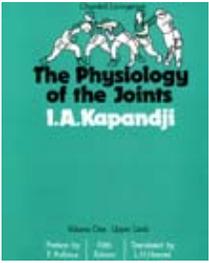
A meticulously illustrated textbook providing a detailed introduction to the anatomy of the human nervous system, highlighting functional and clinical aspects. An essential resource. Clearly written, anatomical drawings & diagrams, colour photographs of labelled anatomical specimens, glossary. (large oversize paperback, illus., 170 pages)

COROLLARY DISCHARGE, THE FORGOTTEN LINK. Remarks on the body-mind problem, Yochanan Rywerant. (#SER-70) \$18.00. (36 pages)

In his monograph, longtime Feldenkrais professional trainer Rywerant brings his mastery of the field of mind-body education to bear in understanding a very present but little-understood aspect of neuromuscular function. It brings this subliminal aspect of our worlds to our conscious awareness, both for appreciation of the function and so that we may begin to make more conscious use of it, which has potential for enhancing motor functioning.



SOMATIC EDUCATIONAL RESOURCES - BOOKS



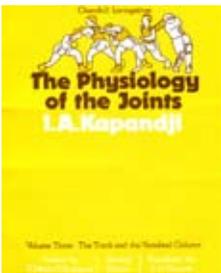
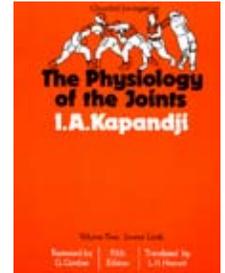
THE PHYSIOLOGY OF THE JOINTS, I.A. Kapandji - (3 volumes) British import. Simple, precise and comprehensive, these 3 volumes are essential tools for body workers and somatic educators. Unique in showing the mechanics of the muscles and joints by diagrams rather than a text, this ingenious work presents the musculo-skeletal system in full clinical detail. A classic. (large, sturdy paperbacks, illustrated)

Vol. I: Upper Limb, 550 illus., 283 pages (#KAP-1) \$63.95

1. The Shoulder, 2. The Elbow, 3. Rotation (Pronation and Supination), 4. The Wrist, 5. The Hand and the Fingers

Vol. II: Lower Limb, 690 illus., 242 pages (#KAP-2) \$89.95

1. The Hip, 2. The Knee, 3. The Ankle, 4. The Foot, 5. The Plantar Vault



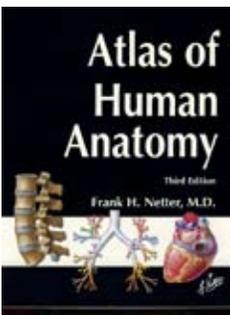
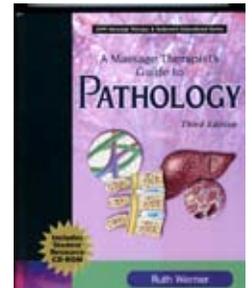
Vol. III: The Trunk and Vertebral Column, 397 ills., 251 pages #KAP-3) \$57.95

1. Vertebral Column as a Whole, 2. Bony Pelvis and the Sacro-Iliac Joint, 3. Lumbar Vertebral Column, 4. Thoracic Vertebral Column and Respiration, 5. Cervical Vertebral Column.

MASSAGE THERAPIST'S GUIDE TO PATHOLOGY, Ruth Werner, LMP

(#SER-115) \$57.95

This book helps you determine if massage therapy is safe for your client by providing an extensive database of up-to-date information on a wide variety of diseases and conditions and discusses how massage may or may not fit into the healing process. It covers the basic physiology of body systems in health and how these are interrupted when disease occurs. Ideal reference for both students and practicing therapists. (large oversize hardcover, illus., 489 pages)

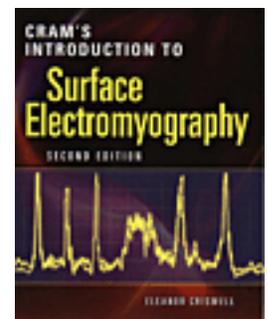


ATLAS OF HUMAN ANATOMY, Frank H. Netter, M.D. (#CD-2BK) \$79.95

Excellent anatomy reference book for medical educators, students, and practitioners with high quality medical illustrations. Study guide, plate notes, pronunciation of terms, cross-sectional anatomy, brain & nervous systems, more. Large, softcover, illustrated book.

CRAM'S INTRODUCTION TO SURFACE ELECTROMYOGRAPHY, Second Edition, by Jeffrey Cram, edited by Eleanor Criswell, Ed.D. (#SER-90) \$89.95

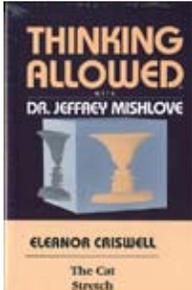
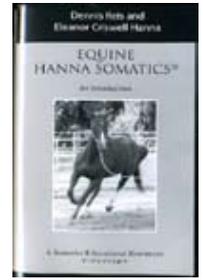
A comprehensive resource for health professions students and practitioners. Clearly explains how to use Surface Electromyography (SEMG) to treat a variety of neuromuscular conditions, and covers the development of SEMG, instrumentation, assessment, treatment, and features a detailed atlas for electrode placements. Softcover, 500 pages.



SOMATICS EDUCATIONAL RESOURCES - DVD'S & VIDEOS

EQUINE HANNA SOMATICS® video with Dennis Reis and Eleanor Criswell, Ed.D.
VHS (#EHS1-V) \$29.95, or DVD (EHS1-D) \$32.95

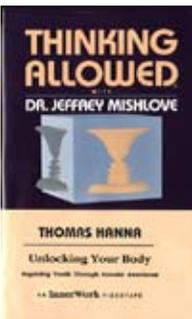
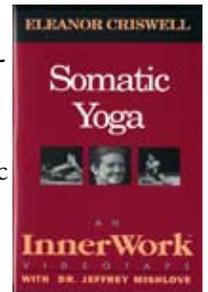
Hanna Somatics Education® for use with horses to facilitate greater ease and mobility while strengthening the bond between animal and trainer. Like humans, horses experience stress and develop chronically contracted muscles. Equine Hanna Somatics® (EHS) is a hands-on procedure for teaching horses, horse riders, and horse handlers the voluntary control of involuntary neuromuscular disorders in horses. 60-min. color.



THE CAT STRETCH with Eleanor Criswell Hanna, from “Thinking Allowed” with Dr. Jeffrey Mishlove. DVD, VHS, 20-min. color (#SER-55) \$25.00
 Dr. Eleanor Criswell Hanna demonstrates and guides you through the “Somatic Cat Stretch”, as developed by Thomas Hanna in his landmark book, *Somatics*. Immensely popular, this is the perfect visual guide for your daily somatic maintenance routine.

SOMATIC YOGA with Eleanor Criswell, from “Thinking Allowed” with Dr. Jeffrey Mishlove. DVD, VHS, PAL, SECAM, 90-min. color (#SER-45) \$34.95

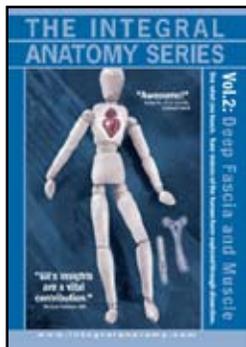
This two-part program presents an in-depth discussion of Somatic Yoga and its benefits for personal health and well-being, followed by a guided demonstration that leads you through a series of highly effective Somatic Exercises™ (The Cat Stretch) and somatic yoga postures. Excellent adjunct to the Dr. Criswell’s pioneering book, *How Yoga Works*.



UNLOCKING YOUR BODY - Regaining Youth through Somatic Awareness, Thomas Hanna, from “Thinking Allowed” with Dr. Jeffrey Mishlove. DVD, VHS, PAL, SECAM, 90-min. color. (#SER-15) \$34.95

A visual presentation of Hanna’s basic method for working with persons who have stiffness and soreness in the middle of the body. Hanna explains the neurophysiological origins of chronic muscular tension, then demonstrates how to eradicate this problem. Immensely valuable as it shows basic techniques to overcome chronic back pain.

THE INTEGRAL ANATOMY SERIES SET - See what you touch. Rare visions of the human form explored through dissection. Gil Hedley, Ph.D. DVD, (#IA-Set) \$119.85 for the set (Vols.1,2, & 3)



Vol. 1: Skin & Superficial Fascia, DVD, color; 100-min. (#IA-1) \$39.95

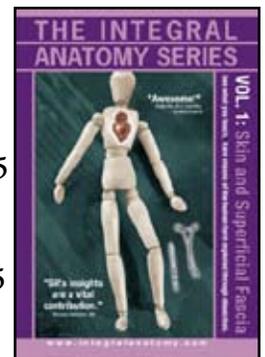
Skin and superficial fascia are shown as whole body layers in their surface and deep projections.

Vol. 2: Deep Fascia and Muscle, DVD, color; 110-min. (#IA-2) \$39.95

Deep fascia and muscle are shown as whole body layers in their surface and deep projections.

Vol. 3: Cranial & Visceral Fasciae, DVD, color; 113-min. (#IA-3) \$39.95

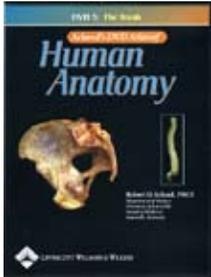
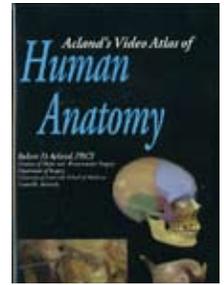
Fascial and membranous wrapping of cranial & visceral spaces are explored, with emphasis on the continuities and relationships of the respiratory diaphragm.



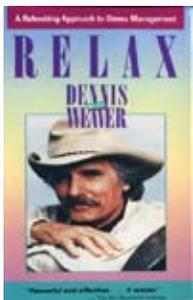
SOMATICS EDUCATIONAL RESOURCES - DVD'S & VIDEOS

THE VIDEO ATLAS OF HUMAN ANATOMY by Robert Acland, FRCS, University of Louisville.

Three-dimensional presentation of human anatomy, narrated by Dr. Acland and demonstrated on un-embalmed human specimens. Every joint and muscle is shown moving as it does in life; an indexing reference booklet is provided. Indispensible for the serious anatomy student or any work involving a full understanding of human movement.



- | | | |
|---|----------------------|--------------------|
| #1: Upper Extremities | DVD, color; 130-min. | (#ATLAS-1) \$39.95 |
| #2: Lower Extremities | DVD, color; 130-min. | (#ATLAS-2) \$39.95 |
| #3: The Trunk | DVD, color; 130-min. | (#ATLAS-3) \$39.95 |
| #4: Head & Neck, Pt.1: <i>Nose, Mouth, Larynx</i> | DVD, color; 160-min. | (#ATLAS-4) \$39.95 |
| #5: Head & Neck, Pt.2: <i>Face, Brain, Ear, Eye</i> | DVD, color; 160-min. | (#ATLAS-5) \$39.95 |
| #6: Internal Organs | DVD, color; 160-min. | (#ATLAS-6) \$39.95 |



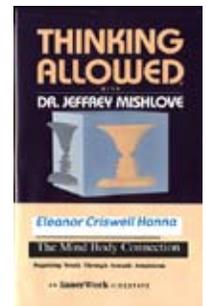
RELAX with ELEANOR CRISWELL and DENNIS WEAVER - A Refreshing Visual Approach to Stress Management.

DVD, VHS, 60-min. color , Hi-Fi Stereo (#SER-25) \$29.95

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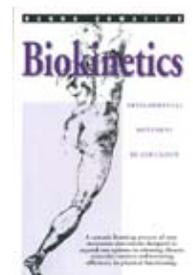
THE MIND-BODY CONNECTION - Conversation with Eleanor Criswell, Ed.D. from "Thinking Allowed" with Dr. Jeffrey Mishlove. VHS, 30-min. color (#SER-35) \$29.95

Understanding the mind-body connection through many disciplines - massage, biofeedback, movement arts, yoga, etc. that suggest untapped possibilities for controlling your mind and body, managing chronic pain and dealing with addiction.



BIOKINETICS/HANNA SOMATICS: Developmental Movement Re-education, with Carol Welch. DVD, 76-min. color (#SER-01) \$49.95

Based on Thomas Hanna's pioneering work in the field of somatics, and the development of biokinetics. Overview of sensory motor amnesia and how to overcome it with movement re-education.



A Brief History of Somatics & Guidelines for Doing Somatic Exercises™

Thomas Hanna, Ph.D. (1928-1990), was a philosopher who became a Functional Integration practitioner, and later developed **Hanna Somatic Education™** or **Hanna Somatics**. Thomas Hanna created the word “somatics” in 1976 to name the approaches to mind/body integration and his new magazine, *Somatics: Magazine-Journal of the Mind/Body Arts and Sciences*. “Soma” is a Greek word for the living body, which Hanna re-defined as the body experienced from within, where we experience mind/body integration. **The Somatics Society** was founded in 1981 to provide a meeting ground for somatics practitioners and others interested in the mind/body field. **Somatics Educational Resources** was created not long afterwards to distribute and promote somatics books, audiotapes, videotapes, and other resources.

Hanna Somatics is an approach to renewed control of the muscles through use of the voluntary motor system. There is a hands-on version and there are the **Somatic Exercises™**. During Thomas Hanna's life he worked with thousands of people in individual somatics lessons and Somatic Exercise™ workshops. You can experience the same benefits through using his book *Somatics*, the *Cat Stretch* video/DVD and *Somatic Exercises™* audiotapes/CD's. You can gradually work your way through an audiotape/CD series, 5-15 minutes a day, or set aside 3-4 hours to experience a special Somatic Exercise™ series. If you do a brief session, always end with the elbow-to-knee exercise (*Somatics*, p.99, #4). The effects of the exercises are cumulative: the effects increase and you develop greater flexibility and ease of movement as you repeat them over time.

All you need to do to maintain optimum flexibility is the daily **Hanna Cat Stretch** series, which takes only 5-10 minutes to do once you learn them. You may want to add specific **Somatic Exercises™** to your daily routine from time to time to address special stress areas, trouble spots, or particular areas you wish to work with in-depth. The goal is for you to become your own somatic educator and able to share what you've learned with others.

We are committed to making somatics resources available to you so that you can increasingly become your own somatic educator, share this approach with others, and continue your own somatic development throughout life.

Best wishes for your continued somatic development.

Yours in somatics,

Eleanor Criswell Hanna, Ed.D.
President



Thomas Hanna: Mind Over Movement

Excerpt from an interview by Mirka Knaster with Thomas Hanna, *EastWest Journal*, Feb. 1989

In a world enamored of professional titles, it's hard to know what to call Thomas Hanna. Trained as a philosopher, he's not someone you would expect to work on bodies. Yet he does, and on bodies with which the medical profession has had no success. "What I do is education," he insists.

More precisely, what Hanna does is somatic education. It's his answer to a condition he has identified as "sensory-motor-amnesia" (SMA), "a memory loss of how certain muscle groups feel and how to control them." In his latest book, *Somatics: Reawakening the Mind's Control of Movement, Flexibility and Health* (Addison-Wesley, 1988), Hanna argues that SMA is a pathology that is neither medical nor surgical. Which is why people deemed "incurable" by Western physicians turn to Hanna as a last resort. SMA requires a process of learning, not treatment. That's what Hanna offers: a combination of hands-on bodywork and exercises.

Hanna estimates that at least three-quarters of adult Americans suffer from SMA. The unending stream of stresses and traumas that we experience in modern society, he says, repeatedly triggers any of three specific reflexes that lead to habitual muscular contractions. These three reactions, which Hanna describes in *Somatics*, are so deeply involuntary and unconscious, lodged within our central nervous system, that we no longer remember how to voluntarily relax the contracted muscles so that we can move freely. The result is the stiffness, soreness, and restricted range of movement that we've come to expect as an inevitable part of aging. It doesn't have to be that way. On the contrary, bodily decrepitude is avoidable and reversible...

* * * * *

EW: Can a person enable him/herself to be freer by just doing the movements you recommend or is it necessary to have a hands-on session?

TH: It's quicker with hands-on.

EW: How does this translate to really enable people to become free when we're talking about millions of people?

TH: That's why I wrote *Somatics*, which gives away every secret I know and ends with eight basic patterns of self-education that people can do.

EW: Are you saying that by doing the exercises in this book, people could transform themselves without ever coming to do a session with you?

TH: Of course. I set up a general program that anyone can do. It goes through every muscle group in the body.

EW: Have you tested that with people with whom you haven't done work to see whether doing it on their own facilitates the change?

TH: Yes. It runs about 85 percent effective after just one day in a workshop. And this is without even doing it properly, which is to do one somatic exercise one day, repeating it and then going to the second one, repeating that and going to the third one, and building it up like that each day. The changes to the body are enormous.

EW: How long do you have to do the exercises before they're fully integrated?

TH: Probably a week.

EW: Do you have to continue them? Is this a lifetime commitment?

TH: Yes. For as long as you live...You see, when we were kids, we were using our bodies...in wonderful ways. Adults don't do that. But you've got to do something of this kind or stress reactions take over.

SOMATICS EDUCATIONAL RESOURCES - CD'S & CASSETTES

The Somatic Exercise™ Series

Like Magic, the Body Changes through Somatic Exercises™

A Programmatic Key for Unlocking the Brain's Neuromuscular System

Precisely programmed movement patterns to stimulate the brain's release of muscular tightness and pain that have resisted all other efforts and means of improvement.



SOMATIC EXERCISES™ were developed by philosopher, author and bodywork pioneer Thomas Hanna, whose landmark book *SOMATICS* is the definitive work by this founder of the field of somatics. Marked changes in both posture and musculoskeletal functions can be attained.

Easy-to-do home programs of patterned movements that enjoyably instruct you in progressively gaining control of muscular functions and distortions. You can do the lessons one at a time or all at once, learning which exercises best suit your body's individual needs.

If you are new to Somatic Exercises™:

These exercises are designed to be done slowly, gently and with great attention to your internal sensory motor awareness - the slower you do them, the better they work. Many people begin with the *Myth of Aging* (#700) series, which addresses chronic pain throughout the entire body. Equally useful and popular is the 20-minute *Somatic Cat Stretch* (#150), created by Thomas Hanna and narrated by Eleanor Criswell Hanna, which guides you through a daily somatic maintenance program. Both these series (#700 and #150) correspond with the exercises illustrated in the book *SOMATICS*. From that point, you will be able to decide which areas need further care and attention.

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Basic Good Health set #GH-2 - \$58.00

Includes Somatics book, tapes or CDs#700-The Myth of Aging and tape or CD#150-The Cat Stretch
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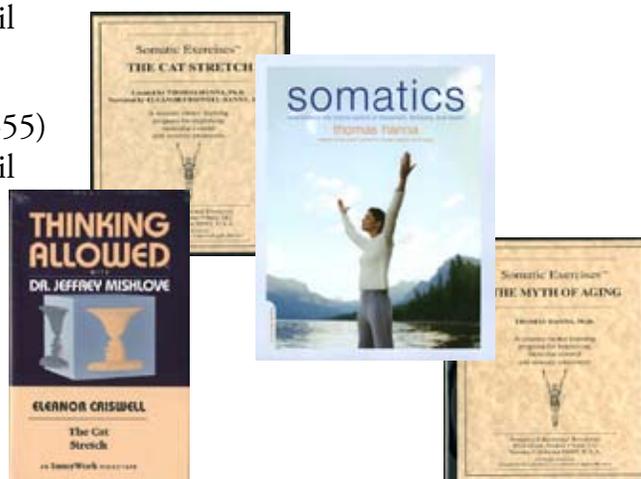
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PLUS SHIPPING: \$8.00 Book Rate, \$14.00 Priority Mail

No additional member or quantity discounts apply.

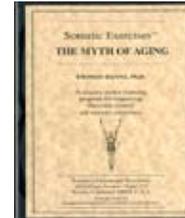
Items may also be purchased individually at regular price.



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Somatic Exercises™ narrated by Thomas Hanna, Ph.D.:

Developed and narrated by Thomas Hanna, Ph.D., founder and director of the first American training program in the Feldenkrais system, co-founder (*with Eleanor Criswell Hanna*) of the Novato Institute for Somatic Research and Training and founding editor of *SOMATICS Magazine/Journal of the Mind/Body Arts & Sciences*.



The Myth of Aging: Somatic Exercises™ to Control Neuromuscular Stress

A highly popular series of 8 lessons that is a major breakthrough in daily stress control. This series contains the 8 basic exercises that correspond with those given Hanna's landmark book, SOMATICS. (#700) 4 cassettes or CDs \$40.00

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Created by Thomas Hanna and narrated by Eleanor Criswell Hanna, the concise 20-min. program on side 1 is suitable for daily use as a regular somatic maintenance program. Side 2 has a 10-min. version of the Abbreviated Cat Stretch. For a visual demonstration of the Complete Cat Stretch, use in conjunction with the Cat Stretch video. (#150) 1 cassette or CD \$10.00

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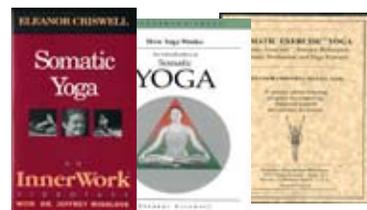
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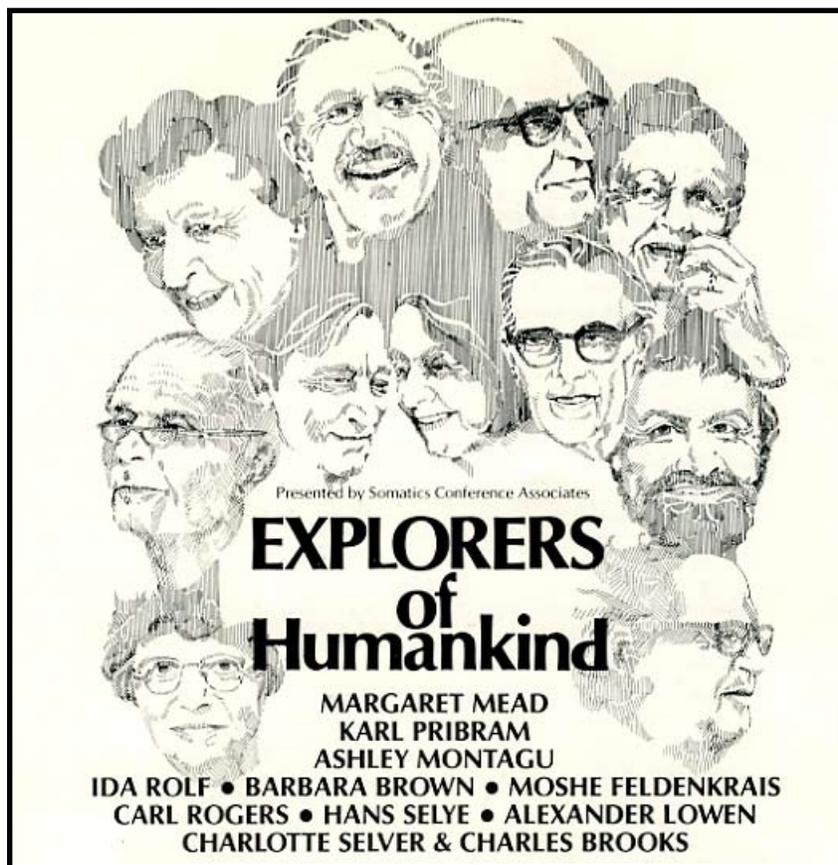
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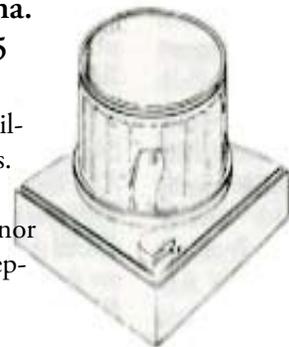
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For further information, please contact:

Hanna Somatic Education, 1516 Grant Ave., #212, Novato, CA 94945 USA
ph(415)897-0336, fax (415)892-4388, email: info@somaticsed.com www.somaticsed.com

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