

### 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

When Stretching  
Retrain your brain.  
Doesn't Work ...



Hanna Somatic Education®

Somatic Exercises

Lawrence Gold

505 699-8284

[somatics.com/gold.htm](http://somatics.com/gold.htm)

... there's a reason.

When stretching doesn't work and you still have pain, stiffness, an old injury, or injuries recur, here's why.

Why do muscles get tight? Four common causes:

- Injuries
- Stress
- Overtraining
- Overuse

Postural reflexes affect movement, muscle-tone, balance, flexibility and coordination.

Injuries and stress trigger protective postural reflexes (cringe response) that cause muscles to tighten and shorten. Overtraining and overuse alter postural reflexes through brain-muscle conditioning.

These postural changes commonly become permanent (though subject to retraining).

You can't stretch away postural reflexes; you can only retrain them by brain-muscle training - and that kind of training requires more than stretching.

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

Your brain - the master control center for your muscles - is the key to free and easy movement. Retrain your brain-muscle connection, improve your control of your muscles, improve your flexibility.

When stretching doesn't work, do somatic exercises.

### Somatic Exercises: Brain-Muscle Training

- Group somatic exercise classes guide you step-by-step through the brain-muscle training process.

### Private, One-on-One Sessions

- More than personal attention, you get hands-on help using faster clinical techniques so you quickly (1) capture control of and relax tight muscles, (2) newly feel and activate muscles that have not been working properly.

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

### 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

Somatic exercises get the results sought from stretching - without stretching.

### 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](http://somatics.com)). Authorized NCBTMB Continuing Education provider.



**You have an advantage.**

Lawrence Gold  
practitioner, trainer  
N.C.T.M.B.

(505) 699-8284

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**Take advantage of your advantage.  
Decide to call at your next opportunity.**

Ready?