

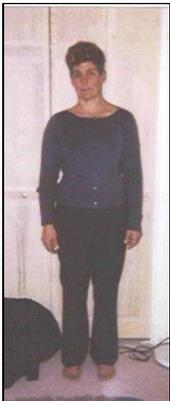
Somatic Education is Easy to Understand

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Somatic education is a training-based approach to pain relief and healing, even of refractory conditions. Pain and injury trigger reflexes that hold muscles tight; in this process, people recapture control of their muscles and movements from those reflexes.

Here are some basic points:

- Injuries and stress cause us automatically to tighten up (cringe) in pain or shock.
- Sufficiently strong or repetitive stressors affect brain conditioning in lasting ways.
- New brain conditioning modifies the ability to sense position and movement and affects control of muscular tension and movement.



AFTER TWO SESSIONS

Second set of basic points:

- Tension habits generate pain through muscle fatigue, joint and bursa compression, and nerve entrapment.
- Tight muscles restrict movement (stiffness) and distort posture. (See head and shoulder positions in photos.)
- Even after tissue healing, pain may persist due to neuro-muscular tension, sometimes for years.



AFTER ONE SESSION

Third set of basic points:

- The brain is the control center for the muscles, not the muscles, themselves.
- A postural distortion that persists despite strengthening, stretching, and manipulative therapy indicates that new brain-level learning has not yet occurred.
- Tension habits must be *unlearned* by learning better control of muscles and movement. The brain's adaptability makes this learning possible.



Different approaches have different degrees of efficacy. Hanna Somatic Education® provides immediate and substantial improvements that can be felt at every step of the process. Simple in principle, the techniques use the brain's own adaptive processes with a sophisticated understanding of reflexes, movement and coordination to produce rapid, enduring improvements in freedom, ease of movement, and physical comfort.