

# Esalen®

## **Hanna Somatics: Freeing the Wisdom of Your Somatic Self**

*Two Workshops with Eleanor Criswell Hanna, Ed.D.*

**Advanced Workshop - Week of April 8-13, 2012**

**Introductory Workshop - Weekend of April 13-15, 2012**

Hanna Somatics is a mind-body technique developed by Thomas Hanna that enables us to move toward greater mind-body integration, ease of movement, and freedom.

This workshop introduces the somatic self, somatic theory, and exercises for assessing and somatically transforming ourselves.

As we transform, we move toward freeing the wisdom of our somatic selves.

Eleanor Criswell Hanna, director of the Novato Institute for Somatic Research and Training and an emeritus professor of psychology at Sonoma State University, is editor of *Somatics: Magazine-Journal of the Mind-Body Arts & Sciences*, and author of *How Yoga Works* and *Biofeedback and Somatics*.

*Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.*



*Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.*



**Register on the web or call 831 667 3005  
For additional information please contact [info@esalen.org](mailto:info@esalen.org)**