

# Esalen®

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

*with Eleanor Criswell Hanna, Ed.D.*

**Workshop - Week of May 22-27, 2016**

Hanna Somatics is a mind-body technique developed by Thomas Hanna that enables us to move toward greater mind-body integration, freedom and ease of movement. This workshop introduces the somatic self, somatic theory, and exercises for assessing and transforming ourselves.

Chronic muscle contraction patterns created by past experiences are unconsciously maintained. Thomas Hanna named this tendency sensory-motor amnesia (SMA). Hanna Somatics enables us to use our brains to overcome SMA and the negative effects of stress, trauma, and aging.

This advanced workshop is designed for physical therapists, mental health professionals, physical therapists, nurses, body workers, and others seeking to bring the somatic dimension into their work, and for individuals seeking personal growth. People with prior Hanna Somatics experience will find this workshop the next step in their somatic development. Participants who successfully complete this workshop will be qualified to teach the basic Hanna Somatics Exercises.

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: An Introduction to Somatic Yoga and Biofeedback and Somatics*.

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

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

