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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

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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

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1516 Grant Ave., #212, Novato, CA U.S.A. • ph(415)892-0617 • fax(415)892-4388 • www.somaticsed.com
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.  
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“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)

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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)

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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)

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. Through his lectures and publications, Jourard sought to increase the human capacity for high-level wellness: physically, emotionally, socially and spiritually. Additional contributors: Eleanor Criswell Hanna, Franz Epting, Stanley Krippner, Thomas Moore, others. (Oversize paperback, 319 pages)
## SOMATICS EDUCATIONAL RESOURCES - BOOKS

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<th>Product Description</th>
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<tr>
<td>Somatic Exercises™ Teacher's Guide (#TCHR-1) $10.00</td>
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<tr>
<td>Discusses the basic definition of somatics, Somatic Exercises™, how to derive the maximum benefit from them, and provides a class outline/schedule for teachers.</td>
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<tr>
<td>SOMATIC EXERCISES™ Deluxe Teacher's Kit - $105.95:</td>
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<td>SOMATICS 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)</td>
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<tr>
<td>SOMATIC EXERCISES™ Regular Teacher's Kit - $63.95</td>
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<tr>
<td>Includes all items in DELUXE Teacher's Kit except the video/DVD, UNLOCKING YOUR BODY</td>
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<tr>
<td>Somatic Yoga Teacher's Guide (#TCHR-2) $10.00</td>
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<tr>
<td>Discusses the definition of Somatic Yoga, Somatic Exercises™, how to derive the maximum benefit from them both, how to integrate this approach with other Yogas and provides an outline/schedule for teaching Somatic Yoga classes.</td>
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<td>SOMATIC YOGA Deluxe Teacher's Kit -$97.95:</td>
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<td>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)</td>
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<td>SOMATIC YOGA Regular Teacher's Kit - $55.95</td>
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<td>Includes all items in DELUXE Teacher's Kit except the video/DVD, SOMATIC YOGA</td>
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<td>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.</td>
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<td>Set includes Book, Video and CD or audiotape: 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 (an arts-in-education organization) in collaboration with Dr. Eleanor Criswell-Hanna, Being In Motion provides a teacher handbook, instructional video and CD or audiotape that features specially designed lessons to foster calm attentiveness and readiness to learn. (Young Imaginations, Paperback, 66 pgs., illustrated; CD/cassette-40 mins., VHS color video-45 mins.)</td>
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<td>ILLUSTRATED ESSENTIALS OF MUSCULOSKELETAL ANATOMY, Sieg &amp; Adams (#SER-95) $26.95</td>
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<td>NEUROANATOMY, An Illustrated Colour Text, A.R. Crossman, D. Neary. (#SER-120) $46.95</td>
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Vol. I: Upper Limb, 550 illus., 283 pages (#KAP-1) $54.95

Vol. II: Lower Limb, 690 illus., 242 pages (#KAP-2) $54.95

Vol. III: The Trunk and Vertebral Column, 397 ills., 251 pages #KAP-3) $54.95

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THE DRUM: The Optokinetic Perceptual Learning Device, Eleanor Criswell Hanna. (Patent #3496649) #DRM) $39.95
Use of The Drum can dramatically increase alertness, reading speed, physical reaction time and the ability to concentrate and study. It can be equally employed as an aid to meditation or to athletic prowess. The Drum is a crafted, clear plastic cylinder with a hole in the center of the bottom disc that fits over the spindle of a record turntable. It comes with three design bands. The Drum, invented by Dr. Eleanor Criswell Hanna, is designed to trigger neurophysiological responses that heighten awareness and perception and also speed the learning process.
SOMATIC 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) $49.95
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) $49.95
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) $97.76 for the set (Vols. 1 and 2)
Vol. 1: Skin & Superficial Fascia, DVD, color; 100-min. (#IA-1) $48.88
Skin and superficial fascia are shown as whole body layers in their surface and deep projections. Intensely rich visuals include stunning examples from both male and female forms available nowhere else.

Vol. 2: Deep Fascia and Muscle, DVD, color; 110-min. (#IA-2) $48.88
Deep fascia and muscle are shown as whole body layers in their surface and deep projections. Muscle is shown in the context of its fascia, and then exposed on camera to enable the viewer to easily understand vital relationships and connective tissues.
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 unembalmed human specimens. Every joint and muscle is shown moving as it does in life; an indexing reference booklet is provided. Indispensable for the serious anatomy student or any work involving a full understanding of human movement.

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#2: Lower Extremities DVD, VHS, color; 130-min. (#ATLAS-2) $34.95
#3: The Trunk DVD, color; 130-min. (#ATLAS-3) $34.95
#4: Head & Neck, Pt.1: Nose, Mouth, Larynx DVD, VHS, color; 130-min. (#ATLAS-4) $34.95
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#6: Internal Organs DVD, VHS, color; 160-min. (#ATLAS-6) $34.95

SOMATICS AND BIOFEEDBACK with Eleanor Criswell Hanna, “Wisdom Television & Thinking Allowed” with Dr. Jeffrey Mishlove. VHS, 30-min. color (#WIS-1) $19.95
Dr. Criswell-Hanna is interviewed by Jeffrey Mishlove about the connection between Somatics and Biofeedback. A good complement to Dr. Criswell-Hanna’s groundbreaking book, Biofeedback and Somatics.

RELAX with DENNIS WEAVER - A Refreshing Video Approach to Stress Management. VHS, PAL, SECAM, 60-min. color, Hi-Fi Stereo (#SER-25) $29.95
Led by Dennis Weaver, this video provides a powerful experience that leaves one feeling refreshed. An ever-changing flow of images, the soothing music of Steven Halpern and the gentle voice of Dr. Eleanor Criswell, leads you through safe, effective relaxation techniques. Excellent for people who enjoy relaxing to beautiful visual imagery.

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.

THE THEORY OF SOMATICS with Eleanor Criswell Hanna, “Wisdom Television & Thinking Allowed” with Dr. Jeffrey Mishlove. VHS, 30-min. color (#WIS-2) $19.95
Dr. Criswell-Hanna is interviewed by Jeffrey Mishlove about the theory of Somatics; includes brief demonstrations of neck/shoulder somatic exercises.

BIOKINETICS/HANNA SOMATICS: Developmental Movement Re-education, with Carol Welch. VHS, DVD, 76-min. color (#SER-01) $49.95
Based on Thomas Hanna’s pioneering work in the field of somatics, and the development of bio kinetics. 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.
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.

“Good Health” Set - 2 Special Offers

Give the gift of good health to yourself, your family, friends, clients, and co-workers.

• Learn about the “Red Light” and “Green Light” muscular stress reflexes that distort our bodies
• Discover the “Trauma Reflex” that causes bodies to tilt
• Read about the medical consequences of chronic muscular contraction
• Practice the eight Somatic Exercises to erase the damaging effects of stress and trauma

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
PLUS SHIPPING: $7.00 Book Rate, $12.00 Priority Mail

Deluxe Good Health set #GH-3 - $80.00
Above three items plus Cat Stretch Video or DVD (#SER-55)
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.
Somatics Educational Resources - CD’s & Cassettes

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

Somatic Exercises™: The Complete Cat Stretch
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

Somatic Exercises™ for the Legs and Hip Joints
Valuable for walkers, joggers and dancers: improvement of the comfort, efficiency and lasting power of locomotion and addresses some of the issues of sciatic pain. (#575) 3 cassettes or CDs $30.00

Somatic Exercises™ for the Hands, Wrists, Elbows and Shoulders
Widely used by persons doing constant repetitive hand-arm movements, e.g. typists, office and assembly workers, musicians, computer programmers, etc. (#300) 3 cassettes or CDs $30.00

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Developed and narrated by Eleanor Criswell Hanna, Ed.D., co-founder (with Thomas Hanna) of the Novato Institute for Somatic Research and Training, and editor of SOMATICS Magazine/Journal of the Mind/Body Arts & Sciences.

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