

SOMATICS WORKSHOP FOR YOUR ENTIRE BODY

HEAL YOUR SELF THROUGH MOVEMENT

- Provide a new sense of Awareness and Control in your life
 - Improve posture and appearance easily and naturally
 - Relieve Physical Pain all by your self
- Eliminate the need to guard your self to protect injured areas
 - Breathe Easier
- Improve Physical Fitness & Athletic Skills using your brain not braun
 - Move like an animal again



Standing Stone Healing & Arts
Step through the gate to a world of possibilities.

Saturday, March 20th
10am-1pm, Seattle, WA

www.GravityWerks.com

All healthy vertebrate animals use a relatively unknown process of *pandiculation* to keep themselves agile, in balance, comfortable and fit. Hanna Somatics® is the application of this natural brain process.... and birthright.

In this Somatics workshop, you'll learn how to use *the process* in order to effectively reset the signals your brain sends to your muscles and those that your stiff/sore/aching muscles send back to your brain.

Hanna Somatics® is used to treat many musculoskeletal conditions such as back, neck, hip, knee and shoulder pain, as well as more generalized conditions such as stress. This is accomplished by creating a conscious somatic awareness within your body as it naturally moves with specific sequences of gentle movement patterns.

A central feature of Somatics is to cortically reset your brain through deliberate, conscious movements of the body in an easy, gentle and effective manner. These somatic exercises are specifically designed to enhance your awareness within the body allowing you better control and an easier sense of your self.

As a result, you'll learn how to move with greater ease, balance, comfort, agility... and have the tools to remain pain free and comfortable for the rest of your life. Find out what your chipmunk knows...

Ed Barrera, HSE, a former fibromyalgia pain sufferer. Now lives pain free and teaches Hanna Somatic Education®, the original Somatics by Thomas Hanna. He is featured in several books on chronic pain and was recently interviewed for an upcoming PBS show.

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