



**Essential Somatics®
Hanna Somatic Exercise Coach
Training Level 1 & 2 Prospectus**

Essential Somatics®
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Essential Somatics® Hanna Somatic Exercise Coach Training

IN THE TRADITION OF THOMAS HANNA, PhD

OVERVIEW

Somatic Exercises are simple, gentle, yet profound in their effectiveness at restoring optimum resting length and function to muscles that have become painfully tight due to the condition called Sensory Motor Amnesia (SMA). This condition of chronically contracted muscles results from central nervous system adaptation to accidents, injuries, surgeries, or repetitive stress. SMA is the cause of many common muscle pain conditions thought to be the result of structural deficiencies.

Somatic Exercises (as developed by Thomas Hanna, PhD, author of *Somatics: Reawakening the Mind's Control of Movement, Flexibility and Health*) prepare you and your clients to move well. They are “corrective exercises” which restore sensory motor awareness and control to the brain and muscular system. They are an excellent complement to any movement practice, physical training, or rehabilitation program. Incorporating these exercises and the principles of somatic movement into your primary practice will allow you to teach your clients safe, gentle methods for chronic muscle pain relief found nowhere else.

LEVEL 1

The **Essential Somatics® Hanna Somatic Exercise Coach Training Level 1** introduces the concepts of Somatic Education, Somatic Movement, and the basic somatic exercises for the reduction or elimination of functional pain.

LEVEL 2

The **Essential Somatics® Hanna Somatic Exercise Coach Training Level 2** reviews the basic principles of neurophysiology and assessment of somatic stress reflexes as it pertains to teaching Somatic Exercises. Students will also learn Somatic Exercise sequences designed to target conditions such as sciatica, neck and shoulder pain, SI joint dysfunction, leg and hips pain, low back pain, and TMJ

The Essential Somatics Hanna Somatic Exercise Coach Training program uses Thomas Hanna's original teachings to teach people to eliminate their pain.

HANNA SOMATIC EXERCISE COACH TRAINING LEVEL 1 & 2

This Hanna Somatic Exercise Coach (“HSEC”) course introduces the concepts of Somatic Education, Somatic Movement, and the basic somatic exercises for the reduction or elimination of functional pain.

How to Apply

This course is open to movement teachers, fitness trainers, professional bodyworkers, therapists, and medical professionals, and those intending to share Hanna Somatic Exercises in a professional setting. Most participants come from medical and bodywork backgrounds, however, those outside these fields are also encouraged to apply. All that is needed is the desire to help others through a consistent practice of Somatic Exercises.

It is important that each student arrive with a basic understanding of Somatic Education in the tradition of Thomas Hanna. Please review the prerequisites to ensure that you are qualified to apply for this course.

Prerequisites

Required Somatic Movement Training:

Students are required to have participated in a Move Without Pain Fundamentals Immersion Course. Alternately, proof of attendance at a 6-week Myth of Aging series or similar series taught by an approved Essential Somatics somatic movement teacher will be sufficient to fulfill this requirement.

Required Reading:

- *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health* by Thomas Hanna
- *Move Without Pain* by Martha Peterson

Tuition

Full tuition \$800 USD

Early bird \$725 USD

PLEASE NOTE: Each student is responsible for his or her own transportation, lodging, and food during training.

Cancellation Policy

US DOMESTIC TRAININGS

- There is a 5% cancellation fee if canceling more than 4 weeks prior to training start date.
- 50% refund available if canceling less than 4 weeks prior to training start date.

INTERNATIONAL TRAININGS

- There is a 5% cancellation fee if canceling more than 6 weeks prior to training start date.
- No refund available if canceling less than 6 weeks prior to training start date.

Program Details

This is a 3-day training program running Friday – Sunday from 9:00am–6:00pm. There will be an hour and a half break for lunch at 12:30pm. All participants will receive appropriate classroom materials.

HSEC 1 is a prerequisite for the Essential Somatics® Clinical Somatic Education Professional Training.

HSEC 1

Day 1

The first day is an overview of the 8 basic Somatic Exercises that you will learn to teach. The class will dive deeper into the concepts and principles of Hanna Somatics and the importance of this foundation if you intend to teach to others. Students will engage in partner assessment activities.

Day 2

On the second day, students will learn the language of teaching Somatic Movement, and how to break down each of the 8 basic Somatic Exercises in order to teach them effectively. Students will engage in partner practice in learning to identify Sensory Motor Amnesia and will independently experience Somatic Movements.

Day 3

The morning of the third day will be a continuation of the previous day. The afternoon will be dedicated to real-life teaching experience. This will be a group activity of student teaching practice with members of the community. Students will learn more in-depth teaching principles. Students will have the opportunity for peer and group feedback and critique. Upon successful participation in group teaching, each student will receive a certificate of completion.

HSEC 2

Day 1

The first day is a review of the basic principles and concepts of Hanna Somatic Movement. Students will learn advanced Somatic Exercises and learn about specific functional disorders and the Somatic Movements that help to relieve the pain patterns. There will also be three student-led classes (one in morning, two in the afternoon).

Day 2

Continuation of specific functional disorders and the Somatic Movements that help to relieve these pain patterns. There will also be three student-led classes (one in morning, two in the afternoon).

Day 3

Conclusion of specific functional disorders and the Somatic Movements that help to relieve these pain patterns. Students will learn seated Somatic Exercises. There will also be three student-led classes (one in morning, two in the afternoon). Each student will receive a certificate of completion at the conclusion of the third day.

Program Details (cont'd)

In this intensive 3-day training you will learn:

- the basic neurophysiology and anatomy as it pertains to the teaching of Somatic Exercises.
- what Sensory Motor Amnesia is, how it develops in the brain, and how Somatic Exercises can reverse it.
- how to recognize and assess the three full body “somatic stress reflexes” in your students in order to tailor your instructions to their needs.
- the technique of pandiculation as it pertains to the teaching of Somatic Exercises.
- the characteristics and language of Somatic Movement teaching as distinct from other exercise programs.
- how to teach the 8 basic Somatic Exercises needed for quick relief of many muscle pain conditions.
- how to properly sequence and create a Somatic Exercise class based upon your knowledge of the fundamental concepts, and principles of Hanna Somatic Exercises.

The benefits of Somatic Exercises to your clients include:

- long-term muscle pain relief and renewed physical independence.
- an understanding of how the brain and body are affected by stress and trauma.
- the ability to reverse the effects of stress and trauma on one’s own.
- the ability to self-monitor, self-correct and self-adjust one’s posture, movement habits and daily movement patterns.
- improved somatic awareness, proprioception, and breathing.
- substantive change in muscle function and recruitment, and coordination through change in the nervous system.
- safe, simple, full body techniques for stress reduction of the entire body.

The benefits of being a Somatic Exercise Coach include:

- the ability to assess basic imbalances in your clients in order to help them prevent compensation, and incorrect recruitment of muscles.
- an ability to help your clients prevent injury through improved somatic awareness and sensory motor control.
- the ability to help your clients prepare to do their favorite activities [yoga, Pilates, fitness/athletic workout, movement] even better.
- the ability to teach your clients simple, lifelong tools for dealing with the tendency to adapt to daily stress.
- additional group and semi-private class offerings
- an understanding of the difference between pandiculation and stretching.

Teaching improved somatic awareness and sensory motor control is at the core of any successful physical discipline.

Our staff makes every effort to ensure that by completion of the **Hanna Somatic Exercise Coach Training** each student has an introductory level of competence to guide others in the 8 basic Hanna Somatic Exercise.

TOTAL HOURS: 24

MEET THE TRAINING TEAM



Martha Peterson, CHSE, CCSE (Arvada, CO) is the program director, developer, and head instructor for Essential Somatics® Somatic Education. She has a thriving private practice which includes private clinical sessions, workshops, presentations, consultations, and writing about self-care pain relief. She has taught regional Somatic trainings in the United States, as well as international workshops in Europe, Asia, and Australia.

Martha is the author of *Move Without Pain* (Sterling Publishing, January 2012), and the creator of the Pain-Free Somatic Exercise DVD series. She is a graduate of Somatic Systems Institute, holds a BA in Dance Education from the State University of New York, and a certification in Massage Therapy from the National Holistic Institute in Oakland, CA. Her teaching comes through the lineage of Marilyn Warnock and Karen Hewitt, two of the only 38 people trained by Thomas Hanna. To learn more, visit www.essentialsomatics.com



Theresa Evans, CCSE (Sister Bay, WI) is a senior teacher with Essential Somatics and the owner of Midwest Clinical Somatics and Stone Path Yoga in Sister Bay, WI. She is a graduate of Somatic Systems Institute in Northampton, MA and holds a BSN in Nursing. In 2009, Theresa completed her 500-hour Yoga Certification in the tradition of the Himalayan Institute at Yoga North in Duluth, MN.

Theresa teaches group classes, conducts workshops, and sees individual clients who are working with chronic muscle and joint pain, mobility issues, post-operative gait issues, those who want to breathe better, and "weekend warriors" who want to balance their extreme activities with a gentler practice. To learn more, visit www.stonepathyoga.com



Laura M Gates, CHSE, CCSE (New York, NY) trained in Somatic Education at Somatic Systems Institute, Northampton, MA and was also certified by Novato Institute of Somatic Research and Training, Novato, CA in 2007. Laura assists and co-teaches Essential Somatics® trainings teaching somatic movement coaches and practitioners internationally. She collaborated on HSEC Level 2 curriculum and co-teaches the training. She enjoys developing somatic curriculum to address various muscle pain conditions with a focus on scoliosis and dancers' needs. She brings over 40 years of movement education to her work. Laura is also an ongoing student of kinesthetic anatomy with celebrated master teacher Irene Dowd.

Regarding her own issues around scoliosis and chronic pain Laura says, "Thomas Hanna's techniques and system has proven hugely and uniquely helpful to my scoliosis, increasing comfort and mobility, improving alignment, and giving me a 'somatic medicine kit' that I use daily. I can't imagine life without Somatics."