

What is Hanna Somatic Movement?



Is a movement awareness system that offers a safe & profound way to release over active muscles by retraining the nervous system & re-patterning the Soma (Body/ mind)

It is mindfulness movement that firstly brings our awareness to these unconscious tensions and then trains the sensory motor cortex (in the brain) to move the body in a new way, or a forgotten way.

*'If you can sense it, feel it,
you can change it'*

Thomas Hanna

Sensory Motor Amnesia

is the condition of chronically-tight muscles that have learned to stay contracted due to repeated & reflexive response to stress such as injuries, surgeries, repetitive tasks, and on-going emotional stress. This is not due to lesion in brain or the muscular system rather a functional deficit whereby the ability to contract a muscle group has been surrendered to subcortical reflexes

The resulting patterns of muscular contraction that develop result in such common conditions as chronic back pain, neck, shoulder and hip pain, limited mobility, joint pain, poor posture, inefficient breathing, and uneven leg length.

Three main habitual stress reflexes

Hanna suggested that **Sensory Motor Amnesia (SMA)** occurs by three pathological processes;

- 1. The Trauma Reflex**- occurs as a protective muscular response to injury. This is the reflex of pain avoidance. Where the waist muscles are contracted on one side of the body.
- 2. The startle reflex** - a fear based reflex that contracts the front body (Red light Reflex) e.g. head forward, rounded shoulders, sunken chest (flexed over a mobile phone, slumped on the train)
- 3. Green light reflex**- a fear based reflex that contracts the back of the body e.g. back extensors overactive leading to an increased sway back, weight on the balls on the feet; ready to go!

All three reflexes may be habituated into posture. Though if it's a habit, this too can change.

We are Bioplastic: designed to change

'If you can sense it & feel it you can change it' Thomas Hanna. Current neuroscience supports this quote as Functional MRI's are proving how quickly and & easily the Soma can change; how Bioplastic the Soma/Being is!

Hanna Somatic Movements (HSM) encourages you to sense and feel from within, it enhances a sense of safety in the central nervous system which is vital is the system has experience pain and dis- ease of movement. HSM challenges our current movement patterns and suggests new pathways that will remind the Soma how to have full voluntary control again; freedom of movement, freedom of mind, freedom with in the Soma.

"Although the movements may appear simple - they command my attention and lure me easily into the depths of my being - to that space of deep connection, bliss and stillness. On a physical level, I have experienced more sustainable postural and functional improvements in five years of Hanna Somatics than I have in 15 years of teaching yoga & 24 years of working as a Physiotherapist." Shelly Freund

Shelly works as a Physiotherapist, Yoga Teacher & Movement Education coach through Living Yoga (Lisa Petersen) and a Hanna Somatic Movement Educator through Essential Somatics (Martha Peterson) and is currently studying 3 years of Clinical Hanna Somatics.

Shelly conducts classes and workshops in Hanna Somatic Movement and individual consultations.

