Clinical Somatic Education
Somatic Exercise Teacher Training™

PROGRAM PROSPECTUS
CSMT LEVEL I

FROM THE CENTER FOR CLINICAL SOMATICS

Move beyond pain...
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training@somatics.org

*for more information, including schedules & tuition  
– or to apply to the training program – visit us today at*  

http://somatics.org/training
For years movement teachers have sought a way to give their movement students a way to obtain the revolutionary benefits of Somatics, but either didn't wish to operate a hands-on practice, or were not ready or available for full professional training in Somatics. Now, you can undergo complete training as a Somatic Exercise Teacher in a significantly shortened format.

**BENEFITS FOR YOUR STUDENTS & CLIENTS**

Even if your students do not need (or are not interested in) receiving Clinical Somatics sessions, the Clinical Somatic Exercise method you will learn is critical for...

- Any movement student or any person as support for successfully doing other movement work such as yoga or martial arts;
- Warm-up, performance enhancement, and injury prevention for anyone who does any exercise, from walking or jogging to aggressive strength training;
- Serious and professional athletes for warm-up, performance enhancement, and injury prevention;
- Sport coaches and dance teachers who want to optimize or expand warm-up and rehab work as well as learn to teach movement better;
- Rehabilitation and recovery from injury;
- Daily practice to reverse and prevent chronic pain, musculoskeletal disorders, and repetitive stress relief;
- Easy, effective stress relief;
- Daily practice for meditation, relaxation, or internal arts;
- Life-long fitness, youthful movement, vitality, wellness, and avoidance of much of the pain and decline of aging — for everyone;
- D.I.Y. reversal of and recovery from the daily and life-long aches and pains and injuries of everyday life — for everyone.
SOMATIC EXERCISE TEACHER TRAINING BENEFITS FOR TRAINEES

While this training does not qualify you to work hands-on to utilize all of the techniques and produce all of the benefits described in Thomas Hanna’s book Somatics, this program will provide you with the next highest level of expertise in this field. You will be thoroughly and authoritatively trained in the science and methods of Somatics as applied to the exercise & movement protocols, and will learn a series of exercises, sequences, and classes to teach and coach students. No matter what your previous movement or bodywork background, there is no way to properly deliver these sophisticated exercises and therapeutic interventions and provide their powerful benefits without this professional training or the complete Clinician professional training.

This work can and does function as a stand-alone system of movement training. However, this course will also greatly enhance any forms of movement, sports, dance, exercise, training, or rehabilitation that you may already be versed in.

The Somatic Exercise Teacher training is perfect for...

• Existing movement teachers who wish to properly and fully deliver the benefits of Somatics to their students;
• Aspiring movement teachers (even if you are not already trained or certified in another movement teaching field) who wish to provide the ground-breaking flexibility, fitness, pain relief, athletic training, injury prevention, and injury rehabilitation benefits of Somatics;
• Individuals who can't yet afford full certification as a Clinician, but wish to work (and earn) in the field of Somatics right away;
• Employees of movement or fitness centers, chiropractic or physical therapy offices, or orthopedic and rehab facilities.

CONVENIENT WEEKEND TRAINING CLASSES

This intensive weekend training program is a unique opportunity. Participants complete an entire course in only 3 days. This qualifies you to teach the most important Somatic Exercises to groups and individuals, and to begin applying these principles in a variety of settings. Follow-up support and endorsement is provided remotely, to create a continuum of development and professional expertise for you in this important skill-set.
Client Testimonials

MORE PRAISE FOR CLINICAL SOMATICS

“If you have the slightest to most severe back problem, and want to learn and apply yourself, you can gently work miracles of realignment and pain relief with [Clinical Somatics] — it is truly and absolutely a miracle-worker. I was told there was no help but surgery, and no hope but deterioration for my condition — but it ain’t so!”

“[Clinical Somatics] really changed my life. I used to suffer from shoulder tendonitis and other muscular ailments, but by using the material in this book I’m now 99% pain free. In addition, Somatics taught me about the causes and cures of muscular tension, ‘aging’, and poor posture. By applying what I learned in Somatics, my body has become much more supple and relaxed, making activities from walking to playing tennis to doing the dishes much more enjoyable.”

“In a very short period of time, Somatics has dramatically improved the quality of my life. [Somatics] can help people understand how to alleviate chronically contracted muscles that cause them pain — it’s as simple as that. People can do this for themselves each day, like I do, if they learn how to do Somatic Exercises...

Clinical Somatics is both transformative and restorative. Somatics has given me improved flexibility and range of motion which has had a number of benefits — a higher quality of life and sense of well being (I am pain-free after struggling for years with bad posture and related stiffness in my back, neck and shoulders from desk work); improved athletic performance and shorter recovery time after strenuous exercise and lastly, a rapid and complete recovery from hernia surgery.

Imagine starting and ending each day feeling like you’ve just had a fantastic massage. 20 minutes of somatic exercises a day can do this for you. Suffice it to say that I’m telling everyone I know about [Clinical Somatics] and how [it] can help them improve the quality of their life.”

“If you have any structural pain that just won’t go away, if you want to better your bodily awareness, and especially if you are a healthcare professional, [Clinical Somatics] is worth more than its weight in gold.”

“This is the first set of exercises for my back that has ever had any effect at all. My back began feeling better within a matter of days, and has just gotten better and better. If you’ve had back trouble that you can’t get rid of, try this.”
Course content includes the following topics:

- The basic physiology & neurophysiology of motor learning, trauma, sensory motor amnesia, somatic learning, and somatic exercises and somatic education.
- In-depth kinesiology and physiology of the major reflexes, postures, body mechanics, and maladaptive patterns of stress and general use-habits.
- Identification and assessment techniques for all the major basic postural & stress maladies encountered throughout human life-spans; approaches to adjust & fit the Somatic exercises based on individual and assessed needs.
- The defining and guiding characteristics and approaches of Clinical Somatic Education modalities including Somatic Exercise teaching; the critical differences between Somatic Exercises and other movement/exercise that will determine if clients experience the efficacy and benefits of Somatics.
- The core principles of Clinical Somatic Education and teaching Somatic Exercises, including proprietary teaching principles and methodologies to achieve optimal results; approaches & educational techniques that will expand your capacity and strategies to teach almost any student/client successfully, regardless of their challenges or needs. These methods are also broadly applicable to many other teaching, educational, and developmental challenges.
- Clinical Somatic techniques including pandiculation & means-whereby as applicable to Somatic Exercises and their professional teaching. These methods will also empower both trainees and their clients to transition towards truly autonomous, self-correcting maintenance and further enhancement of Somatic health even without reliance on a practitioner.
- Principle-based lesson planning, and exercise class development, management, and professional practice.
- A complete, manageable catalog of core essential Somatic Exercise protocols & lessons, to immediately enable teaching, integration with other disciplines and modalities, and turn-key professional practice as a Somatic Exercise Teacher.

**PRE-REQUISITES**

Students must attend the professional introductory seminar, *Fundamentals of Clinical Somatic Education, parts 1 & 2*. This course is available independently, but is generally also offered right before Exercise Teacher training weekends, for the convenience of those Exercise Teacher trainees who have not yet completed it.

Students are required to have read *Somatics: Reawakening the Mind’s Control of Movement, Flexibility and Health* by Thomas Hanna, Ph.D. and to be familiar with the basic/introductory series of Somatic Exercises found in the back of this book. These exercises can be learned using the book, using the CD series called *The Myth of Aging*, or attending a workshop or classes in these movements.

If you have already attended Somatics workshops with us that feature these exercises (for example, The Myth of Aging, Somatic Essentials, Somatics 101), you have almost certainly completed this prerequisite. If you have attended other workshops we have conducted, attended workshops by other practitioners, or used any other audio or video recordings of Somatic Exercises, please contact us to determine if they qualify.
ACADEMIC INTEGRITY

Somatic Systems Institute first developed this program in 2006, as a response to the growing demand and need for greater access to the profound and powerful benefits of Clinical Somatics by the public and existing movement, fitness, and healthcare professionals — as well as by aspiring movement teachers. We have continued to fine-tune and innovate the course to make it more accessible and convenient to wider audiences and needs — while, most importantly, still maintaining and enhancing its integrity and fidelity to the principles, science, methods, and efficacy of the larger authentic field of Clinical Somatic Education we have pioneered, taught, and certified for two decades.

This course may be brief, but it is academically, clinically, and methodically substantive. We have employed our time-tested teaching approaches to not only produce teachers who are competent and "smart" about the work, but also well-grounded in the field and profession. The course’s focus is not on simply teaching a few blindly executed routines (although trainees will in fact be provided with routines and turn-key protocols as well) — but on underlying skills, teaching strategies, and best practices, as well as on mastering the essential underlying principles of the work. This means becoming authoritative, thoughtful teachers who can apply these principles broadly to their larger personal and professional practices and methods, to other movement theories, and to the Somatic Exercise teaching itself — so even without additional training, you can start to construct your own solutions and lessons for your clients individually and in exercise, movement, and fitness classes you offer.

The same teaching approaches that provide depth also make advanced concepts accessible and meaningful to a wide array of audiences, backgrounds, credentials, and skill levels. Therefore, people outside of or new to the movement, fitness, or healthcare fields are encourage to apply. Please contact us with any questions or concerns.

TRAINING ACCREDITATIONS

Somatic Systems Institute is the first and only authentic authorized program in professional training of Clinical Somatic Education practitioners and exercise teachers. Training of Somatic Exercise Teachers may only be conducted by certified Clinical Somatic Educators licensed to do so by the Somatics Board of Accreditation, the certifying agency for Clinical Somatic Education™. Our trainings are conducted by these licensed instructors.

Somatic Systems Institute also offers additional third party accreditations, including being an Approved Provider of Continuing Education by the National Certification Board for Therapeutic Massage and Bodywork ("NCBTMB").

The training program, including its curriculum, format, and structure, has been developed over the past 3 decades by the creators and leaders of the field, offering the most mature and comprehensive programs to date.

CERTIFICATION

Only certified Somatic Exercise Teachers and Clinical Somatic Educators™ are authorized to practice and/or teach Clinical Somatic Education™ (CSE). Certification is only granted to those individuals who both complete a legitimate authorized CSE practitioner or Exercise Teacher training program and pass an examination administered by the Somatics Board of Accreditation.

Upon successful completion of the Teacher training program, students will be tested to demonstrate competency in the material to receive their certificate of completion. A final exam is generally completed from home. Each level of Teacher training is its own certification: In other words, you receive certificate of completion for Somatic Exercise Teacher training Level I. Later, this qualifies you to attend and earn certificate of completion of Somatic Exercise Teacher training Level II, and so on.
CLASS STRUCTURE

Each training is approximately 24-hours in length, over 3 days.

Most pre-requisites can be completed from home, and remote follow-up is provided as well. We do also offer courses in Somatics Fundamentals adjacent to many of these training weekends for your convenience.

Class hours are generally 9:00 AM to between 5:00 PM and 7:00 PM, with a lunch break. In developing the intensive training course format, experienced educators have taken great care to create a class schedule which allows for a comfortable, successful learning experience.

Class size is limited to allow for personal, one-on-one attention. The student:teacher ratio ranges from 10:1 to 3:1. Click here for information on the Training Team.

ADMISSIONS

Candidates for this course include movement teachers, therapists, and fitness professionals (including Yoga teachers & therapists, Pilates professionals, personal trainers & fitness consultants, dance teachers, occupational therapists, et al.) and medical professionals and bodyworkers (including the fields of orthopedics, sports medicine, physical therapy, osteopathy, pain management, medical assistance, massage therapy, Alexander Technique, Feldenkrais, Trager, et al.).

Those outside of the movement and healthcare professions are encouraged to apply. Please do contact us if you have concerns about your eligibility or the appropriateness of this program for your needs and background.

APPLICATION PROCESS

The brief application process can be initiated online, at http://somatics.org/training/csmt/apply.

The Training Program offers rolling admissions and enrollment: Applications are reviewed in the order in which they are received, and accepted applicants are granted admissions on a first-come, first-served basis. Therefore, it is recommended that interested persons apply as soon as they are interested to take advantage of greater availability.

There is also an Early Action deadline for many training programs, which provides for guaranteed placement in the program ahead of other candidates and a substantially reduced tuition. Consult our website to see the schedule of upcoming trainings and the Early Action deadlines and discounts or click below to begin your application.

TUITION

Tuition varies by location. Additionally, Early Action options are available for significant tuition discounts (as well as discounts on prerequisite coursework). Please see the current schedule online of upcoming training courses for details on current dates and tuition.
Clinical Somatic Education™ (also called Clinical Somatics™) is the direct, hands-on method based on the work of Thomas Hanna for teaching voluntary, conscious control of the neuromuscular system to persons suffering involuntary muscular disorders. Founded on a wealth of scientific evidence, Clinical Somatics promotes improved well-being and aids in speeding up the recovery time from illness. This is achieved by creating an awareness and means of acting upon the body’s warning signals. In Hanna’s words, “It is the most advanced system known for relieving chronic disorders which, otherwise, are untreatable by either medical or traditional therapeutic means.”

It was Dr. Hanna’s discovery that perhaps as many as fifty percent of the cases of chronic pain are caused by what he termed sensory-motor amnesia (SMA). This is a condition in which the sensory-motor neurons of the voluntary cortex have lost some portion of their ability to control all or some of the muscles of the body. Problems such as poor posture or a bad back then occur when the ability to contract or relax a muscle group has been surrendered to subcortical reflexes — leading to weakness, soreness, and distorted body movement or compromised weight distribution that can cause secondary pain typically diagnosed as arthritis, bursitis, herniated disks, etc.

Clinical Somatics shows us that half of all chronic pain exists because the body becomes powerless to relax certain muscles. Simply put, the “conscious” or voluntary cortex of the brain has lost or forgotten how to do so and must be recalibrated.

The foundation for Hanna’s work was published in his 1970 book Bodies in Revolt: A Primer in Somatic Thinking, which demonstrated the relation between sensory awareness and physiological efficiency. Much of Hanna’s work is originated from Feldenkrais’ sensory-motor training, introduced in the United States in 1975. The theoretical background of this tradition is outlined in Hanna’s 1980 publication The Body of Life.

The major clinical techniques of this work have been developed out of the neurophysiological foundations of self-regulation training and biofeedback. Dr. Elmer Green, the illustrious pioneer of self-regulation training and founder of The Menninger Clinic’s Voluntary Controls Program, says that Hanna’s contribution to this field “is a milestone on the way to this understanding and to better health. If I could, I would put [Hanna’s book] in the hands of every neurologist, internist, nurse, psychophysiologic therapist, and clinical psychologist in the country. What is explained in the book is not part of their regular medical education. To be complete therapists, though, they need to include, or incorporate, this information in practice.”

Dr. Dieter Kallinke, pain specialist in Germany’s largest rehabilitation clinic and close student of Hanna’s system says that it “answers questions that the experts are only beginning to ask.”
Trainee Testimonials

**Physical Therapy Assistant**

I've been a Physical Therapy Assistant for 24 years and a Massage Therapist for 2. This is the first course I've taken where I was able to and expected to apply the knowledge and techniques I was learning on the instructors. As a result it's totally changed the way I've approached working with my clients. I can actually go out feeling solid and comfortable working on people right away, rather than wondering if I'm applying the techniques properly.

—Nancy Graham, Physical Therapy Assistant, 24 Years, Keene, New Hampshire

**Martial Arts Teacher**

The training staff is excellent. Good chemistry between them and a well balanced sharing of the teaching labor. Everyone is fun and personable which makes for an excellent learning environment. I'm feeling confident and well prepared to offer my services in the community as a Clinical Somatics Educator, even as a student-in-training. I'm seeing more clients (paying clients mind you) than I would have imagined at this stage of learning. And I'm getting results. Clients are referring others in for sessions. I can't wait to learn more.

—John Loupos, Martial Arts Teacher, 35 years, Cohasset, Massachusetts

**Massage Therapist**

How has Somatic Systems Institute affected my practice? Heavens! How has it not? ...Somatic Systems Institute has sent me out into the world highly trained, supported by on-going mentorship (how often have I called the Director for help and guidance?!?!) and deeply rooted in the principles of Clinical Somatic Education. Because we do so much work with ourselves somatically (in daily movement class), I'm better able to “see” what is going on with clients and to guide them to sense their bodies, movement and progress. The passion and enthusiasm, not to mention the technical expertise in training on behalf of the staff, has everything to do with the success of my practice. Somatics has changed my life; the way I perceive what happens with and to my body and the way in which I use my body. It has given me back my sense of physical independence and Somatic Systems Institute has helped me to get there!

—Martha Peterson, Massage Therapist, 18 years, Maplewood, New Jersey

**Yoga Teacher**

One of the students said that not only had he discovered a wonderful healing tool but also he had found a new family. I feel the same way. [There were] wonderful conversations and bonding moments during meals and during practice sessions.

The faculty’s teaching skills are superb.

I feel it an honor and a privilege to be a part of such wonderful exciting education. This new field has such potential to ease human suffering in such a huge way. I am thrilled to be a part of such a spiritual and monumentally important learning field.

—M.V., Yoga Teacher, Louisiana
THOMAS HANNA

Thomas Hanna, Ph.D., was a philosopher and somatic educator, who founded the field of somatics in 1970 with the book *Bodies in Revolt: A Primer in Somatic Thinking*.

He received his doctorate from the University of Chicago for his dissertation on existential phenomenology, later published as *The Lyrical Existentialists*. Hanna taught at Hollins College, where he became Chairman of the Department of Philosophy. He was also writer-in-residence at Duke University and the University of North Carolina in their Cooperative Program in the Humanities.

From 1965 to 1973, Hanna was Chairman of the Department of Philosophy at the University of Florida, where he had been hired to create the department’s first doctoral program in philosophy. Hanna was elected a Fellow in the American Council of Learned Societies, which in 1969-1979 subsidized his writing of *Bodies in Revolt: A Primer in Somatic Thinking*. In 1971, he was elected the first President of the newly created Faculty Senate of the University of Florida.

Hanna came to San Francisco in 1973 to become Director of a noted graduate school, the Humanistic Psychology Institute. During this time, he founded and directed the first training program in the Feldenkrais Method, Functional Integration, taught by Dr. Moshe Feldenkrais from 1975 to 1977.

Subsequently, Hanna founded the first institute devoted to the field of Somatics in 1975, as well as the magazine, *Somatics* in 1976. In his practice of somatic education at the Institute, he saw clients from all over the world.

He was the author of eight books, including *Somatics: Reawakening the Mind’s Control of Movement, Flexibility and Health*, which has been published in English, French, German, Russian, Hungarian, and Spanish. Although Dr. Hanna passed away in 1990, his teachings and techniques live on at Somatic Systems Institute’s facilities and training programs.

PROFESSIONAL PRAISE FOR CLINICAL SOMATICS

“Thomas Hanna’s subtle exercises offer the exciting possibility that we can continue to be supple and graceful. Highly recommended for those who hang on past their 30’s.”

—Arthur J. Deikman, M.D., University of California, San Francisco; author, *The Observing Self*

“One of the most profound revolutions in our thinking concerns the fundamental connections between body and mind. Now that we begin to understand something of our inner healing powers, along comes Somatics to give form and shape to our new-found knowledge.”

—Paul DuBois, Ph.D., Executive Director, Association for Humanistic Psychology

“The missing link between many doctors and their patients can be rediscovered if both parties understand what Somatics is really about; how wisely and wonderfully we are organized to live a better life than many of us do.”

—Mark Schmid-Neuhaus, M.D., Chief Physician, Munich Health Park
TRAINING PROGRAM MISSION STATEMENT

We are dedicated to expanding mastery, awareness, and accessibility of the field of Somatics envisioned, pioneered, and developed by Thomas Hanna’ and his colleagues. Our curriculum is designed to directly pass on these techniques, methods, approaches, philosophies and perspectives.

We are passionate about this work because we have seen lives utterly transformed into greater ease and balance through the active engagement with this body of work. We hold that a solid understanding and competency in this work leads to a clarity of duty to serve one client's with skill, professionalism, and compassion. To serve in this manner is an unparalleled honor and responsibility. To fully serve humanity in this fashion is also to strive for a professional and competent environment of scientific research and subjective inquiry.

We hold that there is no effective health care or life science without recognition and consideration of objective as well as subjective data, and that we are obligated to develop skills in facilitating client's first-person fitness as well offering our third-person expertise. We must train practitioners to develop objective excellence and subjective, proprioceptive ability.

We are committed to capitalizing on each student's individual talents, while holding to certain and high-level standards of competency and practice. We strive to develop Somatics professionals who can all offer the highest quality services throughout the world.

We are committed to making this work available to those individuals willing to become actively involved in their own health and well-being. We promote a safe, student-centered, tolerant, and honest environment where we can learn from each other and cooperate for all participant's well-being.

We train and certify skilled, compassionate, and professionally-minded somatic practitioners in the use of somatic education, the direct methods for teaching voluntary, conscious control of the neuromuscular system to persons suffering involuntary muscular disorders. We are dedicated to prepare our graduates to use this methodology to meet the enormous and growing demand for these skills, within the fields of healthcare and education, into the 21st century and beyond.
Somatic Systems Institute's training programs employ senior clinicians and other advanced leaders and experts within their fields as our faculty. Our trainers are professional pioneers, passionate educators, caring mentors, and enthusiastic advocates for the work and for you.

**PROGRAM DIRECTOR**

Steven Aronstein is the founding Director and President of the Somatic Systems Institute. A certified Somatic Educator trained in the second program ever conducted, he has been in practice in Western Massachusetts and the Northeast for more than a decade. Steven is the first person accredited to operate a Somatics training program after Thomas Hanna’s death. He is President of the Clinical Somatic Education Society, the official professional guild of Prime Somatics. He has worked in K-6 education; and works with the High/Scope Foundation’s Education Through Movement program. Steven has studied Aikido, Tai Chi, and Qigong, and pursued a professionally tutored study of holistic Japanese medicine. He takes a special interest in chronic fatigue syndrome, fibromyalgia, nutrition, and related matters.

**TRAINERS**

Training of Clinical Somatics practitioners may only be conducted by certified Somatic Educators licensed to do so by the Somatics Board of Accreditation. Our trainings are conducted by these licensed instructors.

Our faculty are fully licensed trainers who have been continuously active in the training program for over 3 decades and have been instrumental in developing the training program and curriculum. They are certified practitioners who maintain private practices and offer periodic workshops open to both the lay public and health care professionals. Following is a partial listing of our training faculty.

Karen Hewitt is a certified Somatic Educator trained in the first program ever conducted by Thomas Hanna. She was the first Training Coordinator of the training program after Thomas Hanna. She has an extensive and distinguished background in classroom education, professional training, corporate training, and mathematics education. Karen is a founder and senior member of the Somatics Board of Accreditation, the international organization responsible for licensing and certifying Somatics programs and practitioners. Karen is a founding and Charter member of the Clinical Somatic Education Society, and has been in private practice in San Jose, California since 1990.

Pam Bladine is a certified Somatic Educator trained in the second program ever conducted, and has maintained a practice in Texas for over a decade. Pam is also a Massage Therapist licensed in both Texas and Oregon, with additional training in a wide variety of modalities including Zero Balancing, Polarity, Trager, Orthobionomy, Myofascial Release, and Cranio-Sacral Therapy. She has a strong interest in the arts, and has even served as events coordinator for the Old Chicken Farm Arts Center in San Angelo, Texas. In addition to her bodywork expertise, Pam has a Masters in Juvenile Correction, a background in dance, and over a decade’s experience in Hollywood motion picture and television production.
Patience Bousel has been involved in the field of natural health for over 25 years and is currently practicing in Amherst MA. Her practice includes Clinical Somatic Education and The Trager® Method, and massage for pregnancy and postpartum. She has extensive experience teaching Somatic Exercises, including serving as one of Somatic Systems Institute Professional Training Program’s primary exercise teachers, responsible for introducing Somatics practitioners-in-training worldwide to the professional use of Clinical Somatics exercises.

Jon Aronstein is a Certified Clinical Somatic Educator, and Director emeritus of Somatic Systems Institute’s national Somatic Exercise division. A certified USPTA Elite Professional, Jon is also an elite tennis trainer and athletic coach for adults and children. He is also a leadership coach, with additional training from the Newfield Group. A scholar and an athlete, Jon has a broad and fluent background in philosophy, sociology, and the social sciences, with a passion for the academic and philosophical underpinnings and history of the Somatic field. Jon takes a special interest in soccer, including coaching his son. He is also a lifelong musician, with a rich background in sound engineering and crafting high-end musical instruments. He is greatly committed to helping people reach a greater state of self-creation, self-actualization, self-awareness, and self-regulation through Somatics and related educational disciplines. Having moved from a state of serious musculoskeletal breakdown and "feeling old and decrepit" at a young age to a state of athleticism, energy, efficiency and coordination, and "growing younger", Jon knows first hand how Somatics can help others defeat the "Myth of Aging” and grow better through the practice of Clinical Somatics.

Training Location & Student Housing

The Training Program is based at SSI’s national headquarters in Northampton, Massachusetts. The classrooms, practice spaces, and offices are located right in downtown Northampton, in the “Pioneer Valley” of Western Massachusetts. Northampton is nestled in the foothills of the Berkshires to the West and bordered by the banks of the Connecticut River to the East.

The Northampton-Amherst area in the center of the Valley is called the “Five College Area”, home to the “Five College Consortium” of Amherst College, Smith College, Mount Holyoke College, Hampshire College, and the University of Massachusetts Amherst (the state university’s flagship campus). More than a dozen additional colleges abound to the North and South, providing students with a wealth of educational and cultural resources.

The Institute and the rest of the Five College area is located about 35 minutes from Bradley International Airport in Hartford, Connecticut; and less than 2 hours from Logan International Airport in Boston, Massachusetts and T.F. Green Airport in Providence, Rhode Island. Convenient shuttle service and mass public transportation is available from Airports. By car, we are approximately 2.5 hours from New York City; 1 hour from Worcester, MA; 2 hours or less from Boston; and 2 hours or less from Providence, Rhode Island. The area offers copious and affordable accommodations near the Institute, generally providing economical & diverse housing options.

TRAINING NEAR YOU & IN OTHER LOCATIONS

It may be possible to provide Somatic training in your area. If you are interested in organizing or sponsoring a Somatic Exercise Teacher training or other events in your region — either for the general public or your organization — please contact the Somatic Systems Institute, at training@somatics.org or (413) 586-2555.