

What people are saying about Essential Somatics with Kristin Jackson...

Somatics has changed my life! To not be in constant pain is such a relief. I felt instant changes and almost couldn't believe how simple it is. — Susan, Portland, OR

Somatics got rid of my lower back pain. Somatics is so empowering. To not have to run to the chiropractor all the time will save me so much. — RJ, Portland, OR

Somatics has made a huge difference in my life. I went to doctor and I'm an inch taller! I got rid of the stress impacting my posture. So grateful for your teaching ability. — Christine, Bellingham, WA

Thank you, Kristin. Today's session with you gave me more than I've gotten from all past practitioners combined. I feel what I've learned, mindfully practiced, will make every part of my daily life easier. — Robert, Manteca, CA

My doctor told me my hip pain was because I was over 70 and had arthritis. I did the moves you taught me and the pain is gone! — Sandy, Cookeville, TN

I've had urinary incontinence for many years. I've tried many things, but nothing worked until I discovered Somatics with Kristin. One session and I noticed an immediate improvement. Four weeks later, I'm still feeling confident and dry all day. Try it.

*You won't regret it.
— Portland Native, OR*



**Hi there!
I'm Kristin Jackson.**

If you're like me, you've had your fair share of injuries or accidents. You get by, but you don't function as well anymore. And you feel it.

For me, my body finally revolted when I was hit by a car. Things I took for granted—walking, exercise, gardening—just plain hurt. I tried massage, chiropractic, etc., but with only temporary relief. Then I discovered Essential Somatics.

With Somatics, I neurologically retrained my brain and muscles to release the chronic tension that was causing my pain and faulty movement patterns. I got rid of my pain and regained control of my body. I was hooked and now am an Essential Somatics® Clinical Somatic Educator.

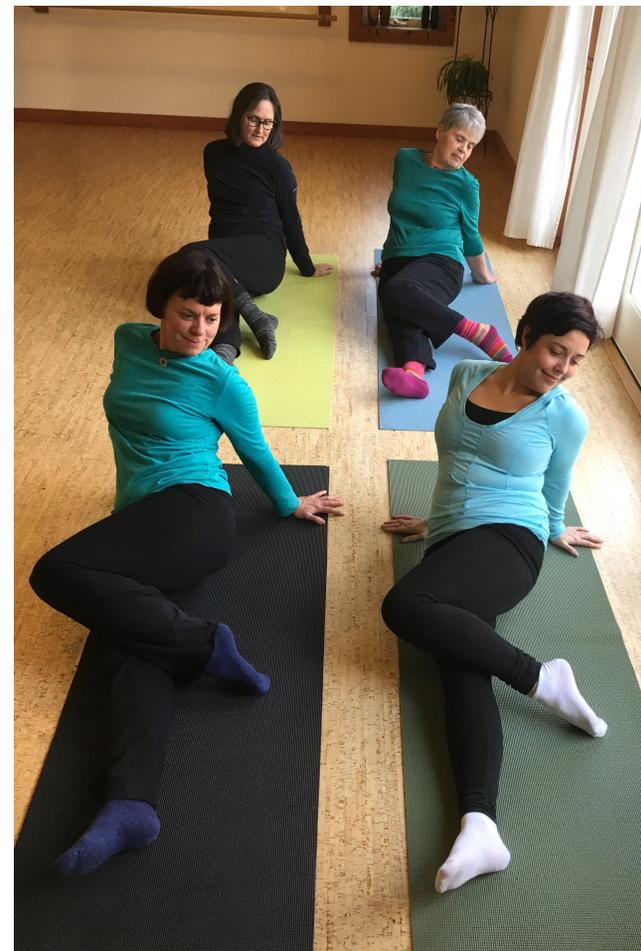
For me, Somatics really has changed everything! Contact me today to learn what Essential Somatics can do for you.

Think  Somatics

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Essential Somatics is a registered trademark,
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Essential Somatics Changes Everything



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Human Reflexes, Stress and the Brain

As humans, our bodies respond to thousands of stimuli every day. These physical responses to life and the world around us are called *reflexes*. We arch our backs when called to action—the *fight-or-flight* reflex. We close ourselves inward when we're scared—the *startle* reflex. We twist or bend to the side to avoid pain or discomfort—the *trauma* reflex.

While these reflexes are perfectly natural—they've helped our species survive for this long, after all—they sometimes stick with us longer than necessary. Our bodies can actually forget how to release out of them, leaving us anxious, in pain or fatigued—in essence, not feeling like ourselves.

Chronic Stress and Sensory Motor Amnesia

Whether we realize it or not, stress, accidents, trauma and even lifestyle choices can create chronic holding patterns in our bodies which affect our ability to move freely and function

without pain. Thomas Hanna, Ph.D., the founder of Hanna Somatics, called this Sensory Motor Amnesia (SMA), a condition where the brain literally gets set in its ways. The sensory-motor cortex part of the brain loses its ability to sense and control certain muscles voluntarily. These muscles, in turn, stay contracted instead of relaxing to their

Every experience you have—whether physical, emotional or psychological—has a muscular response.

natural resting lengths.

Retrain Your Brain and Body with Essential Somatics

Health issues often attributed to aging or traumatic life events can be reversed with Essential Somatics. The hands-on techniques and exercises of Essential Somatics incorporate *pandiculations*—gentle contractions and slow, mindful releases of muscles—that essentially retrain your brain to unlearn the muscular holding patterns that cause pain or the inability to move freely. By

reversing SMA, Essential Somatics can help you feel more like your younger self, with a better sense of and control of your muscles.

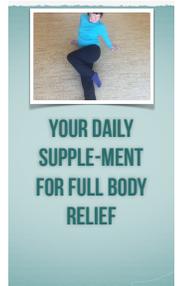
Start Your Somatic Education Today

Kristin Jackson offers you multiple ways to experience the benefits of Essential Somatics:

- Private Hands-on Sessions
- Group Classes at Think Somatics Studio
- Group Online Classes
- Private Online Lessons
- Co-host Workshop in Your Area!

Downloadable Somatics Classes

Attend a Somatics class anytime, anywhere! Choose from audio or video lessons.



To learn more, visit thinksomatics.com.

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