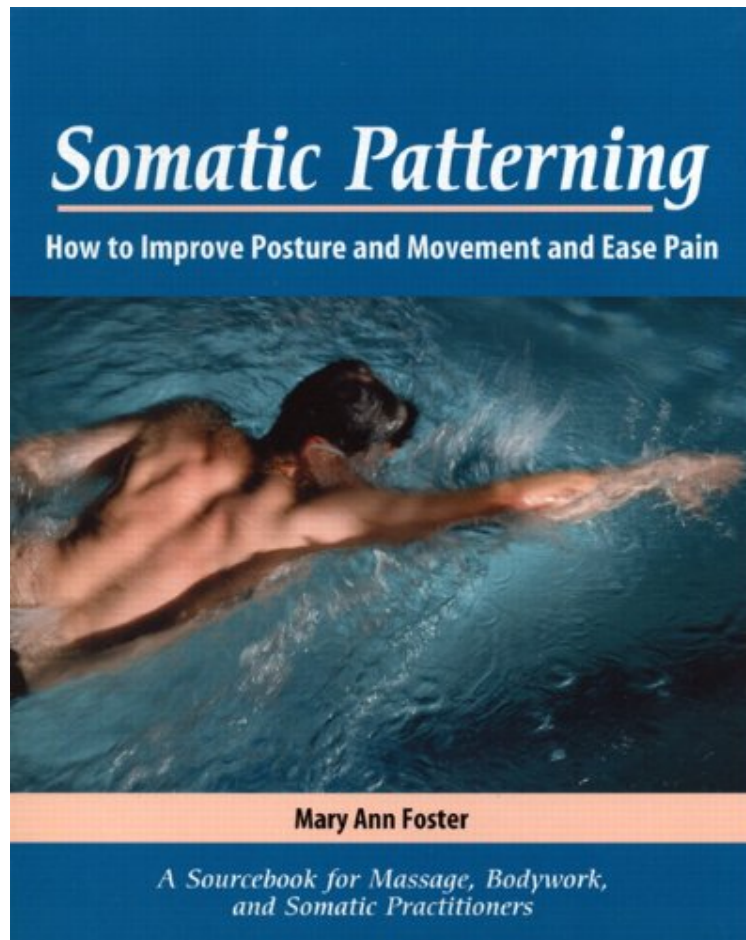


Somatic Patterning

Mary Ann Foster

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Mary Ann Foster : Somatic Patterning before purchasing it in order to gage whether or not it would be worth my time, and all praised Somatic Patterning:

0 of 2 people found the following review helpful. Four Stars By Pam have not read fully yet but so far I like it 0 of 0 people found the following review helpful. Best guide to wide range of somatic practices By Lisa Y. I wish I found this book sooner! This is a unique, comprehensive, practical guide to the world of Somatics. I've read a lot of books on Somatics and this one is the best at providing an overview of the field. Mary Ann clearly describes a wide range of somatic practices, including more modern techniques not mentioned in other, older books. She provides fun, interesting, digestible exercises to help you embody the concepts she discusses. Before reading this book, I was overwhelmed by the explosion of somatic techniques, unsure how they all fit together and where to begin. Mary Ann provides a map to help me navigate this fascinating work. After reading the book cover to cover, I found a few techniques that I'm especially interested in exploring, and now I'm contacting teachers in my area. I will continue to refer back to this book for the exercises. I'm grateful to this book for re-motivating me to continue exploring when I

was feeling pretty lost! 11 of 12 people found the following review helpful. A Useful, Well-Written Sourcebook
By Mary Anne Maier
I had the pleasure of editing *Somatic Patterning* for EMS Press, and I was deeply impressed by the level of knowledge and writing ability of its author, Mary Ann Foster. I've edited numerous books in the past decade and know that it is rare for an expert in a technical area to be able to effectively convey her specialized knowledge to a general audience, but Foster has done exactly that in this well-researched and well-written sourcebook. The book is loaded with simple exercises, photographs, and special features that actually make it fun to read at the same time that it dishes up large helpings of valuable information. I'm confident that this book will become an essential sourcebook for bodywork and massage professionals and an exciting introduction to improving posture and easing our pains for all the rest of us!

Somatic Patterning is the first book of its kind to provide a comprehensive overview of the somatic field. It covers a broad array of topics, including working with reflexes and developmental patterning to change deep-seated patterns, patterning joint and muscles function to improve efficiency and performance, and exploring organic and fluid movement approaches to release deep levels of stress. This new book also presents exercises based on the latest research for training postural muscles to achieve joint stability and is well documented with a comprehensive history, glossary, endnotes, bibliography, and index. *Somatic Patterning* is popular with self-starters who want practical exercises and research-based information to help them help themselves!

Every massage therapist should have this reference. It's impossible to read without absorbing new information that changes your posture. -- K. Duran, Massage Therapist and Career Development Teacher, October 2003
Somatic Patterning is inspiring! It's giving me many new ideas and exercises to teach in my anatomy classes. -- M. Seeiter, Dance Instructor, December 2003
With impeccable research, this text is an invaluable resource for anyone involved in the art and science of the body. -- D. Kolwey, Pilates Teacher Trainer, January 2004
From the Back Cover *Somatic Patterning* can help you Boost Professional Skills