

Level 11 (Sidelying and alternative positions) with Bill & Gabriela Scholl

12 - 15 September 2024 at the Kientalerhof
Thursday 10 am till Sunday 3 pm

As we gain experience in our Trager practice, we come to understand that there is much to our work beyond technique. Our willingness to deepen presence allows us to explore Trager in many ways. During our days together, we will expand the treatment possibilities in sitting, standing and lateral positions. We will explore for ourselves possibilities of a more effective and graceful use of the body. What is the value of working in these different positions? What are the indications for treatment in alternative positions? We will learn precautions to increase client safety. We will focus on deepening hook-up and maintaining boundaries between practitioner and client.

LEARNING OBJECTIVES

- Know indications for sidelying position.
- Identify special needs and possibly necessary precautions through the "movement dialogue" with the client.
- Flow through a complete side-lying treatment initiated from different starting points (hand, foot, hip, shoulder, head etc.)
- Adjust one's body use for maximum effectiveness and ease.
- Be mindful of appropriate language and touch boundaries.
- Working effectively in sitting and standing positions.

25 hours of continuing education



Bill Scholl, Trager Instructor, (USA/CH) started his journey with Trager 44 years ago. He studied directly with Dr. Milton Trager for 16 years and has been teaching Trager Therapy since 1986. Bill has lived in Zurich since 2006.

Gabriela Scholl-Läubli, Trager Instructor, (CH) has been in contact with Trager since 1994. She has been interested for 30 years in movement and gentle strengthening of the body. She has a commercial background and is an adult educator (SVEB 1-3).