



## Trager Level 12 (Level 4 Trager International)

*with Gail Stewart, USA*

23. – 26. Mai 2024 in Kientalerhof  
Thursday 10 AM until Sunday 3 PM

This course covers the four areas of practitioner development: attitude and communication, Mentastics, table work, and professional behavior. We spend time deepening sincerity and compassion in self-assessment and spend time with talking and writing about the work. Participants work individually and in small groups to address questions and issues that have arisen in their own practice. They support each other to make practicing more joyful, fulfilling, and effective. With teacher support, practitioners identify and fill knowledge and skill gaps in their practice. They find ways to break undesirable habits, especially in relation to using their bodies, relating to clients, and professionalism.

### Learning goals

- Extending the perception physically, cognitively, spatially
- Expanding the ability to give and accept feedback
- Expanding the ability to sense what the client needs and how to meet it
- More security in the presentation of the Trager method to the outside world

25 hours of CE



Gail Stewart has been a massage and bodywork teacher in California since 1971. She was fortunate enough to meet Milton Trager in his first course, which he taught in 1975. In 1980 she became a TRAGER Instructor and learned from him until Dr. Trager's death in 1997. She had her own practice and massage school all these years. Her simple and humorous way of teaching is very beneficial and enriching. Gail is a master in the art of listening and presence.