

Level 15 (Level 5, Trager International)

The Heart of the Matter

with Roger Tolle/USA

25 - 28 January 2024 at the Kientalerhof
Thursday 10 am till Sunday 3 pm

This class will focus specifically on the body's core and how to access it from the limbs, chest and back to free up breath, posture, and emotional expression. We will tune into the whole person, finding our most effective ways of facilitating change through careful attention to psycho-physical attitudes, to restrictions in movement, breath, and voice patterning, and to relative stability and mobility in the myofascial web of support. We'll cultivate deeper listening in our touch to engage seamlessly with the client's breathing cycle. We'll soften our therapeutic presence with more kindness and patience, and expand our biotensegral body structure to meet weight with lightness.

In our preparation Mentastics, we'll lean into the deep joy of acknowledging the wisdom and possibility alive in the one and precious body in which we live. We'll practice opening our hearts to the more authentic and vulnerable self we can become. And we'll share all of it in simple ways our client's can integrate in their lives.

The participants

- gain the competence to analyze three-dimensionally and to design action competences
- Gain an understanding of the role of the connective tissue network and how they can effectively interact with it through movement
- Are familiar with using an expanded repertoire to achieve more ease and range of motion in the client's body
- can handle more weight and larger movements without effort

25 hours of continuing education



Roger Tolle has a university education in theater/movement, and spent 15 years as a professional modern dancer developing fluidity, ease, power, clarity, and a wide-ranging vocabulary of movement. Through extensive study with Dr. Milton Trager and other pioneers in the field of somatic movement education, and through his personal practice of movement meditations, Mr. Tolle developed a thorough working knowledge of function in motion and the interconnected influences of mind and body. Read more at www.RogerTolle.com.