

Trager level 19

Relevant science for Trager

with Eileen Dickensen, USA

23 - 26 November 2023 at the Kientalerhof
Thursday 10 am till Sunday 3 pm

In these 4 days, we will explore the science underlying Trager principles and practices, especially as they relate to presence, touch, and movement. Slides, off-table movement and touch explorations, discussions, and table work will allow participants to deepen their practice, understand the "why" of Milton's brilliance, and talk about Trager with greater depth and specificity.

The participants

- have understanding concerning the latest scientific knowledge about touch and movement
- can integrate this into the Trager treatments
- can evaluate a trager treatment

25 hours of continuing education

Cost: CHF 760.- (Early bird price until 23.9.23: CHF 685.-)



Eileen loves to learn and teach, and has developed a way to teach what she is passionate about by creating a membership platform called Tragerology. She recently completed the requirements to teach Trager Anatomy. She uses her knowledge and skills from her career in physical therapy as well as a thriving Trager practice to weave a rich tapestry of information and experience. Eileen wholeheartedly participates in the community of learners in the field of Biotensegrity and applies the concepts of this emerging science to our Trager Therapy. Her curiosity, creativity, clarity, and ability to make complex ideas easy to digest allows participants to learn easily.