



## Summary of the results:

To **give** a Trager session is predominantly effortless, relaxing and harmonizing.

To **receive** a Trager session means to relax muscles, to reduce stress, to become softer, to become more stable for daily life by a stronger biorhythm .

Mentastics lead to Hook Up within 62 % of the participants. This is measurable!

To be an observer or a witness in a session means to get into high resonance.

The effect of Trager sessions is well measurable with elderly people.

The efficiency of

## TRAGER<sup>®</sup> Psychophysical Integration and Mentastics

on the Autonomous Nervous System

### Informationen

Österreichischer Trager Verein  
[www.trager.at](http://www.trager.at)

Dr.Alfred Lohninger  
[www.autonomhealth.com](http://www.autonomhealth.com)

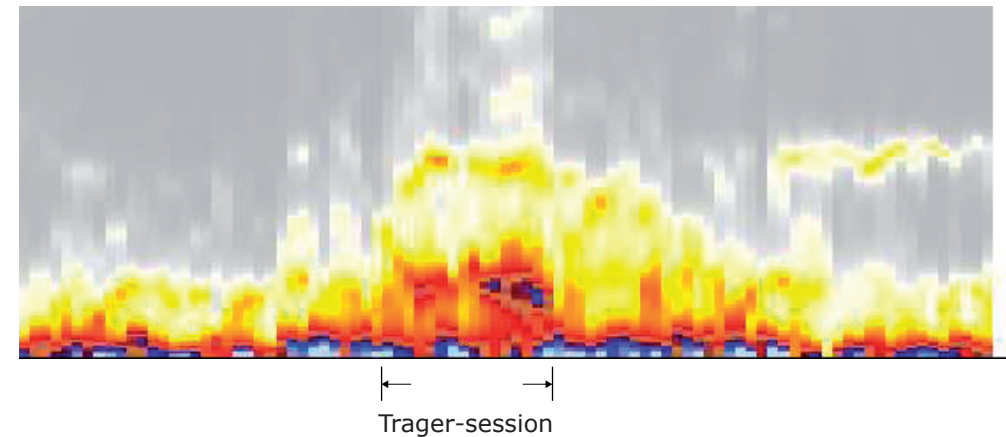
Dr.Gebhard Breuss  
[www.breuss.eu](http://www.breuss.eu)

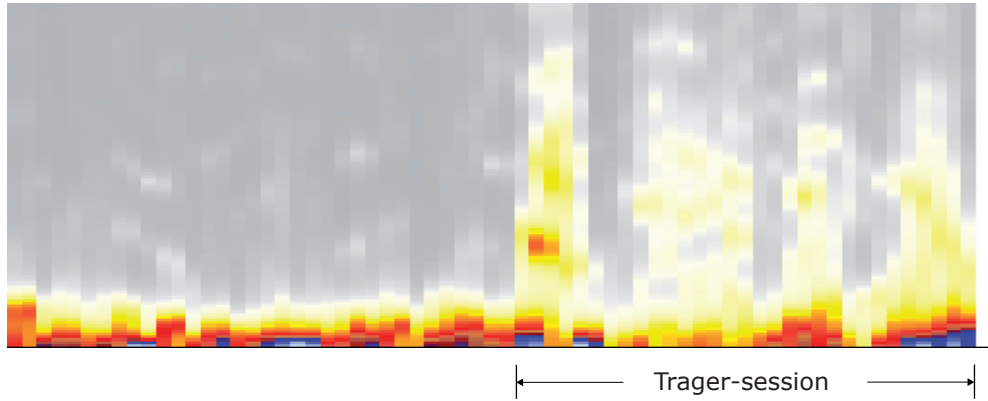
Hedi Stieg-Breuss  
[www.gefuehltebewegung.at](http://www.gefuehltebewegung.at), [www.trager.at](http://www.trager.at)

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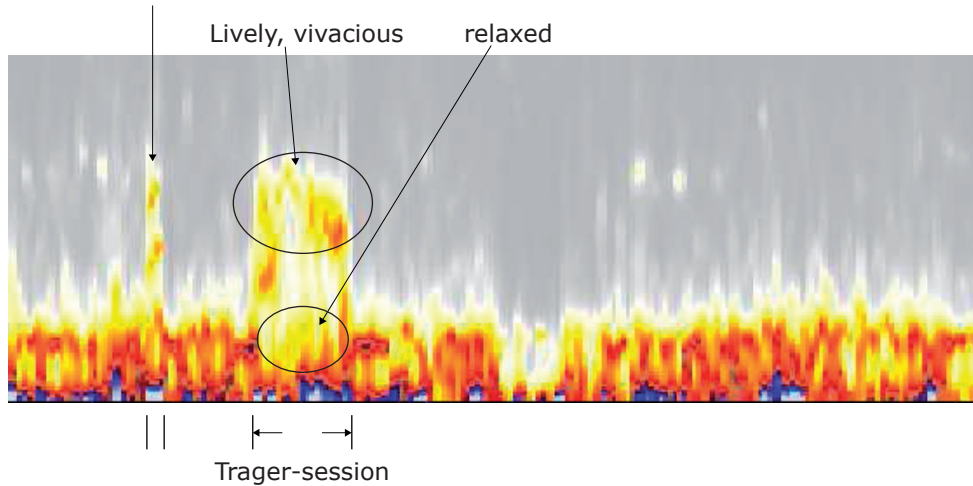
Represented with the HRV Method (Heart Rate Variability)





Strong reaction of a 67 year old woman visible

10 minutes Mentastics



37 year old woman with much stress in daily life

Research on the efficiency of the Trager<sup>®</sup> approach on the autonomous nervous system.

### The HRV (Heart Rate Variability)-Method

The HRV measurements make it visible how activities of organsystems like breathing, posture, stressmanagement etc reflect in the heart rhythms. With the help of the HRV measurements we have researched the efficiency of the TRAGER Approach.  
[www.autonomhealth.com](http://www.autonomhealth.com)

### The results of the Heart Rate Variability Measurements

**Given, active sessions:** total number 75

Circulation within skeleton muscles stays stable with 38% of the practitioners, 41% of the practitioners the circulation is sinking.

This means that although the practitioners are in an upright position in giving a session there is a tendency to relaxation visible, as well of the skeleton muscles as of the autonomous nervous system.

The quality of effortlessness and softness is visible in the diagram as the stress level has come down, the muscles relax and the vegetative system turns to a vagal tone.

Within 38% of the practitioners pulse and breathing becomes slower. With all others ist stays stable.

**Received, passive sessions:** total numbers 69

40% of the clients relax peripheral muscles, breathing and heart immediately. They fall into a state of trance (similar to a sleep with consciousness)

Another 40% of the clients first improve peripheral circulation (assumption: before the session hands and legs were too cold ) and after warming them up the muscles also relaxed.

The pulse of 88% of the clients came down.

43% of the clients improve circulation also in abdominal and thoracal area. 75% become softer, swing with improved (stronger) bio rhythm, the autonomous system comes down - without sleep = juvenile vitality!

**Mentastics:** total number 48

66% of the clients relax, soften their muscles although they are in an upright position, or in movement

62% fall into a state similar to trance

83% of the clients show a pulse that is going down

Short mentastics of 3 or 4 minutes are visibly vivacious !!!!!!!