

# *Trager*® Introductory Workshops & *Trager*® for Daily Life Classes (TDL)

## Differentiating Characteristics

Introductory Workshop	<i>Trager</i> for Daily Life Class
Up to 2 days	A 1-day class or series of short classes of 1-2 hours each
Participants are usually a diverse group	Participants are usually a homogenous group by profession, situation, diagnosis, theme...
Designed to introduce people in general to the <i>Trager</i> certification program, the <i>Trager</i> organization, and the principles of <i>Trager</i> so they might receive sessions and/or enter the Certification Program	Designed to give a specific group of people a <i>Trager</i> touch and movement experience so they can apply this knowledge immediately to their own daily activities and improve their quality of life ( <a href="#">see document « TDL Description and Guidelines » for Content &amp; authorized framework</a> )
Teaching principles of <i>Trager</i> in a general way; focus on principles and application in general circumstances	Teaching principles of <i>Trager</i> in a general way; focus on principles and application in specific circumstances
Taught by Approved Introductory Workshop Leaders	Designed and taught by Practitioners
Includes demonstration and experience of some tablework	Might include some simple touch based on <i>Trager</i> principles
Fulfills part of requirement for entering Certification Program	Fulfills part of requirement for entering Certification Program
Signed IWL Participation Agreement required (in some National Associations)	No signed Participation Agreement required