



TRAGER FAMILY NEWS

Membership Newsletter of the Trager Institute

July, 1981

Vol. IV No. 3

SPECIAL CONFERENCE INSERT PAGES 5-8.

INTRODUCTORY WORKSHOP LEADERS

During the past 2 years, a few graduates of the Advanced Training having been conducting informal workshops—with Dr. Trager's consent—to introduce Trager Psychophysical Integration and Mentastics to the public. Their success and experience has lead to the formal establishment of the post of Trager Introductory Workshop Leader authorized by Milton Trager, M.D. and The Trager Institute.

The Trager Practitioners selected for this position are highly qualified to represent The Trager Family in this way. All have extensive backgrounds in teaching as well as other education, trainings, and success in working with the public, individually and in groups. They all have years of Trager field experience, numerous Trager trainings (including continuation in Intermediate II's after completion of the Advanced work), and countless hours of assisting in Beginning Trainings. The following Trager Practitioners have accepted appointment as Trager Introductory Workshop Leaders: Gary Brownlee, Ana Cooper, Cynthia Ferris, Julie Greene, Roseann Gould, Amanda Hartsong, Mili Kari and Sage Madrone. Congratulations to each of Hartsong, Mili Kari and Sage Madrone. Congratulations to each of you.

At a June meeting, a committee representing the Instructors and Introductory Workshop Leaders met to clarify the purposes and establish guidelines for the Intro. Workshops. Attending were Ana Cooper, Julie Greene, Roseann Gould, Sage Madrone and Betty Fuller who served as recorder. In a far-ranging and very creative discussion, all agreed that the primary purpose of an Intro. Workshop is to give each participant an in-depth *feeling* for The Trager Approach, not only in the work, but in life itself. In sharing from their personal experience, all agreed that the most powerful ways to accomplish this purpose were Hook-up, asking questions/waiting for answers, and Mentastics. They also felt that creating a community feeling, sharing a meal and having plenty of opportunity to touch and to share are vital ingredients. It is important that the workshop actually be a *playshop*.

Secondly, it is necessary that the Intro. Workshop participants learn about the training track and the functions and services of The Trager Institute as a professional organization. Brochures and Rosters will be available and everyone will be invited to join The Institute as a Friend of Trager in order to receive newsletters, etc. Finally, participants will play with a few Psychophysical Integration moves in order to get a "hands on" taste and feeling for the work. A light playful attitude without precise directions and corrections will set the tone. Participants will be informed that the workshop is NOT a training. However, in such a 6-hour training, which includes a shared meal, each person could emerge with enough experience and feeling for the work that to make a conscious, informed choice to be Tragered by others and/or to be trained themselves.

The Trager Introductory Workshop is a marvelous way to serve and inform the public as well as prospective clients and students. This program also serves all of us as Institute members; we have an experiential event to which we can recommend our friends. The suggested fee of \$30 per person is within the reach of most people. The workshops are a wonderful challenge and opportunity for Practitioner members who want to gain experience and demonstrate their ability to teach effectively. There is no end to the possibilities!

(continued on page 2)

ADVANCED CLASS REPORT: WORKING WITH DIFFERENTLY-ABLED BODIES

Betty Fuller

The beautiful Matrix Center in Palo Alto was the scene of this year's Advanced Trager class in May. The Tragers were in rare form and enjoyed the warmer climate of the peninsula. Students in this class included Tom Frankenberg, Jackson Friedman, Julie Greene, Philip Holsworth, Deane Juhon, and Sage Madrone. All received sessions from Dr. Trager, worked on each other under his supervision and had 2 or 3 opportunities to work on "challenging bodies." The entire training was videotaped and we have some excellent footage of Milton, thanks to Mark Bauman and Julie Andrews who did excellent work while learning on the job. We are grateful to Harris Zeff and Gail Stewart who provided their video equipment on loan as a donation. Their gift enabled the Institute to purchase additional film and equipment.

Once again—for the third time, Cynthia Ferris coordinated the schedule of models for the Advanced Practicum as well as demonstrating wheelchair/table transfers and other ways to assist. She was joined by Tom Sanguino who also demonstrated transfers. We especially appreciated a discussion by three of our models who work actively to inform the public about "differently-abled" people—a phrase much more descriptive of the truth than "dis-abled." Here are some of their suggestions:

- 1) Always speak directly to the person rather than to *talk about* with another.
- 2) Differently-abled adults are not children no matter what their size or condition. They appreciate being spoken to and treated as adults. That they may have difficulty speaking clearly is no reflection of their intelligence, maturity, and sophistication.
- 3) Always ask the differently-abled person if s/he requires assistance and, if so, exactly how to do it. Then follow their directions exactly.
- 4) Be mindful of your work space so that it isn't an obstacle course for either you or your differently-abled client.
- 5) Learn to drive a motorized wheelchair! It offers some challenges—like a mechanical bull!

Will Wells, one of our models and a professional himself, recommends that we all rent a wheelchair and spend a day getting a feeling for that life.

How do you get from here to there? What does it take in physical work, skill, and advanced planning? Try wheeling with one hand and one foot (opposite) as Will had to do—it can be done. Notice the reaction to you from others as they encounter you in a chair or on crutches.

Will explained in an interview with me this Summer that he had to make a tremendous transition from his old to his new life after his accident. He was busy finding his way, re-identifying himself. One of the raw materials for this integrative job was the feedback from others. He found that it took enormous energy and centeredness to counteract sympathizers and people who related to him in negative or inappropriate ways. Positive reinforcement simply works wonders.

(continued on page 2)

We urge you to support the Trager Introductory Workshops and our new Introductory Workshop Leaders. Please write them in care of The Institute with your suggestions. What would you have liked for yourself before you took the training? Do indicate if you want to assist in this project. All the Workshop Leaders indicated they wanted to have Practitioners to assist them and provide encouragement and support. It's possible that these workshops may be prerequisite to the Beginning Training (where possible) to give incoming students a professional orientation and a headstart! Do let us hear from you right away and do let your interested friends know of the Introductory Workshops in their area (see calendar).

Betty Fuller

INTERMEDIATE TRAINING NEWS

During the coming year, there will be some changes in the Trager Training Track to allow for more trainings at more advanced levels. These changes will also assure that students working with Dr. Trager enter his classes with a background of greater skill and more varied field experience. Milton has asked Betty Fuller to offer Intermediate Trainings especially for Institute members who are recent graduates of Beginning Trainings, members who need to fulfill their Practitioner requirements, members who lack practical field experience and the like. Following her Intermediates and further practice, these students may enroll with Dr. Trager to complete their prerequisites for certification.

Betty's trainings will provide opportunities to trade with many different students to expand the ability to project feeling and a sense of flow, to polish moves for greater effectiveness and smoother transitions, to increase the ability to look and really see, to listen and really hear. If both time and level of skill permit, Betty will also introduce her adaptations of The Trager Approach for people who are unable to lie face down on a table.

The prerequisites for certification remain the same except for this addition of an Intermediate Training with Betty Fuller before having one with Dr. Trager. Therefore, two (2) Intermediate Trainings are required for Practitioner Certification. This step has been urged by many Institute Members who feel the need for more short, intensive trainings interspersed with practical field experience. This requirement will apply to future graduates of Beginning Trainings later this year.

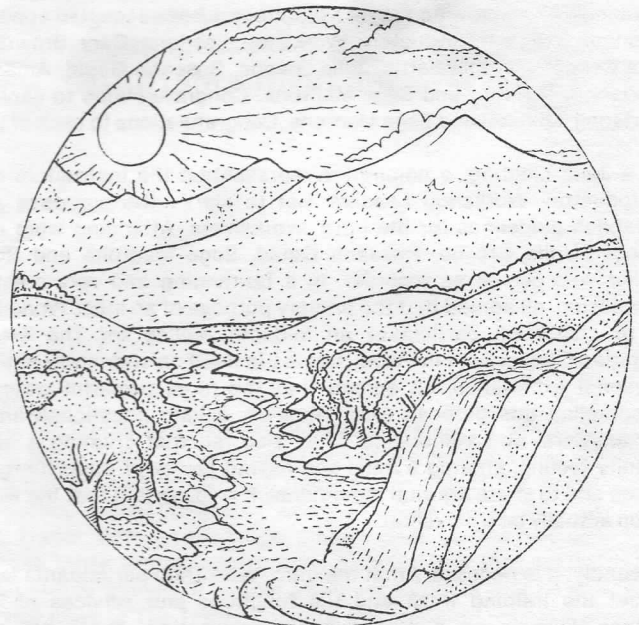
By next Spring, this requirement can be met so that new graduates of Summer/Fall, 1981 and early Winter, 1982 Beginning Trainings may be eligible to work with Dr. Trager. While we're on the subject of Intermediate Trainings, please note the following: All Level II Intermediate Trainings with Dr. Trager are open *first* to students who have already had at least two Intermediates. The Level II trainings are limited to 12 Practitioners only and consist of intensive supervised practice and polishing of Intermediate moves. Dr. Trager's Intermediate Trainings in Hawaii are open *only* to students who have already had at least one Intermediate training on the Mainland.

Practitioners are given priority. The classes are limited to 8 persons.

The Trager Institute's first Intermediate Training in the Eastern United States is being offered in a residential setting in November 6-8. Betty Fuller, the Instructor, will be assisted by Amanda Hartsong who serves as the training coordinator. Betty will teach all the Intermediate moves, supervise practice, and teach her alternatives mentioned above. The training is open to all graduates of authorized Beginning Trainings. Since space is limited, Trager folk east of the Mississippi are urged to make reservations now for a trip to the North East tip of Lake Ontario for this gathering of the clan. Please see your schedule for complete registration information.

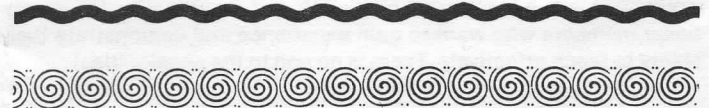
He suggested that you observe what your differently-abled friends can do and ask them for assistance appropriately. Keep pace with their development as they discover what they are able to do—however differently—rather than your being stuck *back there* in their disability.

Following the Advanced Class, Milton was invited to present his work to members of the Physical Therapy Department of Stanford University. In one hour we worked with three of their patients and discussed The Trager Approach. It was affirming and exhilarating to see him work for 15 minutes on one woman with chronic lower back syndrome who then literally danced Mentastically around the room, free of pain! Another woman had been admitted to the hospital during a severe asthma attack. She could barely breathe or talk—any effort set up paroxysms of coughing. Within 20 minutes she lay on the table completely relaxed, rosy color, in deep, full, belly/chest respiration and completely normal voice. The whole visit was a heartwarming experience of the holistic approach to health care with The Trager Approach making its own uniquely valuable contribution to well-being along with that of established medical care.



ARE YOU MOVING?

It has become vitally urgent that you contact The Trager Institute as soon as possible when you move. We are receiving mailings back from members who have forgotten to let us know their new addresses. Also, please remember to tell us which of your new information you wish listed in our rosters.



THE TRAINING AND INTRODUCTORY WORKSHOP SCHEDULE—Fall/Winter 1981/1982

ONE DAY INTRODUCTORY WORKSHOPS

| | | | |
|---|-----------------------|----------------------|-------------|
| August 23, 10AM-4PM | Santa Cruz, CA | Ana Cooper | \$30 |
| CONTACT: Ana Cooper, 708 Sunset Dr., Capitola, CA 95010 408/476-4235 | | | |
| August 23, 10AM-4PM | Oakland | Julie Greene | \$30 |
| CONTACT: Julie Greene, 3512 Pierson St., Oakland, CA 94619 415/535-2434 | | | |
| Sept. 26 10AM-4PM | Oakland, CA | Roseann Gould | \$30 |
| CONTACT: National Wholistic Institute (formerly Dean Associates) 396 Euclid Ave., Oakland, CA. 415/835-5018 | | | |
| Sept. 27, 10AM-4PM | Santa Cruz, CA | Ana Cooper | \$30 |
| CONTACT: Ana Cooper (see above) | | | |

| | | | |
|---|--------------------------|-----------------------------|---------------|
| October 31-Nov. 5 | Kingston, Ontario | Betty Fuller | *\$500 |
| Residential: Residential fee extra CONTACT: Amanda Hartsong, 92 Bagot St., Kingston, Ontario, K7L 3E5 613/542-2000 | | | |
| Nov. 3-19 | Mill Valley, CA | Sheila Merle Johnson | \$400 |
| Non-residential: Tuesday and Thursday, all day CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941 415/332-7559 | | | |
| Nov. 10-15 | Boston Area | Betty Fuller | *\$500 |
| CONTACT: Margaret Osika, 46 Wareham St., #2, Medford, MA 02155 607/395-8368 | | | |
| Nov. 29-Dec. 4 | Los Gatos, CA | Carol Campbell | \$450 |
| Residential: 6 day intensive** CONTACT: Getting In Touch (see above) | | | |
| Dec. 3-6 & 11-13 | Mill Valley, CA | Betty Fuller | *\$400 |
| Non-residential: double weekend CONTACT: The Trager Institute (see above) | | | |
| Jan. 22-24 & 29-31, 1982 | Mill Valley, CA | Betty Fuller | *\$400 |
| Non-residential: double weekend CONTACT: The Trager Institute (see above) | | | |

BEGINNING TRAININGS

| | | | |
|--|-------------------------|-----------------------|---------------|
| August 14-16 & 21-23 | Mill Valley, CA | Betty Fuller | \$400 |
| Non-residential: double weekend CONTACT: The Trager Institute, 300 Poplar Ave., Suite 5, Mill Valley, CA 94941 415/388-2688 | | | |
| August 30-September 4 | Los Gatos, CA | Carol Campbell | \$450 |
| Residential: 6 day intensive** CONTACT: Getting In Touch, P. O. Box 1225, Los Gatos, CA 95030 408/353-1138 | | | |
| Sept. 11-13 & 18-20 | San Diego, CA | Cathy Guadagno | \$450 |
| Residential: double weekend CONTACT: Cathy Guadagno, San Diego Trager Center, P. O. Box 901, Del Mar, CA 92014 714/481-6215 | | | |
| Sept. 12-18 | Montreal, Quebec | Gail Stewart | \$400 |
| Non-residential: 7 day intensive CONTACT: Edward Fanaberia, 2105 Grey Avenue, Montreal, Quebec, H4A 3N3, Canada 514/487-0977 | | | |
| Sept. 23-27 | Portland, OR | Betty Fuller | *\$450 |
| Non-residential: 5 day intensive CONTACT: Robert Braun, 3574 N.E. Stanton, Portland, OR 97212 503/281-9328/249-8140 | | | |
| October 4-11 | Big Sur, CA | Betty Fuller | TBA |
| Residential: 7 day intensive CONTACT: Esalen Institute, Big Sur, CA 93920 408/667-2335 | | | |
| October 11-16 | Los Gatos, CA | Carol Campbell | \$450 |
| Residential: 6 day intensive** CONTACT: Getting In Touch (see above) | | | |
| October 16-18 & 23-25 | Washington, D.C. | Betty Fuller | \$450 |
| Non-residential: double weekend CONTACT: Potomac Myotherapy Institute, 7826 Eastern Ave., N.W., LL-1, Washington, D.C. 20012 202/726-1150. Kevin Andrae | | | |
| October 19-22 & 26-28 | New York, NY | Betty Fuller | *\$500 |
| Non-residential: 6 day split week CONTACT: Ken Wider, 2612 East 65th St., Brooklyn, NY 11234 212/724-2800/444-7490 | | | |
| October 25-31 | Berkeley, CA | Gail Stewart | \$400 |
| Non-residential: 7 day intensive CONTACT: Sage, Administrator, Gefion School, P.O. Box 9418, Berkeley, CA 94709 415/532-8859 | | | |

INTERMEDIATE TRAININGS

It is absolutely vital that you read the special article, "Intermediate Training News," in this newsletter. Also, please note that people from the mainland United States may not register for the Hawaii Intermediates until they have completed at least one Intermediate on the mainland. Level II Intermediates are open to those Trainees and Practitioners who have completed at least two Intermediate trainings.

| | | | |
|--|--------------------------|----------------------------|---------------|
| Sept. 7-9 | Los Gatos, CA | Milton Trager, M.D. | \$375 |
| Residential: 3 day CONTACT: Getting In Touch (see above) | | | |
| Sept. 11-13 | Los Gatos, CA | Milton Trager, M.D. | \$375 |
| Residential: 3 day CONTACT: Getting In Touch (see above) | | | |
| Sept. 21-23 | San Diego, CA | Milton Trager, M.D. | \$375 |
| Residential: 3 day, Room and Board extra CONTACT: Cathy Guadagno, San Diego Trager Center, P. O. Box 901, Del Mar, CA 92014 714/481-6215 | | | |
| Sept. 25-27 | San Diego, CA | Milton Trager, M.D. | \$375 |
| Residential: 3 day, Room and Board extra CONTACT: Cathy Guadagno (see above) | | | |
| November 6-8 | Kingston, Ontario | Betty Fuller | *\$350 |
| Residential: 3 day, Room and Board extra CONTACT: Amanda Hartsong (see above) | | | |

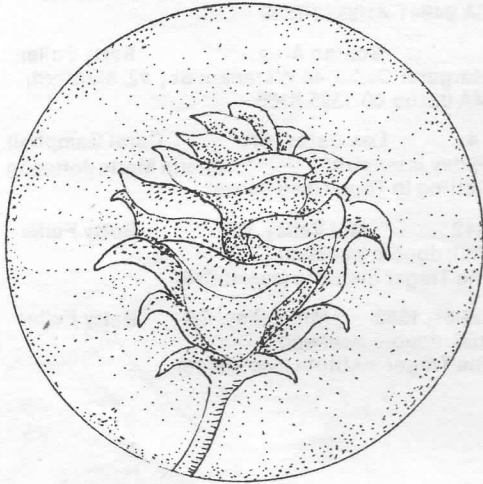
* = These training fees reduced for advanced paid enrollment.

** = Continuing education credit for nurses available.

Training fees vary depending on sponsoring center and accommodations.

INTERMEDIATE TRAININGS (continued from page 3)

| | | | |
|---|------------------------|---------------------|--------------|
| Dec. 14-16 | Los Gatos, CA | Betty Fuller | \$325 |
| Residential: 3 day CONTACT: Getting In Touch (see above) | | | |
| January 15-17 | Mill Valley, CA | Betty Fuller | \$325 |
| Non-residential: 3 day CONTACT: The Trager Institute (see above) | | | |
| February 19-21 | Mill Valley, CA | Betty Fuller | \$325 |
| Non-residential: 3 day CONTACT: The Trager Institute (see above) | | | |



HAWAII INTERMEDIATE TRAININGS

Prerequisite of one Intermediate for mainlanders.

| | | | |
|---|---------------------|----------------------------|--------------|
| Nov. 20-22 | Honolulu, HI | Milton Trager, M.D. | \$320 |
| non-residential: 3 day, limited to 8. CONTACT: Milton and Emily Trager, 2003 Kalia Rd., #21H, Honolulu, HI 96815 808/949-1756 | | | |
| Jan. Tba | Honolulu, HI | Milton Trager, M.D. | \$320 |
| Non-residential: 3 day, limited to 8 CONTACT: Milton and Emily Trager (see above) | | | |

INTERMEDIATE LEVEL II TRAININGS

Prerequisite of two Intermediate trainings.

| | | | |
|---|-------------------------------|----------------------------|--------------|
| Sept. 15-16 | San Francisco Bay Area | Milton Trager, M.D. | \$300 |
| Non-residential: 2 day CONTACT: The Trager Institute (see above) | | | |
| Sept. 18-19 | San Francisco Bay Area | Milton Trager, M.D. | \$300 |
| Non-residential: 2 day | | | |

REVIEW DAYS

| | | | |
|---|-------------------|-----------------------|-------------|
| Sept. 16 10AM-5PM | San Diego | Cathy Guadagno | \$30 |
| CONTACT: Cathy Guadagno (see above) | | | |
| Oct. 3 10AM-5PM | Santa Cruz | Carol Campbell | \$30 |
| CONTACT: Carol Campbell, 502 Poplar, Santa Cruz, CA 95062 408/429-8216 | | | |

PUBLIC DEMONSTRATION

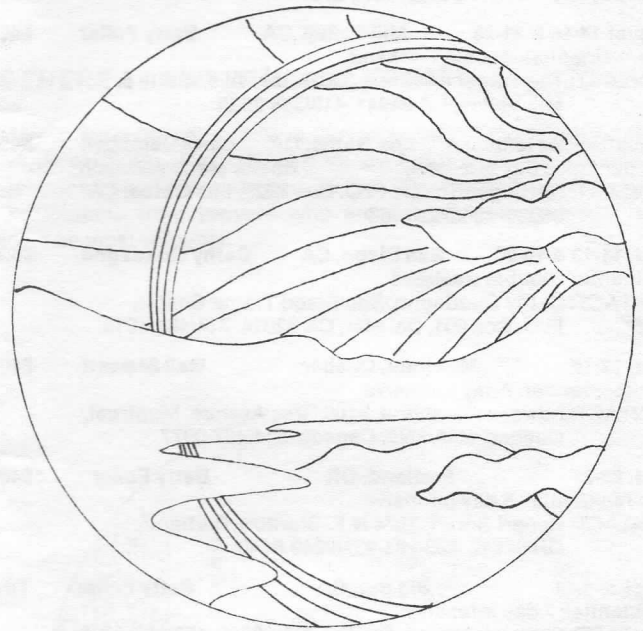
| | | | |
|---|----------------------|----------------------------|------------|
| Sept. 17 8PM | San Francisco | Milton Trager, M.D. | \$5 |
| CONTACT: The Trager Institute (see above) | | | |

THREE MAJOR CONFERENCE EVENTS

August 28 **Los Angeles, CA** **Betty Fuller**
One day Institute: non-residential
"Experiencing the Trager Way"
CONTACT: Association for Humanistic Psychology,
325 Ninth St., San Francisco, CA 94103 415/626-2375

Aug. 29-Sept. 1 **San Diego, CA** **Milton Trager, M.D.**
Non-residential: Lecture/Demonstration and 2½ day Institute at
the Mandala Society's Annual Holistic Health Conference
CONTACT: Mandala Holistic Health, P.O. Box 1233,
Del Mar, CA 92014 714/481-7751

Sept. 4-6 **Asilomar** **The Trager Family** **\$120**
First Annual Trager International Conference
CONTACT: Linda Chrisman, 942 Scott Street,
Palo Alto, CA 94301 415/321-2452



THE TRAGER SWAP: A WEEKEND IN THE COUNTRY OF NAPA COUNTY: OCTOBER 2-4

Sage Madrone is sponsoring a "Trager Swap," a weekend in the country with your Trager peers to meet, do trades, and have fun. There will be no teaching or instruction. The fee for the weekend is \$50 which includes meals. For complete information contact: Sage Madrone, 5150 Highway 29, Calistoga, CA 94515 707/5986.

Everything you always wanted to know about the Trager Conference . . . but forgot to ask.



WHAT IS IT?

The International Trager Conference is the first opportunity for all Trager practitioners, trainees and Milton and Emily Trager to be together at the same time--for inspiration, practice, sharing of ideas, and celebration.

It is a time to meet the other people who do this work, give and receive support and recognition; to express and combine the ideas and energy which create the future of Trager work.

It is an occasion for play and relaxation, in the sun on the beach, or bicycling and walking through the pines. Or for singing, dancing and playing music.

It is an event which everyone who comes is creating, and will create; and we have

both the room and the need for each person's contribution. Because of the variety of contributions that are already being made, there is space for each one of us to do as much work, play or rest as suits our need.

WHO CAN COME?

If you are a practitioner, a trainee or a trainee candidate and you have not yet signed up for the conference, there may still be space for you, and for your guest.

Family members and friends may come as your guests and share your double room. They are welcome to attend all of the large conference events, although most of the small meetings and the practice/exchange session are specifically for trainee candidates, trainees and practitioners.

HOW MUCH DOES IT COST?

Full conference fee is \$120.00
Day use fee (no room), all meals \$83.00
Day use fee, banquet only, \$62.

Conference fees are not refundable unless there is someone to take your place. There are no special rates for children in our lodgings.

WHAT DO I NEED TO DO NOW?

To sign up, send an application (from your May newsletter) to--or request one from--Linda Chrisman, registrar, 942 Scott Street, Palo Alto, California, 94301. (415-321-2452.) With the application, send the full conference fee. It will be refunded if there is no space for you.

Once you have completed and sent in your registration form and fee, there are four important ways to prepare for the conference:

- (1) If you have any questions or concerns you may want Milton Trager to respond to at the conference (questions about the work, conditions you find in your clients, effects of sessions, etc.) write them down and send them off to Natasha Heifetz. Questions submitted before the conference will be compiled and sent to Milton.
- (2) Check with the carpool chairperson in your area about whether you need or may offer a ride, and about how many massage tables you are bringing. If you are flying in, write the hospitality committee about your time of arrival, so we may give you information or help in getting from the airport to the conference. (If you forget to do this, there is a limousine to Asilomar.)
- (3) Volunteer, if you have not already, for a committee, or to offer one of the services listed below. We need everyone's help.
- (4) Give some thought to what you personally want from the conference.

HOW CAN I HELP?

- We still need people to:
- type articles and interviews before the conference, to be included in a portfolio for all conferees (editorial committee)
 - take official notes at conference meetings (program committee)
 - bring flowers or other nice decorations (hospitality committee)
 - send in Trager songs and poems (Joni Schade)
 - Set up for meetings (logistics committee)
 - write articles and interviews on:
 - . successful Trager practitioners
 - . taking client histories
 - . professional insurance
 - . legal issues for holistic health practitioners
 - . and others (editorial committee)

- do calligraphy and or art for nametags and signs (hospitality committee)
- volunteer your van for hauling massage tables from your area (carpool committee)
- take official photos (or unofficial ones)
- submit a design and production plan to the institute for an official Trager T-shirt (store)
- guides, assistants for Milton and Emily (hospitality)
- rides to Asilomar from Monterey airport for out-of-state conferees (hospitality)

WHOM TO CALL?

To offer help, give suggestions and ask questions:

Registrar: Linda Chrisman, 942 Scott St., Palo Alto 94301, 415 321-2452

Program: Natasha Heifetz, 2830 Benvenue, Berkeley 94705, 415 326-2715

Hospitality: San Diego Trager Center, P.O. Box 901, Del Mar, CA, 714 481 6215

Carpools:

S.F., Marin - Bob Dean 415 861 7237
East Bay - Julia Norris 415 339 9412
Sacramento - John Adams 916 331 4211
L.A. - Mary Margaret Swift 213 254 5558
San Diego Trager Ctr 714 481 6215
Palm Springs - Jan Jacobs 714 323 7707

Entertainment: Morgan Henderson 415 763 6336
or Thaddea Pojanowski 415 763 6336

Logistics: Philip Holsworth 707 538 1784

Store: Roseann Gould 415 864 5428

Editorial: Robert Morocco 415 849 3547

Songs: Joni Schade, Box 143, Carlton, WA 98814

WHERE IS THE CONFERENCE?

At Asilomar Conference Center, Pacific Grove, in Central California. Asilomar is a beautiful state park and conference center right on the Pacific Ocean. It is served by Monterey airport, and is 5 minutes from Highway #1. Our lodgings and meeting rooms are in Woodside, Fireside and Larchwood Lodge in the wooded area of the conference grounds.

HOW DO I GET THERE?

Contact your local carpool chairman for driving arrangements and directions. Or arrange for a flight into Monterey airport, and write the hospitality committee about your arrival time, or arrange for an airport limousine to take you to Asilomar after you arrive.

WHAT DO I BRING?

A massage table, rubber tips or pieces of shredded foam to put under the legs to protect floors

A sheet for the table

Clothes for warm weather in day; cool weather at night

Extra money for T-shirts, jewelry or other souvenirs

Running shorts or bathing suit (2 piece or trunk) for exchange and practice session

Musical instruments - guitars, drums, harmonicas, etc.

Costumes, creativity, dancing shoes!

Bathing suit and surfboard

Wine or liquor if you want it

questions for Milton

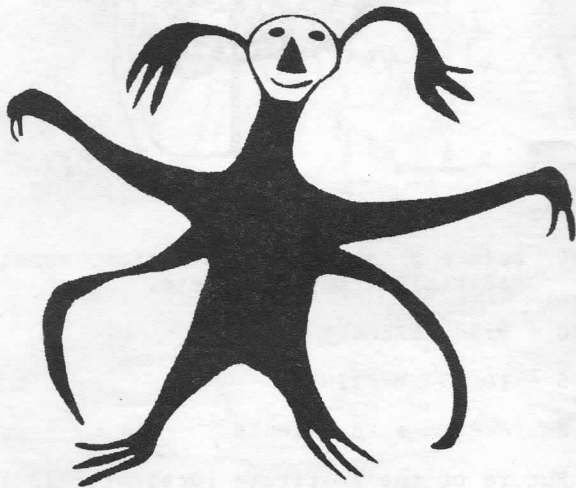
your experience

paper, pencils

photos for bulletin board

your business cards

your bicycle



HOW LONG TO STAY

Check out time is noon on Sunday. That means we need to pack and be ready to leave before programming begins at 9:15 Sunday morning - best to pack before breakfast. Conference events will end with an after-lunch closing, but we must be out of our rooms by noon.

If you want to stay extra day to spend Labor Day at Asilomar, and just rest and play after the conference, the cost is only \$35 extra a person, including meals, through lunch on Labor Day.

However, you must arrange individually with the conference office, and arrangements must be made the first week in August. Very soon! Conference office # is 408 372 8016.

If you are staying over, be sure to make this clear in your carpool arrangements, so that if you are driving someone, they're staying over too!

WHAT TO DO THERE?

In addition to the conference program, Asilomar has to offer:

Absolutely beautiful grounds for hiking and bicycling.

Bicycling and driving along the beach road is gorgeous. Seals and birds all over the rocks.

Good surfing at the beach across the beach road and to the left.

A swimming pool on the conference grounds. No lifeguard.

Pool tables in the administration building.

AND NOT TO DO

Food is not allowed in bedrooms at Asilomar

And noise is not allowed from 11 PM to 7 AM.

WHAT TO LEAVE HOME

your pets

WHEN TO ARRIVE

Friday: September 4 at 3 o'clock. If you arrive early, the beach is hospitable. However Asilomar asks us not to check in before 3 o'clock.

WHERE TO CHECK IN

Follow route 68 from Highway 1. It will become Sunset Drive. Turn right onto Asilomar Blvd. Either park and walk thru the gate to the Administration building down the road a block, or drive through the gate and park for 10 minutes next to the Administration building. Register there and pick up your room key.

After checking in, drop your gear off in your room and then come down to the informal reception in Woodside to pick up a glass of wine, and your conference materials and get acquainted with each other and the place.

WHAT'S TO EAT?

Except for our banquet, meals will be the table d'hote of Asilomar.

Vegetarians will be served a special menu which includes no meat; however their vegetarian fare often includes eggs.

Asilomar cannot accommodate special diets. There is no refund for meals not eaten. Food may not be taken to rooms except in cases of illness. Neither cooking nor coffee making are permitted in the bedrooms or meeting rooms.

We will have snacks and beverages served at our opening reception, and at the party; and refreshments at breaks between meetings.

If your diet is very restricted and you feel you cannot eat meals at Asilomar, you may want to investigate registering on your own at the motel next to the grounds (some of our conferees are being housed there) and coming to the conference as a day use participant for \$55 plus your motel fee. Such an arrangement needs to be cleared with Linda Chrisman, registrar, before August 1.

FIRST DRAFT

WHAT'S THE PROGRAM?

September 4, 5, & 6, 1981

FRIDAY

3:00 - 5:00
CHECK-IN
RECEPTION

6:00 - 7:00
D I N N E R

7:30 - 10:00
DEMONSTRATION AND QUESTIONS AND ANSWERS
WITH MILTON

10:00
NIGHT TALKERS--
Discussion groups

Saturday

7:00 Before Breakfast: Mentastics, running,
meditation, movement, etc.

7:30 - 9:00 BREAKFAST

9:15 - 10:15 MEETINGS

1. Mentastics with Clients
2. How to Do a Demonstration
3. Business & Successful Practices Part 1

10:30 - 11:30 MEETINGS

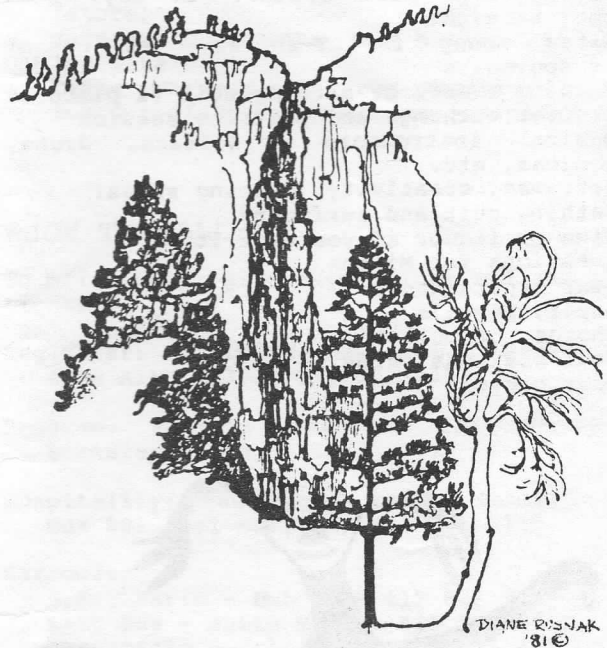
4. Business & Successful Practices Part 2
5. Approaches to Clients with Special Condi-
tions--presented by Betty Fuller
6. Future of the Institute (Brainstorming)

12:00 - 1:00 LUNCH

2:00 MENTASTICS WITH MILTON AND ALL-
CONFERENCE EXCHANGE (Supervised Review
and Practice)

6:00 - 7:00
DINNER BANQUET

9:00
CELEBRATION



Sunday

7:00 Before Breakfast: Mentastics, running,
meditation, movement, etc.

7:30 - 9:30 BREAKFAST

9:15 - 10:15 MEETINGS

7. Mentastics with Clients
8. Future of the Institute (Brainstorming)
9. Communicating with Clients

10:30 - 11:30 MEETINGS

10. Hookup (Sharing)
11. Approaches to Clients with Special Condi-
tions (Shared experience)
12. How to Do a Demonstration

12:00 - 1:00 LUNCH

Check-out time from rooms is 12 noon on
Sunday

12:45 approx.

CLOSING SESSION
CLOSING HOOK-UP
(Lasting approx. 1 hr.)



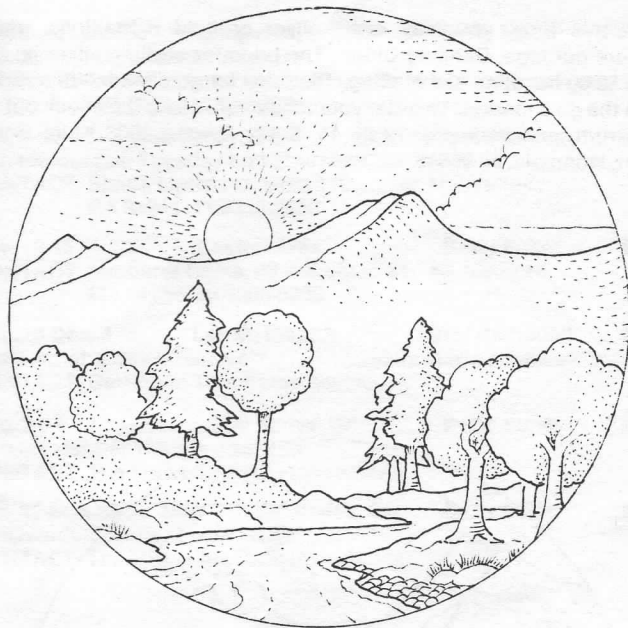
INSTITUTE NEWS

LEGAL GUIDELINES FOR THE TRAGER LOGO

The actual copyright for the Chinese character, Cloud, which is the official logo for The Trager Institute, is owned by Al Chung-liang Huang. Its use as our logo is Al Huang's gift to The Trager Institute. The purpose of the logo is to represent and identify the feeling-essence of Trager Psychophysical Integration and Mentastics. It is one of the many Service Marks of The Trager Institute, all of which will soon become Registered Trademarks. The use of our logo—along with all of our service marks—is granted to current professional members in good standing of The Trager Institute. Given the purpose of our logo and its legal status, The Trager Institute will soon publish legal guidelines for its use by professional members. These guidelines will apply to the use of the logo on all business cards, stationery, signs, advertisements, directory listings, professional and promotional materials.

ADDRESS CHANGES

We cannot over-emphasize how important it is that you notify us when you change addresses and telephone numbers. The Institute is receiving a greater volume of returned mail from members. This means they do not receive all of the materials which they are due as members. So, we wish to vigorously remind you to notify us of your changes. Also, when you do send in your change-of-address and phone, include which information you want to appear in the membership Roster and the Practitioners Roster (if you are, or about to become a Practitioner).



THE THREE CONFERENCES

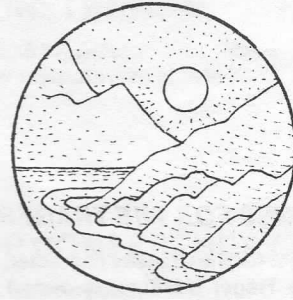
This most certainly is an exciting and intense time for The Trager Family. In addition to our own first annual conference at Asilomar, Betty Fuller and Milton Trager will be presenting at two different conferences this August in Southern California. Betty will be presenting a one day "Institute," called "Experiencing the Trager Way" at the annual conference for the Association for Humanistic Psychology on August 28th. For more information, write or call A.H.P., 325 9th St., San Francisco, CA 94103, 415/626-2375.

Dr. Trager will be presenting a lecture/demonstration and an "Institute" at the annual holistic health convention sponsored by the Mandala Society on August 29, through September 1st. For more information, write or call: Mandala Holistic Health, P. O. Box 1233, Del Mar, CA 92014, 714/481-7751.

THANK YOU!

Bob Dean, Susan Deluxe, Andrea Epstein, Roseann Gould, Barbara Jones, Lynn McAleer, and Karen Spivak for your volunteer work at The Institute's office in Mill Valley. All volunteer help is most appreciated, and most needed. To volunteer, just call Don at the Institute's number, 415/388-2688.

No portion of this newsletter may be duplicated or reproduced in any manner whatsoever without the express written permission of the Trager Institute.
© The Trager Institute

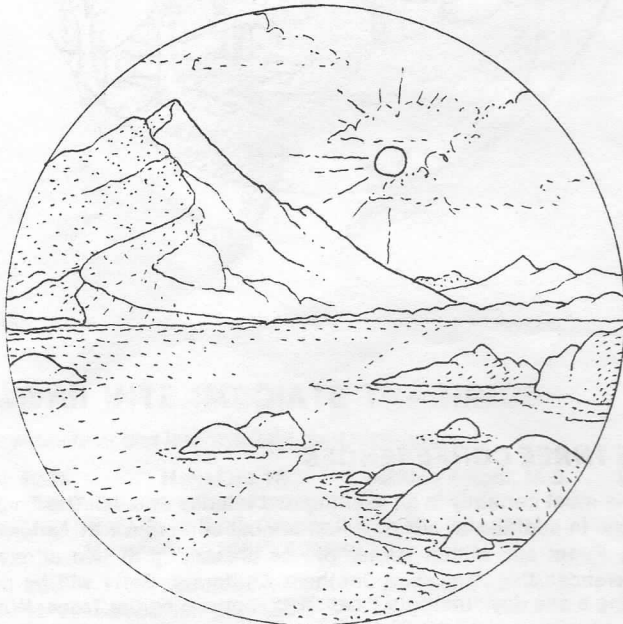


CLOUD MEDALLIONS

At this time, you may order silver or gold medallions which feature our logo, Dancing Cloud. The price for sterling silver is: \$30 plus \$2.00 handling and mailing. The price for gold medallions varies with the gold market. To order your medallion, make the check out to: Electrum, and mail your order to: Emily Trager, 2003 Kalia Road, #21H, Honolulu, HI 96815.

A SPECIAL NOTE FROM EMILY

When Gregory Bateson had his first experience with Milton at Esalen in 1979, Gregory gave him the beautiful book he had written with Margaret Meade. At the beginning of the book he wrote, "To Milton whose hands know everything that is in this book."



IS THERE A LAWYER IN THE HOUSE?

If you are a lawyer and have been trained in Trager work, please call or write The Institute and let us know who you are. Legal questions arise frequently and we feel that thoughts, opinions, and contributions from lawyers who are *experienced* in Trager work would be most valuable.

THE SAN FRANCISCO DEMONSTRATION

A committee of dedicated San Francisco Bay Area Tragerers is producing Milton Trager's lecture/demonstration in San Francisco, on September 17th, at the Fireman's Fund Forum, 3333 California Street. We look forward to seeing as many of The Trager Family there as can attend. If you wish to volunteer your time/energy in the promotion and production of this event, please call Don at The Institute. The Demonstration committee will be having one of its meetings at our Asilomar conference, and you can participate there, too, in the Demonstration's planning.



The official brochure of The Trager Institute has been redesigned with a new photograph of Dr. Trager. Below is the new order form for this brochure. Because of rising costs, it has become necessary to raise the price for the brochure. The order form below reflects the new price. This is the appropriate form to use now for ordering your brochures. If you wish additional forms, just drop a line or give a call to The Trager Institute. Please note that deliveries to the mainland United States are made by UPS, and that UPS does not deliver to Post Office boxes. If you have a box, please arrange with a friend to use their address for your order.

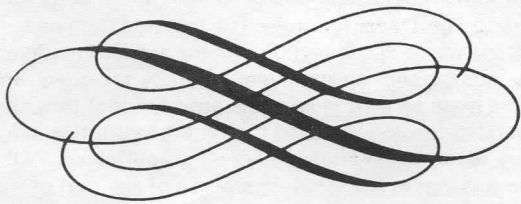
THE TRAGER JOURNAL

This Fall, after our first conference, The Trager Institute will be assembling the first volume of a Journal dedicated to the work of Dr. Milton Trager. It will feature articles, poems, songs, art, and poetry by Trager Family Members. If you have written, or care to write a contribution for this Journal, please submit your work as soon as possible to The Trager Institute. Include a letter releasing your material for editing and publication.

★ ★ ★

VIDEO

The Trager Institute needs good, high quality video recording and playback equipment. Thanks to the loan of equipment and assistance of Gail Stewart, Harris Zeff, Mark Bauman, and Julie Andrews, we've been able to record Milton at work in the past two Advanced Trainings. We really need our own stuff so we can also use video as a training tool. We are looking for Trager people or family friends with expertise in production and editing. Please contact the Institute if you can help set up a good deal somewhere and/or can contribute green energy to the cause. All gifts of money and goods are 100% tax deductible.



ORDER FORM

| Quantity | East of Mississippi & Canada | West of Mississippi | Alaska & Hawaii (by air) |
|----------|------------------------------|---------------------|--------------------------|
| 250 | 28.00 | 27.00 | 32.00 |
| 500 | 53.00 | 51.00 | 60.00 |
| 750 | 77.00 | 74.00 | 86.00 |
| 1000 | 102.00 | 97.00 | 115.00 |

Price includes brochures, shipping and handling. Ask for quote on larger quantities:

Check quantity desired:

- 250 500 750 1000

Make check payable & mail to:

**Pronto Press
3095 Kerner Blvd.
San Rafael, CA 94901**

Shipping Instructions:
(Print Clearly)

NAME _____

STREET _____

CITY _____

STATE _____ ZIP _____

UPS does not deliver to post office boxes.

PLEASE FORWARD

FIRST CLASS



THE TRAGER INSTITUTE
300 Poplar Ave., Suite 5
Mill Valley, CA 94941
(415) 388-2688



There is a way of being
 which is lighter
 which is freer,
 A way in which work
 as well as play
 becomes a dance
 And living, a song.
 We can learn
 this way.

Editor: Don Schwartz
 Graphics: Michael Maitreya Stillwater
 Conference Insert
 Editor: Martha Winneker
 Insert Graphics: Barbara Tattow
 Typesetting & Layout: Art Alchemy, San
 Anselmo, CA 94960

A LEGAL NOTE:

January 15, 1981

Dear Betty:

As you requested this letter represents a statement which describes the relationship between members of the Institute and the use of the service mark. Initially all rights to the use of the words, "Trager Psychophysical Integration and Mentastics" were the property of Dr. Trager. Without Dr. Trager's permission no one was permitted to use those words in describing services that they render. When the Institute formed Dr. Trager assigned all rights that he had to the service mark to The Trager Institute. The Institute then has all rights to the use of the words in connection with the services rendered and has set up a membership arrangement whereby members are permitted to use the mark on an annual basis provided that they pay the annual membership fee and provided that in the Institute's judgment they continue to act as responsible Trager practitioners. Without the express permission of the Institute any use of any part of the service mark could result in an immediate restraining order from the court preventing any individual from using the mark and assessing damages for any unauthorized use. I hope that this is sufficiently clear to explain the position of the Institute and the use of the mark in relationship to the members. If you have any further questions please do not hesitate to contact me.

Yours very truly,

Gary J. Friedman, Atty.

GJF/cs