



TRAGER FAMILY NEWS

Membership Newsletter of the Trager Institute

October, 1981

Vol. IV, No. 4

TRAGER CONFERENCE DRAWS CHEERS

"Dear Gail, and to the many wonderful people who put on the first Annual Trager Conference: Milton and I have attended many conferences in our time but that one beat them all. It had HEART! and it was most professional." (Emily Trager)

"Thanks to the conference organizers...an amiable...organized... beautiful environment so conducive to clarity...this conference was exquisite." (Mary Kelly)

"I've been to many conferences before and this has been the ultimate." (Feedback form, unsigned)

"It was a wonderful experience and I feel so good to be part of it." (Emma Kruk)

One hundred and sixteen people came together over Labor Day weekend (Fri. Sept. 4-Sun. Sept. 6) to proclaim our deep respect for Trager Psychophysical Integration and to celebrate its existence in our lives. It was a time to discuss together publicly in our larger Trager community the full diversity of questions, needs, problems, insights, and visions so often discussed whenever two or three of us are together, and it was a moment of precious time with Emily and Milton.

The conference was truly an all-volunteer creation and from the first greetings over wine as we gathered in a beautiful firelit room for the welcoming reception, to the closing moments of radiating hook-up led by Milton, our conference reflected lightness, vibrancy, and love. Every registrant was a staff member, contributing to the success by becoming involved with planning or some facet of operations.

With our conference packets in our hands, jam-packed with articles, gems, and useful information, we attended Friday evening's main event—a demonstration by Milton. Afterwards, buzzing and inspired, we gathered over refreshments for late-night discussion...What is Tragering? Not how we might describe it in a brochure but how we really do explain it to ourselves. This meeting, the first of its kind in such a "public" and large group of us, helped create the tenor of the conference—our first conference—a time for no completions but many beginnings, opening many doors, for unfolding our thoughts and feelings like many pieces of a term paper in progress spread out across a living room floor—later to be sorted, compiled, developed, perfected, and refined.

Saturday's meetings continued this process with meetings on the topics of mentastics with clients, communicating with clients, business development, and future of the the institute brainstorming. Saturday afternoon was our time for mentastics with Milton and an all-conference session exchange—yes, despite the logistical challenge, 50 tables in one room—for the pure joy of doing it all together.

Saturday evening's banquet and celebration were, in the words of one feedback form, "The most delightful, heartwarming, joyful, exhilarating experience I have had in a very long, long time." (unsigned)

Both Saturday and Sunday mornings saw people, (unbelievably but true) up in the early morning before breakfast to share meditations, running, yoga, or mentastics.

Sunday's meetings repeated some of Saturday's topics, adding doing a demo, relationships with clients, and approaches to clients with special conditions. Concurrent with the meetings both days were video showings of Milton teaching and demonstrating.

There was also a store where we purchased T-shirts and other wonderful Trager things, and bulletin boards filled with our sharings. A backdrop to all was the breathtaking Pacific Ocean and elegant accommodations of Asilomar.

Like a plate full of goodies, each one more delicious than the next, the conference offered tastes. We have begun to say what must be said, ask the questions, present the points of view, air our concerns, express our deepest feelings, share our talents, knowledge, and skills.

We must continue this process so that we who have come together to learn, practice and further the work of Dr. Milton Trager will continue to see our dreams flower and come true.



Milton leads over 100 conferees in Mentastics at Asilomar.

Deborah Simon wrote the following description of the conference: "The conference really 'embodied' Milton's work beautifully. Organized exquisitely, it was truly lighthearted, easeful and hooked-up in execution. I came away really refreshed and inspired and validated by the interchange of practical, spiritual, physical information of my peers and teachers and leaders. So wonderful to have all the different realities of being represented (in terms of meetings, exchanges of the work, wild celebrations, meditations with Milton in Hook-up, business advice!)...and from others I have spoken to, as individuals, the feeling to take home is one of dreams being possible. Visions feel like they have practical applications and likelihoods and probabilities...that thing I didn't think I could do now feels so do-able: Wow! The support of knowing there are so many other fine and crazy people with their hearts in their hands and Milton in their minds."

Julie Green

OUR INSIDE REPORTER AT THE MANDALA CONFERENCE

At the Mandala conference in San Diego in August, 3,000 people from all over the world met Milton Trager and discovered his work. The results of this expanded knowledge and interest in the work are already showing. The largest beginning training in our history (27), swelled by people from the Mandala conference, occurred at Esalen in early October. Mandala-related inquiries from people interested in receiving sessions from practitioners numbered in the hundreds.

Moreover, the conference was the occasion for the meeting of two great men: Moshe Feldenkrais and Milton Trager. The following is an inside report by our eyewitness reporter, Emily Trager:

"Since Betty started talking about Moshe Feldenkrais six years ago we knew that some day they had to meet. All kinds of stories floated around about how it might be. Now it was going to happen. Moshe was coming down the aisle with his two companions. As they passed, Milton jumped up and greeted him. The response was as warm as if he too was waiting.

"The next day it was Moshe's turn to talk to the 3,000 people at the conference. He expressed his regret at not having arrived in time for Milton's presentation the day before. We sat in the front row and when Moshe finished his talk Milton went up to the stage and shook Moshe's hand and most unexpectedly kissed the hand he held. Without hesitating Moshe leaned down from the stage and kissed Milton on the top of his head, much to the delight of all who saw it happen.

"Milton told his new friend that he wanted to work on his knees that are so obviously damaged from his soccer days. They arranged to meet that night and work on each other. After two hours they were satisfied for the present, and we sat down to dinner.

"At the end of our memorable evening, as we said our goodbyes, they promised to work on each other whenever they could get together in the future.

"I have to tell you what happened after Milton's talk on the second day of the conference. We could hardly walk five steps in any direction for the next week that we were on the UCSD campus without people stopping to tell us how much they enjoyed his talk, and could they have treatments. We referred them to all of you."

GIFTS FROM THE TRAGER CONFERENCE

Thanks to Milton and Emily Trager for their monetary gift to us all, following the conference, in recognition of "a job well done."

And thanks to Roseann Gould for giving to the Institute the entire proceeds—not just the profits—from the sale of T-shirts at the conference. Her gift is the beginning of a fund to buy video equipment for the Institute.

TO ORDER REPRINTS OF CONFERENCE MATERIALS:

Conference materials are priced by the page, to cover costs of copying and mailing. The minimum order is 50 cents.

Milton Trager Biography	15 cents
"Psychophysical Therapy and Mentastics," Milton Trager	25 cents
"Trager Work" from Bodywork , Nov.-Dec. 1979, Vicki Lundgreen	25 cents
Getting from There to Here or How "Trager" Became An (Almost) Household Word in Just Six Years	85 cents
Less Force is More Release by Curtis Turchin	40 cents
Interview with Paul Ash, Ph.D.	40 cents
A Thriving Practice...	50 cents

Send your order to: Conference Materials, Emma Kruk, 2918 23rd St., San Francisco, CA 94110.

CURRENT OPERATING BUDGET FOR THE TRAGER INSTITUTE OCTOBER, 1981

ITEM	AMOUNT (MONTHLY)
Rent	\$690. (will be \$850 in Jan.)
Manager	950.
Telephone (including M.C.I.)	95.
Answering Service (24-Hour Live)	70.
Postage (Including express mail and U.P.S.)	75. (will be \$85)
P.G. & E.	30.
Basic Office & Training Room Supplies	85.
Insurance	20.
	SUBTOTAL: \$2,015.

Monthly fraction of expenses for:

Quarterly newsletter (includes: typesetting, layout, stats, art work, printing, mailing, labels, foreign and domestic postage)	\$300.
Bi-annual membership roster (includes: typing, paste-up, reduction, printing, mailing, labels, roster is now at 1½ ounces)	140.
Bi-annual roster of certified practitioners for the public (includes: typesetting, paste-up, reduction, and printing)	80.
	SUBTOTAL: \$520.

Basic operating budget (monthly)	TOTAL: \$2,535.
Projected monthly operating budget	\$2,700.
Projected annual operating budget	\$32,400.

The above figure for annual basic operating does not include the following expenditures:

- Salaries for executive officers, board members, advisory board members, and trustee members.
- Special events such as expositions, conferences, and demonstrations.
- Audio and video tape products and services.
- The use of the manager's vehicle for virtually all of the operations of the Trager Institute.
- Fund raising, research, educational, promotional, and other special projects.

Please note also that this budget does not allow for any clerical assistance whatsoever. The steady, rapid expansion of Trager work and the Trager Institute necessitates professional clerical services.

WHAT'S SHAKIN'?

• Training Track Ideas

People who'd like to be part of an ad hoc advisory group discussing the training track, please call Natasha Heifetz at (415) 848-3544 or 548-6072.

• 1982 Advanced Class

The Advanced Class will most likely fall during the last part of April, 1982. Students who want to apply should write to: The Trager Institute, 300 Poplar Ave., Suite 5, Mill Valley, CA 94941.

• Trager Swap on the Mountain

The October 2-4 Trager Swap at Kilowana (Home of Sage Madrone and Crew) was wonderful. It gave us a great chance to get to know each other, trade sessions, talk more intensely about Trager, our lives and our feelings about the work. We also hiked, soaked in the hot springs and thoroughly enjoyed the camp. Present were Ron Fox, Sue Holper and Sage Madrone. I'd like to have another—drop me a note about when you'd want to come!

Sage Madrone

• Mentastics in the Everglades!

Senior Practitioner Armanda Hartsong, and Trager Trainee Ron Wypkema, are leading a **Wilderness Canoe and Meditation** trip in the Florida Everglades Feb. 5-14, 1982. We will use our combined skills as Awareness Educator and Wildlife Biologist to create a joyful and light, as well as highly educational, journey into inner and outer space.

For more information call Amanda at (613) 542-2000 or Ron at (613) 542-5354, or write to either of us in care of: Holistic Health Clinic, 113½ Lower Union Street, Kingston, Ontario, Canada, K7L 2N3.

TRAGER T-SHIRTS ARE AVAILABLE

The official Trager T-shirt (see photo of Milton) may be ordered prepaid, by sending \$9.50 for adult sizes (women's french cut or men's: small, medium or large); and \$7.50 for children's sizes. Current stock includes some adult sizes in black, and some children's sizes in purple. If we need to special order your size (in black, unless there are many special requests for another color), please allow us several weeks, as we need to make a minimum order of six of each size. Good holiday presents for Tragerers! Write to Trager T-shirt department: Delores Kvigne, 8 Morning Sun, Mill Valley, CA 94941

ENERGY SOUGHT TO SUPPORT FAST GROWTH OF TRAGER WORK

Office/Training Space Expanded

"Don't get stuck in little thinking: expand!" (Note in the suggestion box, Asilomar conference.) The Mandala conference, Asilomar conference and their energy, attention and ideas—have set the tone for expansion: of Trager work—and of the Trager institute. The discussion we started at Asilomar is still going on: what we need to do, what we want to do, and what we **can** do as a group, in the immediate and far future. (See brainstorming news). Everyone is encouraged to participate in this discussion.

While we were still reeling with the wealth of projects, enrichments, and revisions suggested at the conference, the timely vacancy of a training space adjacent to our national office presented itself. With firm faith in our new momentum, and expert help from Carmela Tuck, Tragerer and realtor from San Diego, the step was taken; Betty Fuller signed a lease Oct. 1, and we are committed to grow.

Renew 1982 Membership Early

The time for setting priorities for our growth, appraising income sources, and writing a new budget is November and December, as the brainstorming process comes to a close. So financial decisions, including decisions about the amount of 1982 dues, will not be made until near the end of the year. Meanwhile, **UNTIL THE END OF 1981, CURRENT MEMBERS MAY RENEW THEIR MEMBERSHIP FOR 1982, AT THE EXISTING 1981 RATE OF DUES.**

Further, to realize our support of our own ideas, projects, and each other, we are asking every member to pledge a contribution of **energy** to the institute: in the form of time, services, consultation or gifts. The back of the enclosed membership form has a checklist of the areas we need help in, particularly during this "take off" period, as the institute emerges from a small organization sustained by a few, into our own vision: a self-supporting group of associated professionals; a recognized educational and training organization; and a public service group projecting an experience of lightness and ease into the world at large.

Don Schwartz, the institute's office manager, describes in more detail some of the services needed:

With a future of fulfillment ahead, we truly need competent volunteer assistance in many areas of our work. These are listed below. Please use the allotted space on the back of your membership form to communicate your skills and how you wish to share them with the Institute. Please attach vitas and additional materials to your membership form.

Clerical Assistance: We list this first because it is the most vital. The clerical work of the Institute is the foundational activity which maintains the Institute's organizational integrity. The growth of the Institute is most immediately and most concretely reflected in the mass of materials coming into the Institute needing processing by highly competent people. Over the last three years we have worked out precise an efficient ways of handling our materials which have been recorded in outline form.

Computer: The Trager Institute will inevitably obtain and use a computer. We will need to choose just the right system for our purposes; and we will need to operate the system in a most thoroughly professional manner. Our fund raising efforts are in part for the eventual purchase of a computer. It is quite possible that a computer manufacturer or distributor may make a tax deductible donation of a computer to our Institute.

Video: As the video revolution continues to explode it is quite clear that video equipment and competent personnel will be needed to produce video tapes and discs for purposes of training, research, education, and promotion.

In addition to membership growth:

Fund Raising: There are three general areas of fund raising for which we need assistance. These are: 1) Direct contributions to our endowment fund, 2) Grant development, and 3) Solicitation of gifts and donations to the Institute.

Promotion and Publicity: These are most vital activities. There are coordinators needed to handle four different geographical areas of promotion: 1) national, 2) international, 3) Northern California, and 4) Southern California. Don Schwartz has been developing public relations resources which he can share with whomever he works. These activities interface with our fundraising efforts as well as with our legal, professional, business, and ethics information gathering and dissemination.



The new national office of the Trager Institute, with training space and potential for more.

Legal, Business, Professional, Ethical, Social, and Political Information Gathering and Dissemination: There are many questions that emerge from the public and our membership around these issues. They are absolutely vital questions, most of which are quite complex. We need a highly skillful, professional, and scholarly approach to the answering of these questions. We need to develop integrated, coordinated teams to explore these questions and present the results to the Institute's membership, our major social institutions, and the general public.

The Trager Institute's National Training Center: Now that the Institute has expanded to include a training center, coordinators are needed to run the center. Management, rental, coordination, logistics, physical plant cleaning, etc., are all vitally needed services for the Center. We are all most excited about our new center and look forward to your participation in its development. Assistance is vitally needed now in order to transform our former office into the training center. Help is needed with cleaning, carpentry, painting, and moving.

Institute Development and Special Projects: Our brainstorming meetings have become truly inspired. Out of these meetings we see a new recognition for the valuable work there is at hand to support the development of The Trager Institute. There seems to be no end to the good ideas now being generated, and all of these ideas need support and concrete effort in order that they be effectively realized.

The Second Annual International Trager Conference: The time, place, and logistics of our next conference need to be planned now. Committees need to be organized, decisions made. Now is the time to begin your participation in our second conference.

Publishing: Newsletters, rosters, journals, conference materials, and books all need to be written and produced. Well written articles and skilled production work are all needed.



Structure to support a salaried director

A separate funding structure to support local centers & international center

Volunteer mailing squad

Newsletter staff

Publicity aimed at large donors

Someone to clean up the whipped cream

Auxiliary classes:

- first aid
- anatomy-physiology
- stress-relaxation
- public speaking
- films
- private speaking

Peer advisory board to maintain Practitioner certification

Develop training guidelines to preserve the essence of this work: It's subtle.

A combination of screening and supportive preparation prior to entering training track

HOW WE CAN ORGANIZE OURSELVES
(Ideas for study groups, staffs, committees, positions)

Promotion study group - getting us out there
Networker - someone who knows who is doing what, where when and why.

Volunteers Coordinator
Training track study group - making recommendations to training staff on teacher & practitioner training tracks

Publications development - coordinating writing of pamphlets, packets, etc.

Grant development group - study & application
Annual Conference facilitator

Archivists: Practitioner statements, audio & video tapes
For Northern California Training Center:

- Booking organizer, our own events & rentals
 - Warm-hearted events committee
 - Interior design group (Hot-tub sub group?)
- Central Council - representatives from each interest group or project, meeting regularly

Expand the administration:

- a volunteer council
- regional support groups
- regular meetings of regional representatives

Monthly brainstorming classes for special groups:

- Integrate N. & S. Calif.:
- conference calls
- regional column in the newsletter

Workday for new institute office; People bring plants, sewing machines, hammers, etc.

Regular video evenings at the institute

Warm-hearted events

More non-training time for as many members as possible to be involved with Milton

Monthly calendar of events

Theragland: a retreat for tired therapists

Pods meet as part of the next Therager Conference

A roster listing our special interests re: clients so we can exchange ideas and solutions

A grant from the Buck Foundation to use for public education, mentastics, etc.

For special groups:

- deaf community
- mastectomy groups
- pregnant & postpartum
- blind community

Professional fundraiser

Study practitioner statements for possible research and promotion value

Illustrated mentastics pamphlet

More media coverage

Grant development

THE NEXT BRATSWORMING IS: November 15, 6 PM

300 Poplar Ave., Mill Valley, CA 94941

If you can't come, ATTEMPT BY MAIL! Send your ideas to the institute, on a separate sheet of paper with your name.

Notes from the Trager Conference, continued:

(This is a capsule of our Brainstorming results so far, from the Asilomar Conference and afterward. We invite every member to add ideas - no matter how small, how big, or how wild).

R R A I N S T O R M I N G !

WE, THE TRAGER INSTITUTE: Our identity, our needs, our purposes, our functions, our structures.

Who we are: (see brainstorming notes)

Why we are here: (paraphrased from Brainstorming notes)

To extend the work of Milton Trager - its basis, its practice and its results - into the world.

How we accomplish this purpose:

Maintenance

"If Trager work is to survive, it must be with-in the context of the institute. The institute must survive". Jerry Neuman

Quality Control

"It's important that people be trained correctly - to really have the feeling." Sage Marone

Support

The whole group supporting the individuals; the individuals supporting the group; the individuals supporting each other.

Extension

"We're changing the whole world." Milton Trager

OUR IDEAS: ALL THE POSSIBLE WAYS WE CAN THINK OF TO CARRY OUT THESE FUNCTIONS

Paid office help

A volunteers coordinator

A structure for limited volunteers ("I want to volunteer in my own home, etc.")

A computer

An endowment fund

1,000 members

Differentiation in functions of the institute.

More mentastics training

Continuing classes for practitioners for keeping on top of the work.

Study of the use of terminology by practitioners with their clients; & teach communication of well-being thru the use of language of hook-up.

Publish teacher requirements & standardize them.

Information packets:

- (1) Collection of P.R. materials on Trager work: 1 pamphlet, whole page, photo, etc.
- (2) How (& where) to give demonstrations.
- (3) Introduction packet or brochure, warm & aesthetic, for potential trainees.

(4) Audio tape of Milt, telling stories, going into hook-up.

(5) Insurance info., health, liability, and malpractice.

A conscious timeline for our growth; what should happen when.

Milt tragering Phil Donahue on T.V.

License the institute trainings: - as a Calif. trade school - as our own special category, unconnected with massage

Double the training staff in two years.

NOTES from the TRAGER CONFERENCE

This is the first in a series of notes or excerpts reproduced from meetings of the 1981 Trager Conference. This issue, the notes are from the first brainstorming meeting, led by Mili Kari, of Yuba City, CA.

Brainstorming I: Asilomar, Sept. 5, 1981

Emma—wants to know more about it. "I'm being consumed by the work daily. I want to be involved in everything."

Natasha—Are we a family? Are we a professional organization? It is intimate. The future direction?

Milt—Praise for the program committee. Which way is it going to go? It's an intuitive thing. It isn't something you can put in a book and sell. Not until you experience it is it anything but words, and after you experience it you don't need words. The use of the words is: to stimulate a desire to experience the work.

Natasha—Publicity has repercussions. At this point it all comes back to being handled by Don on the phone.

Julie—We, as the Institute, must deal with this growth; these phone calls.

Emily—I've told 75 people who said 'where do I go for a session?' just the other day, 'Call the Institute.' I couldn't have been prouder of my own children than I am of all of you. Thank you for being such good kids. We're getting the best of you.

Sage—It's important to me to get more involved in the institute; not just be out there doing the work. It's important to have the base; important to retain the quality; that people be trained correctly—to really have the feeling.

Barbara—I agree with Natasha and Julie. I would like to be part of getting it out to the world. We need freedom within the structure, or a modality that supports the group. In San Diego we're really involved in the community. I'm very touched and grateful to have been a part of it.

Richard—I want to get a bigger picture of the vision and contribute in my way.

Steele—I'm interested in Tragering on the ground level. I know the difference it can make in a person's life. It's also beginning to make a difference in the professional community. Now it can begin to make a difference in particular communities: psychology departments, sports....

Deane—Yes, this is growing and the lid is about to blow.

Mili—A client said, "I've heard of Trager, but what's Rolwing?"

Milt—It's a never ending process—of the **vibes**.

Don—My vision: We're already a family. We need ways of achieving our visions.

Jerry—If Trager work is to survive, it must be within the context of the Institute. The Institute must survive. So I want to contribute.

Mili—(she summarizes) We want to become more active and participate; we see the institute as the basis; a grounding support system. We want to communicate to a larger number of people; and to maintain the quality of the work of practitioners.

Milton—Give thought to promoting Trager Institute as a whole.

Jerry—Wants to see a structure to the Institute, so it's more than a one or two person institution—involve more people on a regular basis.

Mili—We are the Institute. What is the Institute? What is our business? What is our purpose? What do we want to do?

Milt—The purpose is developmental for the general populace—to bring out the thing of the knowledge that we are surrounded by a force—vibrations. We're changing the whole world.

Steele—(A Trager practitioner is) an educator, an explorer.

Milt—A subtle direction for this work. We shouldn't think we're going to bust the world wide open. I don't see any other way. It will continue as it has. This is how it is, and this is how it's going to go.

Sage—(One purpose is) the unification of the people who are doing this work; who are involved in this work.

Natasha—This work must be concretized. There is a line between what we do and traditional religious experience and art.... We must be careful with our language to be "under the resistance." On a nitty gritty level, how this work is perceived is determined in the questioning phone calls to the office.

Gail—For me, the Institute is my support group as a teacher and as a student.

Mili—(summarizing) The Institute is a basic support group for us in our own work and also a way to support, teach and explore the possibilities of what it means to be humanitarian. Inviting people to explore for themselves on a more subtle level what is possible. We are a viable, living, ongoing, unified, integrated entity.

Mili—Whom do we want to communicate to as...

Everyone—Everyone!

Milton—People seeking something better in life.

Deane—Up to now it's been a group of fellow teachers and students. Now I want to know who and where I can refer people to. I want to know who's practicing.

Name?—I want to communicate to anybody open...

Steele—And to people not open.

Paul Ash—Wants to communicate to the educational community and different professional communities which would benefit from referrals: humanities, paramedicine.

Natasha—Medical world.

Milt—It's happening whether the medical profession wants it to happen or not. Forget intellectualizing about Trager. Nothing happens; it's just a bunch of words.

Barbara—People into pleasure and playing. Artists, actors, dancers, musicians.

Richard—Presented systematically to insurance carriers.

Deane—Blue Cross will do it with a doctor's referral. The turnaround won't come from the medical profession. It will come from the insurance carriers.

Emily—The most important thing is the quality of the work. Constantly bring it up....

Milt—As the individual develops in the work, the quality will improve.

Mili—We've set up a foundation for brainstorming.

Epictetus: "Seek not that everything should happen as you wish, but wish for everything to happen as it actually does happen, and you will be serene."

THANKS, CONFEREES

On behalf of the Program Committee of the First International Trager Conference, I would like to thank all of you who participated in making our planning a reality. The extent of the volunteer effort was astounding—so many people joined together in mutual lightness, ease and flowing consideration. It was just like the work—a sweet experience with not quite enough time. It was an extraordinary experience to share in the exchange and germination in just 48 hours of so many wonderful feelings, ideas and mutual desires for the direction of the work and the Institute.

The Feedback Forms, 55 out of 116 who were present, express:

1. A need for a longer time period—next time 1 to 2 days longer.
2. The majority desire a conference in one year.
3. Longer meeting times.
4. More socializing time.
5. Some people said that they would prefer a more rustic setting, some a more urban setting.

Many people volunteered to become part of the planning for the next conference and to work on projects that have arisen as a result of this one. If you are truly interested in being part of the Program Committee for the next conference, please let us know so that a new committee can be formed and materials passed on. It means a lot of meeting hours—though less time than before because it already has been done once.

I would like to add that it was **fun** planning this conference.

For many people, the conference was inspirational. Tell us about your inspirations and we will pass them on where they will do the most good.

Thank you again,
Natasha Heifetz

Fall Editorial Staff

Gail Stewart
Julia Weller
Julie Greene
Sage

Thaddea Pojanowski
Don Schwartz
Harris Zeff

The deadline for contributions for the January issue of the Trager Family News is December 7, 1981. To volunteer as staff for the January issue, please call: The Trager Institute, (415) 388-2688. Your help is appreciated, thank you!

WINTER 1981-82 COURSE SCHEDULE

ONE DAY INTRODUCTORY WORKSHOPS

October 24 Sacramento Area Mili Kari \$30
CONTACT: Mili Kari, P.O. Box 915, Yuba City, CA 95991
(916) 673-6507

November 1, 10AM-4PM Santa Cruz, CA Ana Cooper \$30
CONTACT: Ana Cooper, 708 Sunset Dr., Capitola, CA 95010
(408) 476-4235

November 8, 10AM-4PM Oakland, CA Julie Greene \$30
CONTACT: Julie Greene, 3512 Pierson St., Oakland, CA
91619 (415) 535-2434

November 14, Wilbur Hot Springs, CA Mili Kari \$30
CONTACT: Mili Kari (NOTE: lodging not included, separate
fee for Wilbur facilities.)

November 14, 10AM-4PM Houston, TX Lynette Brannon \$30
Barbara Hewitt Chapin
CONTACT: Austin Trager Associates, 613 Baylor, Austin, TX
78703 (512) 477-8708, (512) 454-9768

November 24, 10AM-4PM Calistoga, CA Sage Madrone \$30
CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515
Eve. (707) 945-5986

December 6, 10AM-4PM Santa Cruz, CA Ana Cooper \$30
CONTACT: Ana Cooper (see above)

December 12 Wilbur Hot Springs Mili Kari \$30
CONTACT: Mili Kari (see above)

December 19, 10AM-4PM New Jersey Cathy Guadagno \$35
CONTACT: Jim & Carol Day, 21 Whittier, Trenton, N.J. 08618
(609) 392-7855

January 17, 10AM-4PM Santa Cruz, CA Ana Cooper \$30
CONTACT: Ana Cooper (see above)

January 17, 10AM-4PM Oakland, CA Julie Greene \$30
Contact: Julie Greene (see above)

January 17, 10AM-4PM Sacramento Area Mili Kari \$30
CONTACT: Mili Kari (see above)

BEGINNING TRAININGS

November 6-8 and 13-15 Los Angeles Cathy Guadagno \$450
Non-residential: Two 3-day weekends
CONTACT: Gary Brownlee (213) 396-2552 or
Tom Frankenberg (213) 399-5686

November 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** **Sheila Merle Johnson**
CONTACT: Getting In Touch, Box 1225, Los Gatos, CA 95030

December 4-6 & 11-13 San Diego Cathy Guadagno \$450
Non-residential: Two 3-day weekends
CONTACT: San Diego Trager Center, P.O. Box 901, Del Mar,
CA 92014 (714) 481-6215

December 4-6 & 11-13 Marin County, CA Betty Fuller \$400
Double weekend intensive.
Non-residential: Sleeping bag arrangements may be made.
CONTACT: The Trager Institute, Don Schwartz,
300 Poplar Avenue #5, Mill Valley, CA 94941
(415) 388-2688

January 8-10 & 15-16, '82 Washington, D.C. Gail Stewart \$400
Non-residential: Double weekend
CONTACT: Lois Stewart, 4915 Lackawanna St., College Park,
MD 20740 (301) 435-4783

January 20-26 Montreal, Que. Gail Stewart \$400
Non-residential: 7-day intensive
CONTACT: Edward Fanaberia, 2105 Grey Ave., Montreal,
Quebec H4A3N3, Canada (514) 483-1319

January 22-24 & 29-31 Marin County, CA Betty Fuller \$400
Double weekend intensive.
Non-residential: sleeping bag arrangements may be made.
CONTACT: The Trager Institute (see above)

Jan. 31-Feb. 5 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

February 6-7, 13-14 & 20-21 Oakland Gail Stewart \$400
Non-residential: Triple weekend
CONTACT: McKinnon School of Professional Massage
(415) 465-3488

REVIEW DAYS

December 11 Marin County Sheila Merle Johnson \$30
CONTACT: Sheila Merle Johnson, (415) 332-7559

January 19, '82 10AM-5PM Mill Valley Betty Fuller \$30
CONTACT: The Trager Institute (see above)

January 16, '82 9AM-5PM Santa Cruz Carol Campbell \$30
CONTACT: Carol Campbell (408) 429-8216

ONE-DAY TRAININGS IN TRAGER APPROACH ALTERNATIVES

These one-day trainings are offered by Betty Fuller to benefit The Trager Institute and to share ways of using The Trager Approach with people sitting, lying on their sides, standing, lying on a low bed or couch, etc. All are held at The Trager Institute and advance reservations are required. Hours are 10 am-6 pm with one meal break. Open ONLY to Trainees and Practitioners. The fee is \$50 each person. Class limited to 10 people.

November 11 Wednesday
November 15 Sunday
February 15 Monday (Holiday)

INTERMEDIATE TRAININGS

November 6-8 Ontario, Can. Betty Fuller \$300

Residential: Residence fee is additional.
CONTACT: Amanda Hartsong (see above)

December 14-16 Santa Cruz Mountains Betty Fuller \$325

Residential
CONTACT: Getting In Touch (see above)

January 15-17 Del Mar, CA Betty Fuller \$325

Non-residential.
CONTACT: San Diego Trager Center, Cathy Guadagno, Box
Box 901, Del Mar, CA 92014 (714) 481-6215

February 12-14 Marin County, CA Betty Fuller \$325

Non-residential: Sleeping bag arrangements may be made.
CONTACT: The Trager Institute (see above)

HAWAII INTERMEDIATE TRAININGS

Prerequisite of one Intermediate for mainlanders

November 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

January 22-24 Honolulu, HI Milton Trager, M.D. \$320

Non-residential: 3-day, limited to 8.
CONTACT: Milton and Emily Trager (see above)

PUBLIC DEMONSTRATIONS

January 5 7:30 PM Portland, OR Betty Fuller

CONTACT: Carlos Martin (see above)

February 2 7:30 PM Oakland Gail Stewart

CONTACT: Gail Stewart (415) 841-4732

SPECIAL EVENTS

Brainstorming Central

November 15 6PM Mill Valley, CA

The future of the Institute.

Topic: Creating organizational structures, supports and
funding. What could be easier, freer, more effective? Bring a

brown bag supper. Institute Office, 300 Poplar Ave., Mill
Valley.

Video Evening

December 8 7:30 PM \$3 Donation

Tapes of Milton's demo at the Trager Conference.
Refreshments. For more information call the Institute office,
(415) 388-2688.

Membership Holiday Party

December 19 9PM

Bring musical instruments, dancin' shoes...

CONTACT: Deborah Simon, 306 Fair Oaks #7, San Francisco,
CA 94110 (415) 647-0725

BETTY AND TRAGER GO TO COLLEGE

November 18, College of Marin, Kentfield, California.

The Physical Education Department is hosting other
departments of the college in a lecture demonstration of the
Trager Approach. Particular emphasis is on Trager and
students in adaptive P.E.

CONTACT: The Trager Institute for details.

November 30, Antioch University West, San Francisco, Calif.

The Center for Holistic Studies which Betty co-founded as
Associate Director 3 years ago has invited her to address the
Center students past and present in a noon lecture.

**February 6, The California Institute for Integral Studies, San
Francisco; at Trager Institute, Mill Valley**

9:30AM-10:00PM

Betty will teach a 10-hour one (1) unit course on the Trager
Approach sponsored by the CIIS. Registered students enroll for
credit and the general public is invited to audit.

CONTACT: CIIS, 3494 21st Street, San Francisco, CA 94110.
(415) 648-1489 or 648-3949

March 24-26, Chicago, Illinois

Betty has been invited to be a principle presenter at the National
Group Leaders Conference which attracts helpers from all over
the country. A one-day Institute on the Trager Approach and its
applications to the group setting. She will also give four 2-hour
presentations on movement themes in group settings.

CONTACT: Oasis, 7463 North Sheridan Road, Chicago, Ill.
60626 (274-6773)

THE TRAGER INSTITUTE

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FIRST CLASS

PLEASE FORWARD