



TRAGER FAMILY NEWS

Membership Newsletter of The Trager Institute

Spring Double Installment Issue

First Installment

June, 1982

OUR DOUBLE INSTALLMENT NEWSLETTER

Betty Fuller

The large volume of member contributions and our desire to report fully on The Trager's Spring Training Tour which is still in progress requires that this issue be prepared in two installments. This section contains information we all need to make future plans. We have included the Training Schedule so you can make advance reservations, get super-saver airline reservations, etc. This issue also contains a special survey which requests information from and about you so the Institute, as your professional organization, can be more supportive and relevant. We look forward to your response to the excellent survey prepared by our Training Track Task Force and Advisory Committee chaired by Natasha Heifetz. Input for the survey came from: Gail Stewart, Harris Zeff, Sue Holper, Deborah Simon, Jim Beggs, Julie Greene, Betty Fuller, Julia Norris Weller, Sage Madrone, Don Schwartz, Jerome Neuman, Elna Adams, and others. The survey itself was prepared by Natasha with the assistance of Sue Holper.

Mili Kari has agreed to chair the 1983 Trager Conference Committee. She is calling for artistic, creative, and logistical input in every aspect and phase to prepare a blockbuster of a gathering. Please respond at once to be a prime mover.

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Second Installment (cont. from col. 1)

The second installment of the Spring newsletter containing news, views, a review of the Trager's west coast working tour, member stories and the like will be mailed soon. Check for a schedule update in it. Thank you all for all your support and enthusiasm. It feels good!

SPRING / SUMMER 1982 COURSE SCHEDULE

BEGINNING TRAININGS

May 25-July 1 Santa Cruz, CA Carol Campbell \$400

Non-residential: New Format — Tuesdays-Thursdays, 6:30 - 10:30 p.m., May 25-July 1, and Saturday, July 3, 9:00 a.m.-5:00 p.m.

CONTACT: Twin Lakes College of the Healing Arts (formerly Heartwood) 200 7th St., Santa Cruz, CA, 408-462-0660, or Carol Campbell at: 408-429-8216.

May 28-30 & June 4-6 New York, NY Cathy Guadagno \$450

Non-residential: Split weekend

CONTACT: Jackson Friedman, 42 Pleasant St., #1, Northampton, MA 01060, 413-586-8890

June 18-20 & 25-27 Northampton, MA Betty Fuller \$500

Residential: Double weekend. Sleeping bag arrangements may be made

CONTACT: Jackson Friedman, (see above)

June 18, 19, 20 & 25, 26, 27 San Diego, CA Cathy Guadagno \$450*

Residential: Split weekend

CONTACT: San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215

June 19-20 & 25-27 Los Gatos, CA Carol Campbell \$450

Residential: \$50 non-refundable deposit, **Sheila Merle Johnson** Friday at 9 a.m. thru Sunday at 5 p.m.

CONTACT: Getting In Touch, P.O. Box 1225, Los Gatos, CA 95030 408-353-1138

June 27-July 3 Montreal, Quebec Gail Stewart \$400

Non-residential: 7 day intensive

CONTACT: Bill Allmand, 514-253-4196

July 11-17 Seattle, WA Gail Stewart \$450 *

Non-residential

CONTACT: Gwen Crowell, 12718 - 8th Ave. N.E., Seattle, WA 98125, 206-367-3939

July 13-17 Mill Valley, CA Sheila Merle Johnson \$400*

Non-residential: Sleeping bag arrangements may be made

CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941 415-332-7559, or The Trager Institute, 415-388-2688

July 16-18 & 23-25 Miami Beach, FL Carol Campbell \$450

Non-residential: Friday 6 p.m. thru Wednesday 5 p.m., \$50 non-refundable deposit

CONTACT: The Educated Hands Massage School, 804 Ocean Dr., #4, Miami Beach, FL 33139, 305-673-0964

July 23-25, 30-Aug. 1 Los Angeles, CA Gail Stewart \$450

Non-residential: Split weekend

CONTACT: Gary Brownlee, 11465 Venice Blvd., #1, Los Angeles, CA 90066, 213-398-5366

Aug. 4-8 Boulder, CO Sheila Merle Johnson \$450*

Non-residential: 5 day intensive

CONTACT: Lael Keen, 2730 - 17th St. Boulder, CO 80302, 303-449-2232

July 30-Aug. 1, 6-8 Washington, D.C. Betty Fuller \$450

Non-residential: Double weekend

CONTACT: Potomac Myotherapy Institute, 7826 Eastern Ave., NW LL-1 Washington, D.C. 20012, 202-726-1150

Aug. 16-20 Mill Valley, CA Sheila Merle Johnson \$400

Non-residential: Sleeping bag arrangements may be made

CONTACT: Sheila Merle Johnson or The Trager Institute (see above)

Sept. 11-16 Los Gatos, CA Carol Campbell \$450

Residential: \$50 non-refundable deposit **Sheila Merle Johnson**

CONTACT: Getting In Touch (see above)

(continued on page 2)

Sept. 26-Oct. 1	Mendocino Coast, CA	Sheila Merle Johnson	\$425
Residential: 5 day intensive CONTACT: Sheila Merle Johnson (see above) or The Village Oz, P. O. Box 147, Point Arena, CA 95468			
Late September	Austin, TX	Carol Campbell	\$600
Residential CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768; or Barbara Hewitt Chapin, 613 Baylor, Austin, TX 78703, 512-477-8708			
Oct. 17-24	Esalen Institute, Big Sur, CA	Betty Fuller	TBA
Residential: 7 day intensive training CONTACT: Esalen Institute, Big Sur, CA 93920, 408-667-2335			
Nov. 8-12	Dayton, Ohio	Betty Fuller	\$500*
CONTACT: Elizabeth Davis, 529 McLain St., Dayton, OH 45403, 513-223-7921			
Dec. 11-16	Los Gatos, CA	Carol Campbell	\$450
Residential CONTACT: Getting In Touch (see above)			

INTERMEDIATE TRAININGS

NOTE: All checks in payment for Dr. Trager's trainings in Mill Valley or Hawaii are to be made payable to Milton Trager, M.D.

May 28-30	Stockholm, Sweden	Betty Fuller	TBA
Non-residential CONTACT: Rich Caldera, Folkung Agaten 150, S-116 30, Stockholm, Sweden			
July 2-4	Mill Valley, CA	Betty Fuller	\$325
Non-residential: Sleeping bag arrangements may be made CONTACT: The Trager Institute (see above)			
July 9-11	Dallas, TX	Betty Fuller	\$325
Non-residential: Sleeping bag arrangements may be made CONTACT: Lynette Brannon, (see above)			
July 16-18	Del Mar, CA	Betty Fuller	\$325
Non-residential CONTACT: Cathy Guadagno, San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215			
July 23-25	Seattle, WA	Betty Fuller	\$325
Non-residential: Assistance in housing available CONTACT: Gwen Crowell, 12718 Eighth Ave. N.E., Seattle, WA 98125, 206-367-3939			
Aug. 13-15	Washington, D.C.	Betty Fuller	TBA
Non-residential CONTACT: Potomac Myotherapy Institute (see above)			
April 20-22	San Diego, CA	Milton Trager, M.D.	\$400
Non-residential CONTACT: San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215			
Aug. 20-22	Los Gatos, CA	Betty Fuller	\$365
Residential CONTACT: Getting In Touch (see above)			
Aug. 24-26	San Diego, CA	Milton Trager, M.D.	\$400.
Non-residential CONTACT: San Diego Trager Center (see above)			
Sept. 2-4	Los Gatos, CA	Milton Trager, M.D.	\$375
Residential: \$45 additional fee CONTACT: Getting In Touch (see above)			
Sept. 6-8	Los Gatos, CA	Milton Trager, M.D.	\$375
Residential: \$45 additional fee CONTACT: Getting In Touch (see above)			
Oct. 8-10	Paris, France	Betty Fuller	TBA
Non-residential CONTACT: Fabienne Hirsch, 17 Rue La Fontaine, Saint Maur 94 100, 885-0638			
Oct. 12-12	Paris, France	Betty Fuller	TBA
Non-residential CONTACT: Fabienne Hirsch (see above)			
Nov. 3-5	Dayton, OH	Betty Fuller	TBA
CONTACT: Elizabeth Davis (see above)			
Dec. 17-19	Los Gatos, CA	Betty Fuller	\$365
Residential CONTACT: Getting In Touch (see above)			

INTERMEDIATE II TRAININGS

There is a prerequisite of at least one Intermediate Training with Dr Trager for the Level II Intermediates. Preference is given to those applicants who have taken additional Intermediates.

July 2-4	Honolulu, HI	Milton Trafer, M.D.	\$375
Non-residential: Intermediate, limit 8 people (see prerequisites) CONTACT: The Trager Institute (see above)			
Sept. 10-11	Mill Valley, CA	Milton Trager, M.D.	\$300
Level II Intermediate: Sleeping bag arrangements available CONTACT: The Trager Institute (see above)			
Sept. 15	Mill Valley, CA	Betty Fuller	\$50
One-day Trager Alternatives including work on the side CONTACT: The Trager Institute (see above) NOTE: Open to all Trager students.			

THE ADVANCED TRAINING

The Advanced Training this Fall is divided into two parts: a two-day training which includes the resistance work followed by a 2½-day Advanced Clinic. There are two different two-day resistance trainings: September 13-14, and September 16-17. The 2½-day Advanced Clinic will occur on September 20-22. The cost for the entire training is \$600. A \$100 deposit payable to Milton Trager, M.D. together with your application is necessary to apply for the workshop. Previous graduates of the Advanced Training are invited to apply for this training. When applying specify which 2-day resistance training you wish to attend, the 13-14, or the 16-17. Note above that Betty Fuller is offering a one-day Trager Alternative Training on September 15th for the convenience of those coming into the Advanced Training. All Trager students, however, are invited to register for the Trager Alternatives day. To apply for the advanced class, respond to the following list of questions and return your responses together with your \$100 deposit payable to Milton Trager, M.D. to The Trager Institute.

To apply for the Advanced Training, type a letter in which you state the following:

1. Summarize your Trager Trainings, with whom, where, when and what levels.
2. List all services performed on behalf of The Trager Institute, its trainings, public events, etc. such as assisting, promoting a demo, video crew, Asilomar conference, etc. Be specific.
3. State the nature of your Trager practice and whether or not you work with special problems requiring this type of training. Do you Trager full time? Part time? Do you practice other disciplines with Trager as a part? Be specific.
4. State your background and experience in working with the public and/or individuals or small groups in such forms as teaching, counseling, organizing, performing, etc.
5. Please list other trainings, education and the like which support you in your Trager work.
6. Say anything else you feel will assist the selection committee and Milton to know you and to understand your preparation, readiness and need for this kind of training.

REVIEW & MENTASTICS DAYS

June 8, 6-10 p.m.	San Diego, CA	Cathy Guadagno	\$20
MINI-WORKSHOP on How to Trager Necks CONTACT: San Diego Trager Center (see above)			
June 26	Montreal, Quebec	Gail Stewart	\$30
REVIEW DAY CONTACT: Edward Fanaberia, 2105 Grey Ave., Montreal, Quebec, Canada H4A 3N3, 514-487-0977			
July 9	Mill Valley, CA	Sheila Merle Johnson	\$35
REVIEW DAY CONTACT: Sheila Merle Johnson (see above)			
July 10	Santa Cruz, CA	Carol Campbell	\$25
MENTASTICS DAY CONTACT: Carol Campbell, 502 Popular, Santa Cruz, CA 95062, 408-429-8216			
Aug. 16	Washington, D.C.	Betty Fuller	TBA
MENTASTICS DAY open to all Trager Institute Members and the general public CONTACT: Potomac Myotherapy Institute (see above)			
Aug. 28	Berkeley, CA	Gail Stewart	\$30
REVIEW DAY CONTACT: Gail Stewart, 15 Alvarado, Berkeley, CA 94705, 415-841-4732			

On-Going Mentastics Classes San Diego, CA Peggy Reynolds \$5
CONTACT: San Diego Trager Center (see above)

Mentastics Classes TBA Los Angeles, CA Gary Brownlee TBA
CONTACT: Gary Brownlee (see above)

SECOND INTERNATIONAL TRAGER CONFERENCE May 20, 21, 22, 1983

Cel-e-brate (sel'ā-brāt) go in great numbers, honor 1. to perform publicly and formally; solemnize. 2. to commemorate (an anniversary, holiday, etc.) with ceremony or festivity. 3. (colloq.) to have a convivial good time.

We, the Trager family, have much to celebrate at our Second International Conference. Beginning Friday morning, May 20, we'll meet, greet and exchange with one another ending Sunday, May 22, 1983. These dates happen to coincide with both Milton and Emily's birthdays (Milt's is April 20, and Emily's is May 22) and their anniversary which is also May 22. It's the spring of the year. A time of renewing and reaffirming our deep connection with the sacred life force now blossoming with the secrets made sweet by the winter heart.

At our first conference so many of you came forth in our brainstorming sessions and suggestion box with splendiferous ideas to make our organization lighter, freer and more feeling. We'd like to continue with the intensity of your participation. This is an invitation to you, personally, to pleasure us all with your ideas on how to make this the best possible conference.

Immediately we need your input. Only the dates have been decided — May 20, 21, 22, 1983. Where would you like the conference held? The following are some considerations to keep in mind when writing or calling in your suggestions for a conference facility (my phone number is (916) 673-6507, my address is on the survey form on page 4); sleeping accommodations for approximately 250 people; rooms for simultaneous workshops, a large room for general sessions; accessibility by plane or car, delicious food, and a cost factor that allows attendance by as many members as possible of the Trager family.

The following is a brief description of some of the kinds of committees that many of you may have served on to make our first conference a reality. Additional suggestions are warmly welcomed. We want to include here a very special thank you to Gail Stewart, Co-ordinator and inspiration of our First International Conference, and to all of you who comprised last year's committees and bequeathed your experience in your notes.

CO-ORDINATING COMMITTEE: Oversees all the committees. Channels all ideas sent in on pre-registration form to see that they are implemented. Northern California area residents requested for this committee please.

LOGISTIC COMMITTEE: Handles meeting room assignments, audio/video needs of presenters. changes all last minute "we're not gonna make it" into easy flowing successes.

REGISTRATION COMMITTEE: Handles all registration information - collecting money, making room assignments, sending updated conferee count to conference facility, and keeps records of everything.

EDITORIAL COMMITTEE: Compiles, edits and prints an attractive collection of the articles, quotations and other material published so far by and about Dr. Trager, Tragering and Mentastics, to be distributed to members of the conference. Also collects and arranges all other written materials provided to conferees.

PROGRAM COMMITTEE: Assesses interest in workshops (see pre-registration form) and arranges for volunteer instructors; furnishes registration committee with titles and description of workshops for publication to conferees; and notifies coordinating committee of room and equipment requirements.

ENTERTAINMENT COMMITTEE: Handles details for — and hosts — Saturday night party; includes arranging for band and entertainment, and decoration, relays requirements for room, amplification equipment, audio-visual equipment, bar setups, food and drink to coordinating committee.

DEMONSTRATION COMMITTEE: Handles local radio, newspaper and poster announcements for a public demonstration by Milton; furnishes information about room requirements and equipment to coordinating committee; sets up the room for the demonstration, and receives the public on behalf of the conference.

CARPPOOL COMMITTEE: Arrange transportation and/or carpools to conference from different locations. Furnish transportation information to people in their areas; in cases of large groups of travellers, perhaps arrange for charter travel.

HOSPITALITY COMMITTEE: Designs and makes badges, dining room table cards, and decor for reception and banquet. Produces welcoming reception (set-up, food and drink, background music, etc.). Furnishes personal hosting to Milton and Emily Trager. Provides personal trouble-shooting for conferees (from band-aids to . . .).

FAMILY STORE: Coordinates and handles the sale of things like t-shirts, candied seaweed or any other necessities or unnecessaries we think ought to be available to conferees.

This may give you some idea on how you'd like to participate and perhaps stimulate you to bring forth the very idea that optimizes a celebration.

SPECIAL EVENTS

The Mandala Conference

This holistic health conference is the largest annual event of its kind in the world. It is presented by the Mandala Society in the San Diego area. Milton was a primary presenter last year, and this year he will again offer two Introductory Trager workshops. The conference will be held this year on August 27-September 3. For more information, contact The Mandala Society at: 714-481-7751.

Oct. 29-31 Washington, D.C. Betty Fuller TBA
Experiential Introduction to Trager
CONTACT: Quest, 4933 Auburn Ave., Bethesda, MD 20814, 301-652-0697

★ Third Annual ★ "TRAGER SWAP" A Weekend in the Country

Fri. evening August 6-Sun. afternoon August 8, 1982

AT: Kilowana - 2 hrs. north of S.F. on Mt. St. Helena

Home of Sage Madrone, Peggy Shannon and Crew.

Okay all you lovely Trager people — this is a chance for us to get together, trade sessions in a relaxed atmosphere, do mentastics, talk Trager as well as hike, cool off in the pond, hot-tub and enjoy each other and the country.

DON'T MISS IT!!!

There may be no other announcement.

\$50 - includes sleeping bag accommodations and vegetarian cuisine.

Contact: Sage Madrone (707) 942-5986 (eves. best) for reservations.
5150 Hwy. 29, Calistoga, CA 94515

ONE-DAY INTRODUCTORY WORKSHOPS

May 30	Oakland, CA	Julle Greene	\$30
CONTACT: Julie Greene, 3512 Pierson St., Oakland, CA 94619, 415-535-2434			
June 6	Los Angeles, CA	Gary Brownlee	\$30
CONTACT: Gary Brownlee (see above)			
June 12	Yuba City, CA	Mili Kari	\$35
CONTACT: Mili Kari, P.O. Box 915, Yuba City, CA 95992, 916-673-6507			
June 13	Calistoga, CA	Sage Madrone	\$30
CONTACT: Sage Madrone, 5150 Highway 29, Calistoga, CA 94515, 707-942-5986 (Eves. best)			
June 19	Oakland, CA	Roseann Gould	\$30
CONTACT: National Holistic Institute, 415-547-6442			
July 10.	Yuba City, CA	Mili Kari	\$35
CONTACT: Mili Kari (see above)			
July 11	Los Angeles, CA	Gary Brownlee	\$30
CONTACT: Gary Brownlee (see above)			
July 13	Calistoga, CA	Sage Madrone	\$30
CONTACT: Sage Madrone (see above)			
Aug. 7	Yuba City, CA	Mili Kari	\$35
CONTACT: Mili Kari (see above)			
Aug. 15	Los Angeles, CA	Gary Brownlee	\$30
CONTACT: Gary Brownlee (see above)			
Aug. 23	Calistoga, CA	Sage Madrone	\$30
CONTACT: Sage Madrone (see above)			
Sept. 25	Oakland, CA	Roseann Gould	\$30
CONTACT: National Holistic Institute (see above)			

*reduced fee for early registration

SPECIAL NOTE: Note any schedule dates and courses you wish to take before clipping out survey pages.

In the next newsletter, you'll receive complete registration information. In the meantime, circle May 20, 21, and 22, 1983 on your calendar. Fill out the survey below and allow your ideas to flow, creating, shaping and celebrating our Second International Trager Conference Celebration.

Mili Kari, Co-ordinator, Celebrator

SECOND INTERNATIONAL TRAGER CONFERENCE May 20, 21, 22, 1983

NAME _____

ADDRESS _____

CITY _____

PHONE: Home () _____ Work () _____

In order to make this your conference, we need input from you the participant, that will help us in planning the weekend. Please give us the answers to the following survey. Write anything else you might think may be helpful or enlivening to read. Writing in the margins and on extra sheets of paper will be perceived as a sign of someone who might be a great _____ (fill in the blank).

1. I attended last years conference. In my opinion my following ideas would make a vast improvement, some improvement, be worth considering:

2. I didn't attend last years conference. Perhaps listing the difficulties I encountered that kept me from attending may be of help to you in planning for others with similar needs to mine. Here is my list:

3. Regarding the coming conference, I plan to:

- attend, have marked May 20, 21, 22, 1983 on my calendar and await registration information.
 not attending and wish to participate by sending my ideas on this form.

4. I'd like to be on the _____ committee. I am skilled/experienced in _____

5. Some of the expectations I have in attending the conference can be satisfied by providing me an opportunity to:

- | | |
|---|---|
| <input type="checkbox"/> Meet Milton and Emily | <input type="checkbox"/> Hear Milton's responses to problems/questions I have |
| <input type="checkbox"/> Have time to trade information in a social situation | <input type="checkbox"/> Learn more ways to teach Mentastics |
| <input type="checkbox"/> Learn skills in business promotion | <input type="checkbox"/> Trade business cards |
| <input type="checkbox"/> Handle insurance claims | <input type="checkbox"/> Get Tragered |
| <input type="checkbox"/> Communicate more effectively with clients | <input type="checkbox"/> Other: _____ |

6. I'd like to offer a workshop at the conference. Title: _____

Enclose a brief description. Include preferred length of time, room requirements and equipment needed.

*To serve you:
that is happiness,
Victory.
Your service
is the source
of my daily bread.
I will not quit
for through you
not only
will my wage increase
but even
my life.*

— Kirmani

Salutations and many thanks for your interest and willingness to participate and be received.

Mail this information to: MILI KARI, P.O. BOX 915, YUBA CITY, CA 95992.

SURVEY
TRAGER TRAINING TRACK TASK FORCE ADVISORY COMMITTEE

In order to bridge the communications gap that exists because of the way we are dispersed geographically, and in order for our committee, the Training Track Force Advisory Committee, to have the maximum input possible, we ask you to return the following survey. We invite your support by asking you to take your time to share yourself and by providing postage for the return.

Name _____
 Address _____
 City _____
 Phone: Home () _____ Work () _____
 Relationship (Trainee, Practitioner Candidate, Practitioner, etc.) _____
 Profession _____
 Education & Trainings _____
 Degrees, Certifications & Titles _____

The following questions will help us to focus on how the training track can be fashioned to be most responsible to the needs of the people doing the work. They will also help the Institute to respond to some referral requests which come in by mail and phone at the rate of 12-20 weekly.

Do you practice Trager on a regular basis? Yes No
 How many sessions per day _____ How many days per week _____
 Do you practice other forms of health care also? What? _____
 In combination or separately ? What percentage of your income comes from Trager? _____
 Is Trager an avocation or a vocation ? Are you a Trager Introductory Workshop leader Yes No?
 Interested in becoming one Yes No? Are you interested in becoming an Instructor Yes No?

Suggestions:

Education promotes a deepening of intentionality. Continuing Trager training and other workshops should become part of the requirements:

A. Practitioners should be required to have at least one (1) Review Day a year or a Trager Training. Agree Disagree
 Comments: _____

B. Anatomy and Physiology should become a requirement for Practitioner status. Agree Disagree
 Comments: _____

C. Mentastics Workshops should become a requirement for Practitioner status. Agree Disagree
 Comments: _____

D. A workshop in Communicating with Clients should be required for Practitioner status — it would deal with responsibilities and ethics involved with having clients in trance states on their tables and how to enhance the learning with language. Agree Disagree
 Comments: _____

E. Besides the above, what classes would you like to see as part of the requirements for practitioner besides Trager Training?

PLEASE CLIP ALONG DOTTED LINE AND MAIL THIS FORM.

F. What classes should become suggestions for enhancing the work: (for example, kinesiology, stress reduction and relaxation, Neurolinguistic programming, first-aid, Trager in relation to the "otherly" - abled and specific pathologies, etc.)?

Two variations of a Recommendation: 1. Prospective Trainees should be encouraged/required to receive a series of preferable 10 but at least 5 sessions before entering Beginning Training. Agree Disagree Encouraged Required

H. Ten (10) Trager sessions placed in some time frame, should be received before reaching Practitioner status. Agree Disagree

Comments: _____

I. Attendance at a Trager Introductory workshop should be a requirement (where possible) to help screen applicants. Agree Disagree
The Instructors have requested that a Peer Review Committee be formed to help with the evaluation of Practitioner Candidates.

J. How would you envision a "Peer Review Committee"? How would it work?

K. Should there be more than one evaluation for Practitioner status? Yes No
Comments: _____

L. Should there be an evaluation mid-way between the end of the Beginning Training and the end of the 30 practice sessions? Yes No
Comments: _____

M. Mid-way between Practitioner Candidate and Practitioner? Yes No
Comments: _____

N. Should there be more than 30 practice sessions required before becoming a Practitioner Candidate? Yes No How many? _____
Comments: _____

The more the body is conditioned to move in the Trager manner, the easier and more effortless the moves and the more energy attention can be given to wondering, focus and intentionality — to feeling and being with the person's process.

O. Should there be more than 75 sessions required (the present requirement) for Practitioner status? Yes No How many? _____
Comments: _____

P. Should the rules be changed to allow only Practitioners to charge? (i.e. before becoming a Practitioner, one could not say that they are doing Trager and get paid for it?) Yes No
Comments: _____

Q. Were you satisfied with your Trainings so far? Yes No If No, why not?
Comments: _____

R. What suggestions would you make to improve trainings?

S. OPTIONAL (AND EXTREMELY APPRECIATED): If you were to fashion a Trager Training Track, how would you do it?

Thank you for you much appreciated cooperation.

Please mail this to: The Trager Institute, 300 Poplar Ave., Suite 5, Mill Valley, CA 94941.

PLEASE FORWARD

FIRST CLASS



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