



TRAGER NETWORK NEWS

Membership Newsletter of The Trager Institute

January 1985

Vol. 5, No. 21

THIRD INTERNATIONAL TRAGER CONFERENCE

Celebrating Ten Years of
Professional Growth

October 4 - 6, 1985
Santa Rosa, California

Carol Campbell

The planning of a Conference is an exciting process, especially when you find yourself working with a group of spirited, creative, and dedicated individuals, as is my good fortune. We would like you to know who we are thus far:

Carol Campbell <i>Chairwoman</i>	408-429-8216
Sara Michael Davidson <i>Hotel/Conference Committee Liaison</i>	415-388-2688
Fawn Dutcher <i>Program Co-ordinator</i>	415-964-1842
Chris Rosche <i>Registration Co-ordinator</i>	415-322-6682
Deborah Van Buren <i>Hospitality Co-ordinator</i>	408-356-6724

Tom Frankenberg <i>Financial Overseer</i>	213-471-3878
Pam Johnson <i>Panel Co-ordinator</i>	305-666-5907
Rosie King <i>Banquet Co-ordinator</i>	408-475-4573
Delores Kvigne <i>Trager Store Co-ordinator</i>	415-388-2688
Sage Madrone <i>Logistics Co-ordinator</i>	707-942-5986
Bill Scholl <i>Registrar</i>	512-693-2601
Don Schwartz <i>Publicist</i>	415-388-2688

TRAINING TRACK NEWS - see inside

Sara, Fawn, Chris, Deborah and I comprise the core Committee. We meet at least once a month and keep in close communication with the other Committee Co-ordinators, some of whom live as far away as Los Angeles, Texas, and Florida.

The geographical range of our key Committee Co-ordinators is not by accident. This Conference Committee intends to place a strong emphasis on recognizing and further developing the world-wide nature of our Trager Membership. We want to celebrate and cultivate our sense of regional identity. To do this, we need your support, ideas, participation and attendance. Read on and you'll discover a wealth of ways YOU can contribute and BE INVOLVED!

LOCATION:

After a thorough examination of more than 15 possible Conference sites, we selected the New Flamingo Hotel, about an hour's drive north of San Francisco. Having had the last Conference there, we learned how things could operate more effectively, and the hotel's manager is working diligently with us to give us the most at the best price. We are sure you'll enjoy the ambiance of the hotel and the Indian Summer in California's wine country.

WAYS TO BE INVOLVED:

As you probably already know, this is a completely volunteer production, as all our Conferences have been. We have an enormous amount of talent committed to making this Conference the best one yet (and the last two were wonderful!). But we need more — we need YOU! No matter where you live, there is something you can do, somehow you can contribute. And never fear, no Committee responsibility will keep you from enjoying Conference activities and events. Here are some of the ways you can share your talents:

- ★ **Logistics Committee** - This Committee is the lifeblood of the Conference. Logistics Committee members will work closely with Hotel personnel on room set-up. This is a great committee choice for you out-of-towners to assist the Whole Conference to flow smoothly.
- ★ **Hospitality Committee** - Members of this Committee will welcome Conferees as greeters, guides, liaisons, and information wizards. What a wonderful way to get to know your fellow Tragerers!
- ★ **Banquet Committee** - This Committee will work closely with the Hospitality Committee to design and execute the decorations for our Friday evening Social and Saturday evening Banquet. This is a good committee for Bay Area folks who can meet periodically to share their creative talents.
- ★ **Trager Store Committee** - This Committee needs a few Bay Area souls who can meet between now and the Conference to learn how to run the cash register and keep inventory. There's also plenty of room for out-of-towner's to help keep stock in order and generally keep the store looking attractive. What better way to meet that long-lost Trager soulmate than to help someone find the perfect tee-shirt! And speaking of tee-shirts, how would you like to be one of our Trager Tee-Shirt Models? We plan a fashion show during Saturday lunch of all the latest Trager attire. Come strut your stuff!
- ★ **Photographers** - In addition to the video taping we plan to do of various Conference activities, we'd like a few folks to roam periodically, camera in hand, and capture the flow of events. We'll provide the film, you provide the camera and the "photographic eye."
- ★ **Musicians, Singers, Mimes, Clowns, Dancers . . .** - Friday night we've planned a buffet dinner in a setting conducive to relaxed socializing. We thought roving musicians or short interludes of talent might be just the thing. What talent(s) can you contribute?
- ★ **Trager Escort Service** - Over the years a few fortunate souls have had the honor of being Emily's "playmate". We'd like to

expand that concept during this Conference, so that there is always someone available to Milton and Emily. Priority will go to people who have not been "playmates" before. This is an important function and a lovely way to get to know Milton and Emily better.

WORKSHOPS:

Another way you can be involved is to be one of the Workshop co-leaders. We would like to see each Workshop led by 2-3 people. Those of you in the U.S., Europe, Canada, and Mexico all have different and valuable experience. Let's pool it and share it. You let us know what topic you would like to help present for discussion and our Program Co-ordinator will put you in touch with your Workshop co-leaders. Doing Workshops in this way will demand a high degree of cooperation and a willingness to plan the Workshop via long distance with your co-leaders. Here are some suggestions for Workshop topics we feel are important to this *celebration of the professional growth of Trager*:

- Communicating with Clients
- How to Promote Trager
- Working with the Differently-Abled
- Working with Chronic Pain
- Non-verbal Communication through Trager
- Working with Frail Elders
- Teaching Mentastics
- Demonstrating Trager
- Successful Business Practices
- Expressing the Feeling of Hook-up
- Working with Children
- Standards for Professional Practice
- Trager and the Medical Community

This is not an exhaustive list by any means. What are your ideas? And, besides topic suggestions, what would you like to help present?

PANEL DISCUSSION:

We've planned a panel discussion format as one of the large group events. Each panelist would be a Trager professional whose practice is bringing Trager to the attention of a particular segment of the community, or who is generally enhancing Trager as a recognized addition to professional health care practices. Perhaps you have made in-roads in the fields of sports medicine, physical therapy, psychological therapies, athletics, dance, and so on. How has your practice developed and been received by professional colleagues? What has contributed to the recognition of Trager in this particular field? As a panelist, you can add to our sense of where Trager is going and stimulate discussion among your fellow Tragerers.

REGIONAL REFERENDUM MEETINGS:

REFERENDUM: "The practice of referring proposed measures to the electorate for consideration." Sunday morning of this Conference has been set aside for Regional Referendum Meetings. We envision the various regional groups meeting outdoors to discuss the following issues which effect all of us:

- Raising dues in 1986
- Reviewing the impact of the (new) Training Track
- The appropriate and possible uses of the Trager Documentary Video
- Setting-up regional representation
- What roles talented Members can work towards within the Institute

Each regional group will need a chairperson who can be selected when the group convenes. If you have suggestions for the format of this Referendum Meeting, or other possible topics, please contact the Conference Chairwoman. (continued on page 5)

CONFERENCE PARTICIPATION FORM

Yes, I want to participate in the Third International Trager Conference!

Name: _____

Address: _____

Telephone: W - (_____) _____ H - (_____) _____

I can participate in planning and action before Conference is held.

I can participate during the Conference.

I can participate either before or during the Conference.

I am interested in ordering the 1985 Trager Conference tee-shirt.

1. **Committees:** Check the one you'd like to join.

Logistics

Banquet

Photographers

Escort Service

Hospitality

Friday evening Talent

Trager Store

Tee-Shirt Model

2. **Workshops:** Enter the topics you'd like to co-lead in order of preference:

1. _____

2. _____

3. _____

Briefly describe your interest in and contribution to the above topic(s).

3. **Panel Discussion:** The following is a brief description of your professional background and how you could contribute to this panel:

4. I would like to nominate _____ for the Trager Perpetual Plaque of "Professional Accomplishment". I feel this person is qualified for the following reasons:

5. Here are my additional ideas, suggestions, comments, responses, offers of help and words of encouragement:

Thank you for your willingness to participate. Please add as many additional pages to this form as you want or need. We want you to express yourself as fully and completely as possible. The success of this Conference is up to each of us!

Mail to:

CONFERENCE COMMITTEE, The Trager Institute, 10 Old Mill Street, Mill Valley, CA 94941-1891, (415) 388-2688

Cut here ↓

CONFERENCE PARTICIPATION FORM

Nome: _____ Pré nom _____

Adresse: _____

Téléphone: W - (_____) _____ H - (_____) _____

1. Genre de participation:

- Logistique
- Photographie
- Musicien, chanteur, mime, clown, acteur (pour vendredi niut)
- Hospitalité (Réception)
- Modelage de Tee-shirts

2. Oui, je voudrais présenter un workshop. Sujets à discuter:

I^{er} choix _____

II^{eme} choix _____

III^{eme} choix _____

Oui, je voudrais être membre du panel de discussion. Sujets à discuter:

I^{er} choix _____

II^{eme} choix _____

III^{eme} choix _____

Formation professionnelle _____

3. Je voudrais nommer _____ à être inscrit(e)s sur la Plaque d'Accomplissement Professionnels. Justifier votre choix: _____

4. Je voudrais être membre du Service d'Accueil aux Trager: _____

5. Suggestions: _____

Traducteur: Mark Euchel (Practitioner Candidate, Carmel, California)

Prière d'adresser la fiche à:
CONFERENCE COMMITTEE, The Trager Institute, 10 Old Mill Street, Mill Valley, CA 94941-1891 USA, (415) 388-2688

TRAGER CONFERENCE

(continued from page 2)

TRAGER PERPETUAL PLAQUE OF "PROFESSIONAL ACCOMPLISHMENT"

At the last Conference, we started what was obviously meant to become a tradition. We awarded Marilyn Krueger of Minneapolis, Minnesota, as the 'Outstanding Trager Professional'. This Conference Committee wants to continue this type of recognition by establishing a Perpetual Plaque to which names will be added at each Conference. We propose to so honor any number of Trager Practitioners who are nominated and have demonstrated a high degree of professionalism, both in their private practice and in their overall contribution to the Trager Community. The nominating process is open to all of us. Final selections will be made by the Conference Committee and the Trager Instructors. Those so honored will be acknowledged at the Banquet.

VIDEO PREMIERES:

This Conference has the pleasure of hosting the premiere showings of two landmark video productions. The first is the long-awaited Trager Documentary. The second is a preview of Deane Juhan's Trager Anatomy series. Both videos will be available for sale in the Trager Store.

CONFERENCE RAFFLE:

When you register for the Conference, you will automatically be eligible for a raffle ticket. The first prize is the opportunity to be Milton's model for the demonstration session Friday morning of the Conference. Runner-ups receive tee-shirts. All it takes is COMING TO THE CONFERENCE TO BE A WINNER!

PRE-CONFERENCE EVENT, OCTOBER 3: Great Trager Trade & Review Day with Milton & a cast of 8 (all the Instructors)

We are combining two of the single most popular events of the last Conference into one grand slam. The day will include a one-of-a-kind, simultaneous demonstration by the Instructors, Mentastics, and, of course, a chance to give and receive a full session. All this and lunch, too! The fee is \$50.00 and the proceeds will benefit The Trager Institute. Round out the Conference weekend celebration and come join us!

EXPECT TO HEAR FROM US:

Remember, the Registration Brochure will be in the mail the first of March. Don't delay — register promptly. Transmit your excitement to your Trager podners. Milton sometimes says that this work is like the measles, you catch it from someone who's got it. We expect an EPIDEMIC! What could be more fun or more valuable than attending this Conference? What if all 1500 of us showed up? And WHY NOT!?! I'll see you there!

PROVISIONAL TUTORS

Provisional Tutors are Practitioners who provided assessment and check-in sessions under the old Training Track, and who are authorized to conduct Tutorials during this transitional year. Instructors are also Tutors. All Provisional Tutors are enrolled in a continuing training program.

Elna Adams
Oakland, CA
415-547-2661

Linda Edwards
Palo Alto, CA
415-493-1528

Cynthia Ferris
Soquel, CA
408-475-3437

Dianne Goldschlag
Muir Beach, CA
415-388-0382

Natasha Helfetz
Berkeley, CA
415-848-3544

Sue Holper
Oakland, CA
415-534-5803

Rosie King-Smyth, Ph.D.
Santa Cruz, CA
408-475-4573

Delores Kvigne
Mill Valley, CA
415-383-4026

Sage Madrone
Calistoga, CA
707-942-5986

Peter de Zordo
San Francisco, CA
415-285-4994
415-388-2688

Kathleen Zuhde
Manhattan Beach, CA
213-372-4137

Tom Frankenberg
Los Angeles, CA
213-471-3878

Cynthia Harada
Los Angeles, CA
213-373-0472

Susan Komatsu
La Jolla, CA
619-459-4668

Carla Montagno
Santa Barbara, CA
805-965-4795

Adrienne Stone
Santa Monica, CA
213-451-4625

Nancy Winters
San Diego, CA
619-222-0104

Carmela Tuck
Del Mar, CA
619-481-1031

Jackson Friedman
Honolulu, HI
808-734-7038
808-943-0030

Barbara Goodman
Honolulu, HI
808-595-4252

Lynette Brannon
Austin, TX
512-480-0362

Bill Scholl
Marble Falls, TX
512-693-2601

Kenji Kambara
Tucson, AZ
602-326-9598
602-888-2419

Nan Davis
Lakewood, CO
303-232-4766

Marilyn Krueger
Minneapolis, MN
612-781-3540

Asimo
Cambridge, MA
617-876-1171
617-354-6304

Cindy Popp-Hager
Boyleston, MA
617-869-6269

Carol & Jim Day
Trenton, NJ
609-392-7855
609-392-7653

Ken Wieder
New York, NY
212-496-7546

Elizabeth Davis
Atlanta, GA
404-442-3377

Pam Johnson
Miami, FL
305-666-5907

Eileen Boston
Anchorage, AK
907-274-0303

Kim Burg
Seattle, WA
206-782-7781

Nancy Bonifield
Seattle, WA
206-542-8090

Barbara Allin
Portland, OR
503-234-5656

Carlos Martin
Portland, OR
503-238-4010

CANADA

Roland Burgalleres
Outremont, Quebec
514-279-1813

Amrita Daigle
Quebec, Quebec
418-683-4668

Norma Fine
Toronto, Ontario
416-489-8248

Karen Goren
Toronto, Ontario
416-656-2700

Amanda Hartsong
Kingston, Ontario
613-542-2000

Louise de Montigny
Montreal, Quebec
514-843-8382

David Pinto
Toronto, Ontario
416-534-6950

EUROPE

Eva Englund
Sweden
08-59-16-52

Fabienne Hirsch
Saint-Maur, France
885-06-38

PRACTITIONERS NOW RECOMMENDING BEGINNING STUDENTS

Part of the revised Training Track requires that prospective Students receive Trager sessions from a Practitioner and, possibly, take an Introductory Workshop. They need a recommendation from one of the Practitioners with whom they have had professional contact to take the Beginning Training.

The Training Track committee designed this as a gentle screening device, as well as a way to give Students some Trager experience before training. The committee hoped this screening would divert some people from the training who aren't appropriate and would slow down others who aren't ready yet and who need more Trager work done to them before they try and learn it.

When you give Trager sessions to prospective Students, the main things to look for are receptivity, presence, contact, and communication. The vast majority of people will seem easily appropriate for the training. You will need merely to sign their application form or write them a note which they will need to attach to their application form.

There will be some people whose physical tensions and/or attitude make it seem that they would have difficulty learning Trager in their current state. Feel free to suggest that they receive additional sessions before the training. Write down the number of sessions you suggest on their application or a separate piece of paper. Also feel free to communicate your suggestions for that person to the Sponsor and/or Instructor of the training the person wishes to take, so that they can back you up and follow through. An example of this was a woman that came to a Practitioner for a pre-training session who was quite loud and pushy and disclosed that she had already planned to take the Intermediate one month after her Beginning, so she could make money soon. The Practitioner suggested that the woman receive 15 sessions before the training to allow her to experience more of the Trager feeling. The Practitioner called the Instructor and the suggestions were made into a requirement.

The last category is people who seem inappropriate as future Trager professionals. You can refuse to give them a recommendation. You may, if it seems appropriate, gently tell the person that you do not feel they should train in this work. You may also refer the person to the Sponsor and/or Instructor for further contact. You should communicate your concerns to the Sponsor and the Instructor so that they know what to be looking for, and they can ask for a second opinion and/or reject the person. If your concerns are very strong, you should write to the Institute as well.

★ TRAINING ★ TRACK NEWS

NEW DUES RENEWAL PROCESS

Thanks to an initiative by Sheila Merle Johnson, we are returning to a much more efficient dues renewal process. Dues will now be based on the calendar year. As renewal notices are sent out for our 2nd, 3rd, and 4th quarter members, the dues will be prorated. 4th quarter members will be sent a renewal notice which will include 1986. This means that if you are a 4th quarter member, you will receive your renewal notice in the Fall '85 newsletter, and you will renew for that one quarter, and the rest of 1986. This will save everyone involved some paperwork. As new members join, they will simply pay dues prorated for the calendar year.

REMINDER OF UPCOMING DEADLINES

MAY 1, 1985: TRAINEES must get Practitioner Candidate papers to Institute.

DECEMBER 31: PRACTITIONER CANDIDATES must get Practitioner papers to Institute.

TRAINEES and PRACTITIONER CANDIDATES who do not meet these deadlines will become Students, and will NOT be able to charge for their work until they complete the new Practitioner requirements.

1985 CONFERENCE COMMEMORATIVE TEE-SHIRT

Let us know if you would like to order a Tee-shirt specially designed for our 1985 Conference. It would be a popular style, 100% cotton, and would say something like "I Attended the 1985 Trager Conference", with logo and date. Indicate your interest by marking the box on your Conference Participation Form in this newsletter (page 3).

Practitioners Recommend (continued)

It is hoped that this new requirement will serve you as well as the new Student. Please let the office know if you have any problems or questions. If you have any doubts about a person, talk to an Instructor. Please write your responses, suggestions and recommendations down.

RAISE 1986 DUES?

Sheila Merle Johnson

I want to offer you some facts and figures to tickle your thoughts about some future possibilities for the Institute. Practitioner dues have stayed constant for the last couple of years. Membership dues (all levels) account for about 42% of the Institute's annual income. Instructor tithes (from less than 1% of the membership) account for 20% of the income. Current income pretty well covers current Institute services rendered. If we keep the levels of service the same in the future, the dues could probably remain fairly constant, except for minimal rises in 1986 and future years to cover rising postage and other costs. That is the vision based on the perpetuation of the status quo.

There are other models, however, for both Practitioner dues and services rendered. Both Feldenkrais and Rolf Practitioners pay far more per year than Trager Practitioners to support their respective institutes. For example, the Rolfs pay over **10 times** as much as we do. That figure may seem shocking, but when you examine what services that that allows their institute to provide for them, it gives pause about what we might do. My understanding is that they have good legal support for their practitioners. Part of that support has been to help practitioners get licensed in each state and, where possible, to help the passage of better State laws. They have good marketing services to help practitioners develop their practices. They can afford to have a participatory democracy for running aspects of the institute, since they can bring elected representatives in from the distant regions.

These are just a few of the possible services that a substantial dues raise could make possible, and this seems the appropriate time to think about it since the theme of this year's conference is *Professionalism*. Please take some time to write down what extra services you would like and what raise in dues you would like to see to cover them. Write those ideas to me at the Institute. I will assemble what I receive for presentation at the Conference where we can get greater input. The decision will be made in the fall, based on the input, for 1986 Practitioner dues.

OUR APOLOGIES

... to MIA KUSUMADILAGA! In our last newsletter, we printed Mia's beautiful personal statement. However, part of her last name got cut off in the printing. We wish to set the record straight, and to thank Mia again for her statement.

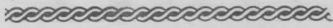


CONGRATULATIONS Deane Juhan!

Trager Instructor Deane Juhan's highly articulate and readable article on Trager Work has been published in *The Bodywork Book*. The 12-page article, including photos of Dr. Trager at work, appears with 11 other essays on various bodywork disciplines. *The Bodywork Book* is published by PRISM ALPHA, Dorset, England; and is distributed in the United States by PRISM ALPHA, P.O. Box 778, San Leandro, CA 94577. California agent: Matt A. Govig, Interbook, Inc., 14895 East 14th St., #370, San Leandro, CA 94577.

TRAGER MARRIAGES

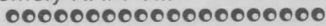
Our best wishes go to Trager Practitioner Marla Susan Feiles and her new husband, Terry Jay Sutherland, who were married October 27, 1984, at the Temple of Sinawava, Zion Canyon, Utah.



Cindy Popp and Clyde Hager, of Boyleston, MA, are to be married on February 21, 1985. Cindy is a full-time Trager Practitioner, Workshop Leader and Supervised Practice instructor. Clyde is a Computer Programmer. They'll be back in residence in Boyleston, MA, following a honeymoon in the Bahamas. Best wishes and congratulations from all your Trager Family.

Trager Babies . . . Babies

Congratulations to Karen and Marshall Hortig of Toronto, Ontario, on the birth of their first child, Alison Michelle, on October 22, 1984. Alison Michelle came into the world through a "relatively quick and easy" birth weighing a hearty 9 lbs., 1 oz. Karen and Marshall wrote us saying ". . . and we're all very healthy and extremely HAPPY!!!"



Ma Nirava Niseema, a New York practitioner is happy to announce the gentle coming of a beautiful son, Raphael. Born September 12, 5:57 p.m., 1984.

*To become soft and to feel
to taste the tissues
without pushing
without trying to change
just be with it
How light can this be?
Life is to be lived like this.*

— Catherine L. Travis

Farewell, Joshua

On January 6, 1985, we lost a dear Tragerer. Joshua Thomas, a Practitioner Candidate from Grand Rapids, Michigan, was murdered along with several others by a relative of his girlfriend. Joshua trained with Sheila Merle in Montreal in June of 1983. He took his Intermediate with Betty Fuller in June of 1984, and studied with Milton in the fall of 1984 at the Institute. He was a man loved by all who knew him for his gentleness and sweetness. He had great Trager hands — big, soft, dry and warm, like Milton's — and a spirit which made him a natural for this work. He will be greatly missed!

THE JOSHUA THOMAS MEMORIAL SCHOLARSHIP FUND

We are pleased to announce that Ann Eliachar and Karen Avery have initiated a Memorial Scholarship Fund in the name of Joshua Thomas. The fund begins with an initial contribution of \$200 by Karen Avery, Rick Boonstra, and Ann Eliachar. Contributions to this fund may be sent to The Trager Institute. Our deepest appreciation to Karen, Rick, and Ann for this generous and heartfelt contribution.

JOSHUA THOMAS

Betsy Oldenburg

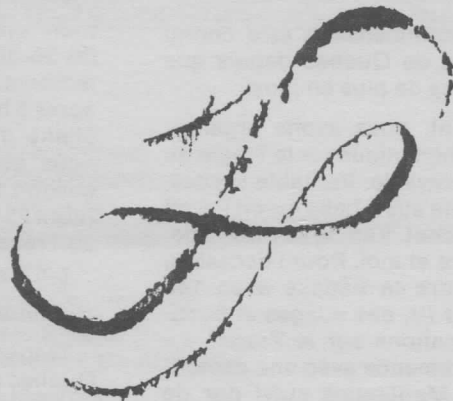
Joshua Thomas always exuded a gentle non-intrusive manner that made him a natural candidate for Trager work. He touched many lives with continual support and caring, and many recipients of his work felt he had a special gift.

Joshua attended his Beginning training in 1983 in Montreal. In 1984, his Trager community expanded to London, Ontario, and Toronto. For Josh, London became a second home where he learned, played and shared with his Trager family contacts. Joshua delighted in his September training with Dr. Trager, and felt strongly reinforced concerning the need to take care of his body. He often shared this consciousness with his co-workers in heavy physical labor.

Joshua met his tragic death in Grand Rapids, Michigan, on January 6th, 1985. Those of us who had the privilege of sharing so much with Joshua, even for a short time, feel very blessed. We are grateful to the Institute for bringing him into our lives.

A contribution in his honor will be made to the Institute by those who knew Joshua. Notes of condolences can be sent to his parents:

Rev. & Mrs. Edwin C. Thomas, Jr.
1704 N. Bancroft
Wilmington, Delaware 19806



*All life is movement
Dancing light, life and laughter
The dancer is danced*

— Janis Page



THE TRAGERsm INSTITUTE
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FIRST CLASS

PLEASE FORWARD

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JOURNAL CANADIEN-EUROPEEN

We welcome news from foreign parts. We would love to receive articles from far-away regions and will attempt to print them in the appropriate language.

From AMRITA DAIGLE . . .

Mmmmm mentastic! _____

Le Trager commence à être connu dans la région de Québec depuis que nous en parlons de plus en plus!

Dernièrement, nous avons organisé une semaine thématique sur le Trager au Centre où je travaille. Véritable succès, la semaine a été aussi belle qu'on l'avait imaginée. Michel Van Waeyenberge, Nicole Giguère et moi. Pour l'occasion, on avait décoré la bâtisse avec 140 ballons blancs (!), des nuages et beaucoup d'informations sur le Trager. La semaine a commencé avec une démonstration et Mentastics suivi par de petites séances de Mentastics tous les soirs et un "marathon" le dernier jour. Le "marathon" se déroulait comme ceci: de 14h à 19h, nous avons offert des mini-séances de Trager (1/2 heure pour \$5.00), Michel, Nicole et moi dans la même salle.

Le Hook-up était tellement présent dans la salle que les gens nous disaient se relaxer juste à être là et à nous regarder "Trager"! Nous avons clôturé le "marathon" avec une heure de Mentastics avec les 25-30 personnes qui étaient là à ce moment. Quelle expérience pour nous, après 5 heures de Trager... nous étions pleins d'énergie! Pendant la semaine, nous avons fait des Mentastics avec environ 100 personnes et 27 d'entre elles (dont 25 pour la première fois) ont goûté au Trager dans le "marathon".

Mmmmm mentastic! _____

Trager begins to be known in the Quebec city area as we talk about it more and more!

Lately, we have had a Trager-promotion-week in the Center where I work. It has been a big success, as large as we have had imagined it, Michel Van Waeyenberge, Nicole Giguère and I. For

that week, we had decorated the place with 140 white balloons (!), clouds and a lot of Trager information. The week was beginning with a demonstration, followed by Mentastics each evening and a "marathon" on the last day. The "marathon" was going like this: from 2:00 in the afternoon 'til 7:00 in the evening, we were offering mini-Trager sessions (1/2 hour for \$5.00), Michel, Nicole and I, in the same room. You should have felt the Hook-up in there! People told us that the feeling in the room was so great that they already were relaxed just to be there! After the "marathon" we did one hour of Mentastics with the 25-30 persons who were there. That was really something for us, after 5 hours of Trager; we were so full of energy! During the week, we've done Mentastics with about 100 persons, and 27 from them (25 for the first time!) have had a taste of what Trager is in our "marathon".

VOYAGE ORGANISE

Les personnes intéressées à un voyage en groupe d'Europe à la Conférence en Octobre puissent s'adresser à:

ORGANIZED TOUR

Those interested in a group trip to the October Conference can contact:

FABIENNE HIRSCH: 17 Av. La Fontaine, St. Maur 94100 France, 1-885-0638