



# TRAGER NETWORK NEWS & TRAINING SCHEDULE

Membership Newsletter of The Trager Institute

April 1985

Vol. V, No. 24

## THIRD INTERNATIONAL TRAGER CONFERENCE

October 4 - 6, 1985  
Santa Rosa, California

Carol Campbell

What a thrill it was to receive my Registration Brochure! I've already mailed off my deposit and I hope you have, too. A prompt response will help ensure your first choice of accommodations.

Don't forget to enroll in the Pre-Conference Day. It's quite an experience to spend a day refining your work with the support and guidance of Milton, all the Instructors and over a hundred of your fellow Tragerers. Mentastics and an opportunity to see all the Instructors work will round out the day. I can't think of a more dynamic way to begin your Conference weekend. Enrollment details are in the Registration Brochure.

"Thank you" to the many folks who responded to the Participation Forms in the last two Newsletters. Our Committee needs are just about met. We do need more help in the Trager Store. And, in general, there's always room for one more on any of the committees. So, if you haven't told us yet how you can help, there's still time. Check the last (February 1985) Newsletter for details on each Committee. Contact the Committee Coordinators which we're listing again below.

We have a number of exciting Workshop proposals being considered. Topics so far range from communication with clients to regional Trager organization, have come forward to share their experience with us. We are encouraging a team or co-leading approach, pain where possible and appropriate, and the emphasis will be on experiential, tics, and Institute goals, process-oriented presentations. If we have any potential Workshop leaders out there yet to make themselves known, don't keep us in suspense! You might have just the Workshop topic to round out the program. Let us hear from you!

The Panel is another program highlight. You will have the opportunity to learn about how Trager is impacting professional sports, the practice of physical therapy, traditional counseling approaches, prison rehabilitation programs and more. The Panel has possible space for one or two more presenters. If you feel you can contribute as a panelist, please write down the specifics of your professional situation, and send this information to us no later than June 1st.

There are still other ways you can contribute to the Conference. We'd love to have more people offer their talents as roving Photographers (you bring the camera, we supply the film), Tee-shirt Models (I know there's a lot of *Trager cheesecake* out there!), Escorts (a special way of being with Milton and Emily), and Friday Night Talent for our International Buffet (to add to the sufi and hula dancing already planned). We've had requests for some early morning (pre-breakfast) activities, so we are including EARLY RISERS to the Conference Program. Let us know if you would like to co-ordinate Mentastics, yoga, stretching, meditation, running, or a similar activity for the (almost) crack-of-dawn bunch.

**A Reminder:** We've listed again the names and phone numbers of all the Committee Coordinators who you can contact directly. Direct general offers of help, ideas, nominees for the Perpetual Plaque of "Professional Accomplishment", and any Conference related questions, etc. to: CONFERENCE, THE TRAGER INSTITUTE, 10 OLD MILL ST., MILL VALLEY, CA 94941-1891, 415-388-2688.

### CONFERENCE COORDINATORS

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
Rosie King, <i>Banquet Co-ordinator</i> .....	408-475-4573
Deborah Van Buren, <i>Hospitality Co-ordinator</i> .....	408-356-6724

(continued on page 2)

## MILTON & EMILY ARE GETTING MARRIED!

Milton and Emily Trager want to celebrate their 20th Wedding Anniversary with a full religious wedding ceremony in the Jewish tradition. You are all invited to celebrate with them their 20 years together (all legal as they were married by a judge!), and to help launch them on all their years to come in this moving ceremony within their faith.

Rabbis Nathan and Joseph will perform the service on Friday evening, May 17, 1985 at 8:00 at the Community Congregational Church, at the top end of Rock Hill Road in Tiburon, Marin County. The ceremony will be followed by a reception with feasting and dancing to live music! Emily plans to wear her original wedding dress, so do wear your party finery and dancin' shoes!

Their actual anniversary date is May 22nd, which is also Emily's birthday. She has often shared that her

(continued on page 2)

### ★ ★ Contents ★ ★

1985 Practitioner Candidate Clarification  
 Fate of Trainees  
 Diane Bristow's Poem  
 Office Hours & Roster List  
 Marriages & Births  
 Brochure Order Form  
 Will Well's Chart  
 Requests For Volunteers  
 Trager Conference  
 Milton Trager, M.D. in California Living  
 Trager in Sweden  
 Mud Baths R & R  
 Thai-Trager Experience  
 Provisional Tutors Revisions  
 Oops: Deane Juhan's Schedule  
 Swimming in Mentastics  
 Milton's Schedule & Form  
 1985 Summer Training Schedule

Tom Frankenber, <i>Financial Overseer</i> .....	213-471-3878
Pam Johnson, <i>Panel Co-ordinator</i> .....	305-666-5907
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

In closing, some thoughts from our Program Coordinator, Fawn Dutcher: "In hook-up there's a connection where two people become one and the unity is powerful. Imagine how powerful the Conference will be as we all come together in hook-up. It is this coming together that will enrich and expand the personal development that each of us seeks. Let's represent and share every professional and personal resource we have available to us. Together we can create a tremendous affirmation of love, support and peace. Let's connect through all the dimensions Trager has in our lives."



**ALERT! THE MEANING OF "FORMAL" IN TRAGER TERMS**

In the Registration Brochure for the Conference, the Saturday Banquet/Dance is listed as a "formal" event. By formal we do NOT mean the traditional Emily Post interpretation. What we mean is something nice, something you'd like to party in. Not tee-shirts and jeans. Something you feel special in. Something comfortable to dance in. OK? See you there! Oh, don't forget your dancin' shoes!

**A Day in the Life of a Trager Conferee . . . . .**

Here's our proposed Conference schedule of events. The events themselves are described in the Conference article in this Newsletter and in the last (February) Newsletter. We thought you'd like to get a feeling of the flow of each Conference day.

**Friday - October 4**

9:00-10:00	Registration
10:00-12:00	Official Conference Welcome Raffle Demonstration by Milton Trager, M.D. Mentastics led by Milton Trager
12:00-12:30	Free Time
12:30- 2:00	Lunch
2:00- 3:00	Series One of Simultaneous Workshops
3:00- 3:30	Free Time
3:30- 4:30	Series Two of Simultaneous Workshops
4:30- 6:30	Free Time
6:30	International Buffet and Social

**Saturday - October 5**

7:00- 8:00	Early Risers
7:30- 8:30	Breakfast Buffet
8:30- 9:00	Free Time
9:00-10:00	Series Three of Simultaneous Workshops
10:00-10:30	Free Time
10:30-11:30	Series Four of Simultaneous Workshops
11:30-12:00	Mentastics with Milton Trager
12:00-12:30	Free Time
12:30- 2:00	Lunch Buffet
2:00- 2:30	Premier Showing of Trager Documentary Video
2:30- 4:30	Panel Discussions
4:30- 6:30	Free Time
6:30	Banquet and Dance

**Sunday - October 6**

7:00- 8:00	Early Risers
7:30- 9:30	Continental Buffet Breakfast coupled with Regional Referendum Meetings
9:30-10:00	Free Time
10:00-11:00	"Swimming in Hook-up" with Milton Trager
11:00-11:30	Free Time
11:30- 1:30	Champagne Brunch Official Conference Closure
1:30- 2:00	Check-out Time

**Milton & Emily Marriage**  
(continued from page 1)

marriage to Milton is the most beautiful birthday gift any lady could ask for and she especially wants to share her happiness with you all. Both Milt and Emily realize many of you are too far away to attend the ceremonies on May 17, but they would love to hear from you. Cards and notes can be addressed to them at The Trager Institute. For those of you who can attend in person, please RSVP at The Trager Institute, 415-388-2688.

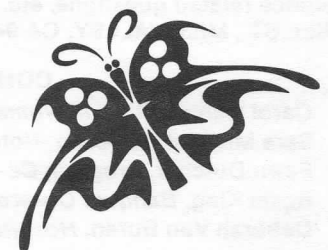
Emily said, "We really don't want people to give us presents — we do want their presence — but if they really want to do something, perhaps they's consider making a gift to The Trager Institute. I'm sure everyone knows how important it is to us." One of the traditions associated with this kind of marriage is the bringing of **home-made desserts**. So, feel free to bake a dessert for the ceremony; other kinds of food will be provided. Please do not bring bakery goods or store-bought foods.

Rock Hill Road is off Tiburon Blvd. (Hwy. 131) across from the tennis club. Further directions to CCC will be given when you RSVP. Parking could be a problem, so please come early. Bring a light wrap, as it can cool off in the evenings.

**"MUD IN YOUR EYE"**

**Monday, October 7, 1985**

Wondering what to do with that day after the Conference? How 'bout a little R&R in a Calistoga Mud Bath before starting that training — or the journey home? A special package deal is being worked out at the Golden Haven Spa in Calistoga. Overnight accommodations are not included, but motels and B&B-s abound, and a few local Trager folk will have sleeping bag space available. For info write: Sue Unger, P.O. Box 804, Calistoga, CA 94515.



**Membership in The Trager Institute for Psychophysical Integration and Mentastics is REQUIRED for admission to ANY Trager Training.**

The Board of Registered Nursing in the State of California has approved The Trager Institute as a provider of continuing education for registered nurses. The courses listed here are approved for California registered nurses.

## BEGINNING TRAININGS

All Beginning training fees include Student dues for membership in The Trager Institute. The dues are prorated for the first calendar year. The 1st quarter dues are \$40, the 2nd quarter dues are \$30, 3rd quarter dues are \$20, and 4th quarter dues are \$50 (\$10 plus \$40 for the subsequent year).

**May 6-11 Mill Valley, CA** **Sheila Merle Johnson** **\$505 \***  
NOTE: \$475 if PAID IN FULL by April 15th.

CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.

**May 8-13 Seattle, WA** **Betty Fuller with** **\$530**  
**Gwen Crowell, Instructor Candidate**

CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N. E. 72nd, Seattle, WA 98115, 206-522-9384 — NR.

**May 10-15 Trenton, NJ** **Cathy Guadagno** **\$505**

CONTACT: Jim & Carol Day, 21 Whittier, Trenton, NJ 08618, 609-392-7855 — Sleeping bag arrangements avail.

**June 5-10 Duluth, MN** **Gary Brownlee** **\$530**

CONTACT: Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413, 612-781-3540

**June 8-10 & 14-16 New Orleans, LA** **Betty Fuller** **\$530**

CONTACT: Bill Scholl, P.O. Box 542, Marble Falls, TX 78654, 512-693-2601 or Agape Center, 236 W. Harrison Ave., New Orleans, LA 70124, 504-482-1077 — NR: sleeping bag arrangements avail.

**June 11-16 Montreal, Canada** **Sheila Merle Johnson** **\$485 \*†**

NOTE: \$455 if PAID IN FULL by May 11th.  
CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec, H2V 3Y7, Canada, 514-279-1813 or Jacques Hebert, 514-845-6936 or Louise de Montigny, 514-843-8382 — NR.

**June 13-18 Little Rock, AK** **Gary Brownlee** **\$505**

CONTACT: Ann Lasater, Murray Valley, Parthenon, AK 72666, 501-446-5642 or Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836 — NR.

**June 22-28 Boston, MA** **Gail Stewart** **\$505**

CONTACT: Asimo, 4 Jay St., Cambridge, MA 02139, 617-354-6304 or 876-1171 — Room & board avail. Sleeping bag arrangements avail.

**June 30-July 7 Big Sur, CA** **Betty Fuller** **TBA**

NOTE: Call Esalen for fee.  
CONTACT: Esalen Institute, Big Sur, CA 93920, 408-667-2335 — R: sleeping bag arrangements avail.

**July 4-7 & 10-11 New York City, NY** **Sheila Merle Johnson** **\$520 \***

NOTE: \$470 if PAID IN FULL by June 4th.  
CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York City, NY 10025, 212-496-7546 — NR: sleeping bag arrangements avail.

**July 4-7 & 13-14 Los Angeles, CA** **Gary Brownlee** **\$495**

CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836 — NR: sleeping bag arrangements avail.

**July 19-21 & 26-28 Santa Cruz, CA** **Carol Campbell** **\$495 \***

NOTE: \$465 if PAID IN FULL by July 1st.  
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216 — NR: sleeping bag arrangements avail.

**July 22-27 Mill Valley, CA** **Sheila Merle Johnson** **\$495 \***

NOTE: \$465 if PAID IN FULL by July 1st.  
CONTACT: The Trager Institute, 415-388-2688 (see above) — NR: bed & breakfast avail.

**July 28-Aug 3 Breitenbush, OR** **Gary Brownlee** **\$495 \***

NOTE: \$445 if PAID IN FULL by July 1st.

### KEY:

R = Residential

NR = Non-Residential

\* = Reduced fee for advance payment in full

† = All Foreign Members please use International Money Orders in US currency only

CONTACT: Carlos Martin, Common Ground, 2917 N.E. Everett, Portland, OR 97232, 503-238-4010 — R: extra fee for room & meals.

**Aug. 9-14 Bethesda, MD** **Gary Brownlee** **\$495**

CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262 — NR.

**Aug. 10-15 Paris, France** **Sheila Merle Johnson** **TBA**

CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 1-884-0638

**Sept. 6-8 & 13-15 Montreal, Canada** **Gail Stewart** **\$510 \*†**

NOTE: \$480 if paid 1 MONTH IN ADVANCE.  
CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec, H2V 3Y7, Canada, 514-279-1813 or Jacques Hebert, 514-845-6936 or Louise de Montigny, 514-843-8382 — NR.

**Sept. 10-15 Trenton, NJ** **Sheila Merle Johnson** **\$495**

CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, 609-392-7653 or 392-7855

**Sept. 24-29 Toronto, Canada** **Gary Brownlee** **\$420 \*†**

NOTE: US citizens fee is \$495, \$50.00 discount if PAID IN FULL by August 24th.  
CONTACT: Amanda Hartsong, 102 Sherwood Dr., Kingston, Ontario K7M 2E3, Canada, 613-542-2000 — R: probably — if so, extra fee

**Oct. 12-17 Philadelphia, PA** **Gail Stewart** **\$525**

CONTACT: Djuna Wendruff & Peggi Fuhs, Institute for Therapeutic Touch, P.O. Box 42808, Philadelphia, PA 19101, 215-387-2171 — Room & board avail.

**Oct. 22-27 Massachusetts** **Sheila Merle Johnson** **\$550 \***

NOTE: \$525 if PAID IN FULL by October 1st.  
CONTACT: Cindy Popp-Hager, 3 Castaldi Dr., Boylston, MA 01505, 617-869-6269

**Oct. 28-Nov. 2 Marble Falls, TX** **Carol Campbell** **\$675**

NOTE: Room & board included in fee.  
CONTACT: Lynette Brannon, 512-480-0362; or Bill Scholl, P.O. Box 542, Marble Falls, TX 78654, 512-693-2601 — R.

**Nov. 1-3 & 8-10 Los Angeles, CA** **Gary Brownlee** **\$525**

CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90235, 213-823-2836 — NR: sleeping bag arrangements avail.

## Hear Ye, Hear Ye!

Be it known that office hours at The Trager Institute are 9:00 a.m. to 3:00 p.m., pacific time. These are the times that you can be reasonably assured of reaching an office person rather than the answering service. Occasionally, however, we may be in conference, or otherwise indisposed. Also, we will frequently be at the phone before 9:00 a.m. and after 3:00 p.m. When you call and reach the answering service, if its an emergency, the answering service is instructed to bridge your call to the home of an office person.

## INTERMEDIATE TRAININGS

These trainings are open to all Students who have completed Fieldwork A in the Training Track, and to ALL Practitioner Candidates and Certified Practitioners.

<b>May 1-5</b>	<b>Los Angeles, CA</b>	<b>Sheila Merle Johnson</b>	<b>\$450</b>
CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836 — NR: sleeping bag arrangements avail.			
<b>June 14-18</b>	<b>Boston, MA</b>	<b>Gail Stewart</b>	<b>\$450</b>
CONTACT: Cindy Popp-Hager, P.O. Box 733, Boylston, MA 01505, 617-869-6269 — Room & board avail.			
<b>June 25-29</b>	<b>Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$450</b>
NOTE: \$25 less for students enrolled in Alternatives Day on June 24th. CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688, NR: bed & breakfast avail.			
<b>Aug. 2-6</b>	<b>Zurich, Switzerland</b>	<b>Sheila Merle Johnson</b>	<b>TBA</b>
CONTACT: Monika Sutter, Pfannenstilstrasse 18, 8820 Wadenswil 01 780 3977, Switzerland			
<b>Aug. 2-6</b>	<b>Trenton, NJ</b>	<b>Gail Stewart</b>	<b>\$450</b>
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, (609) 392-7653 — Room & board avail.			
<b>Aug. 8-12</b>	<b>Toronto, Ontario</b>	<b>Betty Fuller</b>	<b>\$450†</b>
NOTE: U.S. money orders payable to Karen Goren Hortig. CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario, M6G 3P8, 416-656-2700 — NR: sleeping bag arrangements avail. by previous arrangements only.			
<b>Aug. 16-20</b>	<b>Santa Cruz, CA</b>	<b>Carol Campbell</b>	<b>\$450</b>
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216 — NR.			
<b>Aug. 24-28</b>	<b>Bethesda, MD</b>	<b>Carol Campbell</b>	<b>\$450</b>
CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262 - NR.			
<b>Sept. 18-22</b>	<b>Montreal, Canada</b>	<b>Gail Stewart</b>	<b>\$400*†</b>
NOTE: \$380 if paid fully 1 MONTH IN ADVANCE. CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec, H2V 3Y7, Canada, 514-279-1813 or Jacques Hebert 514-845-6936 or Louise De Montigny, 514-843-8382.			
<b>Sept. 26-30</b>	<b>Mill Valley, CA</b>	<b>Sheila Merle Johnson Gail Stewart</b>	<b>\$450</b>
CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail. — NR.			
<b>Oct 9-13</b>	<b>Santa Cruz, CA</b>	<b>Carol Campbell</b>	<b>\$450</b>
CONTACT: Carol Campbell, 408-429-8216 (see above) — NR.			
<b>Oct. 20-24</b>	<b>New York City, NY</b>	<b>Gail Stewart</b>	<b>\$450</b>
CONTACT: Ken Wieder, 306 W. 92nd St. #1-F, New York City, NY 10025, 212-496-7546 — NR.			
<b>Nov. 5-9</b>	<b>Oviedo, FL</b>	<b>Carol Campbell</b>	<b>\$450</b>
CONTACT: Reese Institute, 425 Geneva Dr., Oviedo, FL 32765, 305-365-8248 — Sleeping bag arrangements avail.			

## PRACTITIONER I TRAININGS

<b>June 21-23</b>	<b>Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$375</b>
CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.			
<b>July 12-14</b>	<b>Denver, CO</b>	<b>Betty Fuller</b>	<b>\$400</b>
CONTACT: Nan Davis, 8621 W. 10th Ave., Lakewood, CO 80215, 303-232-4766 — NR.			
<b>Aug. 2-4</b>	<b>Toronto, Ontario</b>	<b>Betty Fuller</b>	<b>\$400†</b>
NOTE: U.S. money order payable to Karen Goren Hortig. CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario M6G 3P8, Canada, 416-656-2700 — NR.			
<b>Aug. 31-Sept. 2</b>	<b>Trenton, NJ</b>	<b>Betty Fuller</b>	<b>\$400</b>
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, (609) 392-7653 — NR: room & board avail.			
<b>Sept. 23-25</b>	<b>Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$375</b>
CONTACT: The Trager Institute, 415-388-2688 (see above) — NR: bed & breakfast avail.			
<b>Oct. 9-11</b>	<b>Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$375</b>
CONTACT: The Trager Institute, 415-388-2688 (see above) — NR: bed & breakfast avail.			
<b>Oct. 22-24</b>	<b>Paris, France</b>	<b>Betty Fuller</b>	<b>TBA</b>
CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 1-885-0638			
<b>Oct. 26-28</b>	<b>Bethesda, MD</b>	<b>Betty Fuller</b>	<b>\$400</b>
CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262			

### A NOTE ON SLEEPING ARRANGEMENTS IN MILL VALLEY

Although we are not able to accommodate Trager students at the Institute itself, several homes have emerged in Mill Valley as places to sleep, and, perhaps, eat breakfast. Some offer sleeping bag arrangements on the floor, some have beds, some have window seats. Some have group sleeping arrangements, some are more private; some are modern, some California funky. They differ as well in bathroom facilities offered. Check when you telephone.

Fees range from \$10-\$60 per person. Nancy's and Denise's places are within walking distance, the others are a short bus or car ride. All numbers are in the 415 area code.

Delores Kvigne: 383-4026  
Cecile Cutter: 388-5475  
Nancy Ford: 388-4581  
Sara Goren: 388-4265  
Denise Zwart: 383-0988  
Mary Ann Mitchell: 381-0556  
Ruth Zacherly: 383-4821

## TRAGER AT A.H.P. IN CHICAGO

Milton Trager, M.D., will be a featured speaker at the 1985 international annual meeting in Chicago, Illinois of the Association for Humanistic Psychology. Both he and Betty Fuller will also conduct day-long Institutes on The Trager Approach along with ½-day Introductions to Trager for the hundreds of participants.

Milton's ½-day Intro. is scheduled for Friday morning, July 26, and his Institute, "Trager on Tragering by Trager," is Monday, July 29. Trager Practitioners who can bring a table to Milton's Institute *will be admitted* to assist him provide tastes of the work.

If you are a Practitioner with a table who wants to assist Milton, call The Trager Institute by Monday, July 20th so you will be on the list at the door.

Betty's Institute, "The Levity of Gravity," which introduces 'Functional Kinetics', her synthesis of her experience of Trager, Feldenkrais and Fritz Perls, meets on Monday, July 22, and her ½-day Intro. is Wednesday morning, July 24. We are mailing an A.H.P. with all reservation information to all of our members on the North American continent.

## MILTON TRAGER, M.D. TRAININGS

There is a minimum and maximum number of participants for each class. Since registration will vary, it may happen, from time to time, that spaces in a given class may remain open after the selection notification date, so check with the Institute office. Conversely, if we have too many applicants for a given class, we will maintain a waiting list, and when possible, even add a second class. in the same time period.

### NOTE

Practitioner trainings are numbered I, II, III, IV and V to differentiate them, but please don't get caught in the "numbers game" of trying to rush through them, taking just one of each in sequence. Once you are past Practitioner I, the biggest difference in the trainings is the format: for example, some have larger or smaller groups; some have more observation of Milton or more Instructor feedback. Each level offers something unique and special. You are encouraged to repeat classes which please you. In some cases, you may be required to do so, to fill gaps in your learning. Either way, the training sequence is not designed to be linear or rigid but, like the work, to flow and respond to each person's needs.

**LOCATION:** All of Dr. Trager's Trainings will be held in Mill Valley, CA.

### REGISTRATION INFORMATION:

- 1) **Deposit:** Send a \$100 check or money order payable to **The Trager Institute**, together with your application to The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891. Non U.S. members **use ONLY international money order in U.S. currency, drawn on a U.S. bank.**
- 2) **Application:** Enrollment is by mailed application ONLY. No phone reservations will be taken. To apply, fill out the enclosed application form and mail it with your deposit to the Institute. Your application will be refused if you check is improperly made out, if your deposit does not accompany your application, or if the training prerequisites have not been met. If accepted, your deposit becomes non-refundable.
- 3) **General Prerequisites for Application:**
  - a. Current Institute membership in good standing.
  - b. Appropriate professional status for desired training (see below) with assessment completed and on file at Institute. (see below for additional training prerequisites.)
- 4) **Deadlines:** The chart below indicates: a) the dates applications and deposits must be received at the Institute for each training; b) the date notification of selected participants will be mailed; c) the special date non U.S. students may phone the office to find out their application status; and d) the date the balance of the class fee is due.

Training Dates	Application Received	Notification Sent	Phone Day	Balance Due
June & July	April 1	April 8	April 10	May 15
August	May 1	May 8	May 10	July 1
Sept. & Oct.	June 3	June 10	June 12	Aug. 1
November	July 1	July 8	July 10	Oct. 1
December	Aug. 5	Aug. 12	Aug. 14	Nov. 1

## DR. TRAGER'S CLASS OPENINGS

There are still places available in Dr. Trager's June and July classes. If you are holding off because you hope to get into a class near the October conference, be aware that there will probably be far more applicants than places at that time, and that preference for a large number of places will be given to those from far away. Even with that, since there is limited space in each class, there will undoubtedly be many disappointments. So, if you can possibly do it, consider the earlier classes.

### PRACTITIONER II

June 26-28      Aug. 15-17      Oct. 10-12      Nov. 25-27      \$425  
 MAXIMUM: 18 participants.

**Additional Prerequisites:** Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner I (the former Intermediate II).

\* \* \* \* \*

Dr. Trager has given Betty Fuller special approval to teach Practitioner II level classes in Europe. European Practitioners will be able to count only ONE of these classes towards their Continuing Training requirements in Phase A & B.

Oct. 17-19 Paris France      Betty Fuller      TBA  
 CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 1-885-0638

### PRACTITIONER III

May 19-21 ‡      July 15-17      Sept. 28-30      Dec. 12-14      \$450  
 MAXIMUM: 14 participants.

**Additional Prerequisites:** Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner I & II (or 2 trainings of the former Intermediate II level and above.)

‡ Still accepting applications for the waiting list. The May 19-21 class is of the old format with 12 students.

### PRACTITIONER IV

June 21-23      Sept. 22-24      Nov. 21-23      \$475  
 MAXIMUM: 10 participants.

**Additional Prerequisites:** Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner I, II & III trainings (or 3 trainings of the former Intermediate II level and above.)

### PRACTITIONER V

Oct. 15-17      Dec. 7-9      \$500  
 MAXIMUM: 8 participants.

**Additional Prerequisites:** Applications will be accepted ONLY from Certified Practitioners who have already successfully completed 4 trainings of Practitioner II level and above (or 5 trainings of the former Intermediate II level and above), who have taken a Practitioner IV training (formerly Practitioner III 1/85-4/85, Practitioner Intermediate or Advanced Practitioner Intermediate 9/83-12/84), and who have been a participant in a training with Dr. Trager in the 18 months prior to the desired Practitioner V training. Enrollment preference will be given to applicants with greater training and experience, with selection input from Dr. Trager.

## REFLEX RESPONSE

The next Reflex Response class has been postponed until mid-November. The whole class is being reworked in response to feedback from past participants, and more time is needed for this process. Practitioners who are drawn to learning this specialized form of Trager work should be aware that it requires an advanced level of expertise in the Trager Psychophysical Integration tablework. Details of the class will be published in the next Newsletter.

## ASSISTING AT MILTON'S TRAININGS

Assisting in trainings with Dr. Trager is an exciting way to further your experiences of the work. If you qualify for a given assisting position, according to the criteria below, you will need to apply to the Institute for the training at which you wish to assist. You will also be required to volunteer one additional day of work at the Institute within 3 months of the training, preferably before or adjacent to the training.

LOGISTICS ASSISTANTS keep the classroom clean, launder sheets, run errands for the class and the Tragers and do whatever else it takes to help the class run efficiently. They are not always in the classroom and need to be able to walk or drive to get supplies. They need to be available all the days of the training, from before the students arrive until after they leave.

### Assisting Needs and Prerequisites

**PRACTITIONER II's: June 26-28 Aug. 15-17 Oct. 10-12 Nov. 25-27**  
1-4 MONITORS: Tutors who have had at least 4 trainings with Dr. Trager above the Intermediate level (formerly Intermediate I) and who have had considerable experience assisting in Beginning and/or Intermediate trainings.

2 LOGISTICS ASSISTANTS: Practitioners who have taken the Practitioner II (or 2 classes of the former Intermediate II level or above) with Dr. Trager and who have assisted in Beginning trainings.

**PRACTITIONER III's: July 15-17 Sept 28-30 Dec. 12-14**

1-3 MONITORS: Same as above.

2 LOGISTICS ASSISTANTS: Practitioners who have taken 2 trainings of the Practitioner II level or above (or 3 of the former Intermediate II or above) with Dr. Trager and who have assisted in Beginning and/or Intermediate trainings.

**PRACTITIONER IV's: June 21-23 Sept. 22-24 Nov. 21-23**

2 LOGISTICS ASSISTANTS: Practitioners who have taken at least 3 trainings of the Practitioner II level or above (or 4 of the former Intermediate II or above), who have already participated in a Practitioner IV training (formerly Practitioner III, Practitioner Intermediate or Advanced Practitioner Intermediate) and who have assisted in Beginning and/or Intermediate trainings.

**PRACTITIONER V's: Oct. 15-17 Dec. 7-9**

1 LOGISTICS ASSISTANT: Practitioners who have taken 5 trainings of the Practitioner II level or above (or 6 of the former Intermediate II or above), who have already completed a Practitioner V training (formerly Practitioner IV or Hawaii training) and who have assisted in Beginning and/or Intermediate trainings.

### MAKING YOUR APPLICATION

To apply for one of these positions, send a separate application to the Institute. List your 1st, 2nd and 3rd choices. Students may assist at only ONE training in any FOUR MONTH period. Include your name, address, phone number(s) and the training and position you wish. List all Trager trainings you have taken and all trainings in which you have assisted. You will be mailed notifications as to whether or not the position you have requested is available. Processing of requests will be based on past experience. Out-of-towners will have priority in terms of volunteering at the office around the time of the training at which they assist. Local Trager folk may be asked to volunteer at other times.

## REVIEW SESSIONS

**May 9 Trenton, NJ Cathy Guadagno \$50**

CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, 609-392-7653 or 392-7855 — Sleeping bag arrangements avail.

**May 10 Indianapolis, IN Gary Brownlee \$45**

CONTACT: Beverly Cox, 5016 N. Winthrop Ave., Indianapolis, IN 46205, 317-283-2551

**June 1 Los Angeles, CA Gary Brownlee \$40**

CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836

**June 6 Geneva, Switzerland Fabienne Hirsch TBA**

CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 Saint Maur, France, 1-885-0368

**June 18 Montreal, Canada Sheila Merle Johnson \$50\*†**

NOTE: \$40 if PAID IN FULL by May 18th.  
CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec Canada, H2V 3Y7, 514-279-1813

**June 19 Montreal, Canada Sheila Merle Johnson \$50\*†**

NOTE: \$40 if PAID IN FULL by May 19th.  
CONTACT: Roland Burgalieres, 514-279-1813 (see above)

**July 3 New York City, NY Sheila Merle Johnson \$50\***

NOTE: \$40 if PAID IN FULL by June 3rd.  
CONTACT: Ken Wieder, 306 W. 92nd St. #1-F, New York City, NY 10025, 212-496-7546

**Aug. 10 Trenton, NJ Gail Stewart \$45**

CONTACT: Jim & Carol Day, 609-392-7653 or 392-7855 (see above)

**Aug. 15 Bethesda, MD Gary Brownlee \$50**

CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262

**Sept. 10 Montreal, Canada Gail Stewart \$50\*†**

NOTE: \$40 if paid ONE MONTH IN ADVANCE.  
CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec Canada, H2V 3Y7, 514-279-1813, or Jacques Hebert, 514-845-6936, or Louise de Montigny, 514-843-8382

**Sept. 11 Montreal, Canada Gail Stewart \$50\*†**

NOTES: \$40 if paid ONE MONTH IN ADVANCE.  
Only for Practitioners who have been with Milton Trager.  
CONTACT: Roland Burgalieres (see above), 514-279-1813, or Jacques Hebert, 514-845-6936, or Louise de Montigny, 514-843-8382

**Oct. 18 Philadelphia, PA Gail Stewart \$40**

CONTACT: Djuna Wendruff & Peggi Fuhs, The Institute for Therapeutic Touch, P.O. Box 42808, Philadelphia, PA 19101, 215-387-2171

**Oct. 29 Bethesda, MD Betty Fuller \$50**

CONTACT: Chesapeake Trager Practitioners, Nina Johnson (see above)

\* \* \* \* \*

## REVIEW SERIES

**Aug. 7-Sept. 25, 7-9:30 p.m. Santa Cruz, CA Carol Campbell \$15**

NOTES: Aug. 7, 14, 21, 28 & Sept. 4, 11, 18, 25. Fee is per evening.  
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216

## ANATOMY & PHYSIOLOGY CLASSES

<b>May 7-9 Toronto, Canada</b>	<b>Deane Juhan</b>	<b>\$175</b>
NOTE: Part I CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario, Canada M6G 3P8, 416-656-2700 — NR: sleeping bag arrangements avail.		
<b>May 11-13 Toronto, Canada</b>	<b>Deane Juhan</b>	<b>\$175</b>
NOTE: Part II CONTACT: Karen Goren Hortig (see above) — NR: sleeping bag arrangements avail.		
<b>May. 17-19 Washington, D.C.</b>	<b>Deane Juhan</b>	<b>\$175</b>
NOTE: Part I CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262 — NR.		
<b>June 7-9 Trenton, NJ</b>	<b>Deane Juhan</b>	<b>\$175</b>
NOTE: Part I CONTACT: Jim & Carol Day, Communications Resources Assoc., 21 Whittier, Trenton, NJ 08618, 609-392-7653 — NR: room & board avail.		
<b>June 14-16 New York, NY</b>	<b>Deane Juhan</b>	<b>\$175</b>
NOTE: Part II CONTACT: Ken Wieder, 306 W. 92nd, Apt. 1-F, New York City, NY 10025, 212-496-7546 — NR.		
<b>June 21-23 Montreal, Quebec, Canada</b>	<b>Deane Juhan</b>	<b>\$200*</b>
NOTE: Part I \$175 if paid fully 1 MONTH IN ADVANCE. CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec, H2V 3Y7 Canada, 514-279-1813 or Jacques Hebert, 514-845-6936 or Louise de Montigny, 514-843-8382 — NR.		
<b>July 12-14 Santa Cruz, CA</b>	<b>Deane Juhan</b>	<b>\$225</b>
NOTE: Part I CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216 — NR.		
<b>July 26-28 Seattle, WA</b>	<b>Deane Juhan</b>	<b>\$225</b>
NOTE: Part II CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N.E. 72nd, Seattle, WA 98115, 206-522-9384 — NR: sleeping bag arrangements avail.		
<b>Aug. 9-11 Santa Cruz, CA</b>	<b>Deane Juhan</b>	<b>\$225</b>
NOTE: Part II CONTACT: Carol Campbell, 408-429-8216 (see above) — NR.		
<b>Aug. 26-28 Minneapolis, MN</b>	<b>Deane Juhan</b>	<b>\$200</b>
NOTE: Part II CONTACT: Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413, 612-781-3540		
<b>Sept. 1-3 Indianapolis, IN</b>	<b>Deane Juhan</b>	<b>\$200</b>
NOTE: Part I CONTACT: Beverly Cox, 5016 N. Winthrop Ave., Indianapolis, IN 46025, 317-283-2551 — NR.		
<b>Sept. 6-8 Indianapolis, IN</b>	<b>Deane Juhan</b>	<b>\$200</b>
NOTE: Part II CONTACT: Beverly Cox, 317-283-2551 (see above) — NR.		
<b>Sept. 12-14 New York, NY</b>	<b>Deane Juhan</b>	<b>\$225</b>
NOTE: Part I CONTACT: Ken Wieder (see above).		
<b>Nov. 1-3 Big Sur, CA</b>	<b>Deane Juhan</b>	<b>\$230</b>
NOTE: Part I CONTACT: Esalen Institute, Big Sur, CA 93920, 408-667-2335		
<b>Nov. 15-17 Mill Valley, CA</b>	<b>Deane Juhan</b>	<b>\$225</b>
NOTE: Part I CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.		
<b>Nov. 29-Dec. 1 Mill Valley, CA</b>	<b>Deane Juhan</b>	<b>\$225</b>
NOTE: Part II CONTACT: The Trager Institute (see above) — NR: bed & breakfast avail.		

## ONE-DAY INTRODUCTORY WORKSHOPS

<b>May 4 Northampton, MA</b>	<b>Cindy Popp-Hager</b>	<b>\$40</b>
CONTACT: Cindy Popp-Hager, P.O. Box 733, Boylston, MA 01505, 617-869-6269		
<b>May 4 Oviedo, FL</b>	<b>Pam Johnson</b>	<b>\$40</b>
CONTACT: Jean Reese, Reese Institute, Oviedo, FL 32765, 305-365-9283		
<b>May 4 New York City, NY</b>	<b>Ken Wieder</b>	<b>\$40</b>
CONTACT: Ken Wieder, 306 W. 92nd St. #1-F, New York City, NY 10025, 212-496-7546		
<b>May 6 Calistoga, CA</b>	<b>Sage Madrone</b>	<b>\$40</b>
CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986		
<b>May 11 New Orleans, LA</b>	<b>Bill Scholl</b>	<b>\$40</b>
NOTE: \$35 with \$10 deposit. CONTACT: Agape Fellowship Center, 236 W. Harrison Ave., New Orleans, LA 70124, 504-482-1077		
<b>May 18 Mill Valley, CA</b>	<b>Delores Kvigne</b>	<b>\$35</b>
CONTACT: Delores Kvigne, 263 Cardinal Rd., Mill Valley, CA 94941, 415-383-4026		
<b>May 18 Mountain View, CA</b>	<b>Mark Bauman</b>	<b>\$45</b>
CONTACT: Mark Bauman, 745 Webster, Palo Alto, CA 94301, 415-324-1824		
<b>May 25 Montreal, Canada</b>	<b>Roland Burgalieres</b>	<b>\$45</b>
CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec H2V 3Y7, Canada, 514-279-1813		
<b>May 25 Tucson, AZ</b>	<b>Kenji Kambara</b>	<b>\$25</b>
NOTE: Bring table, sheets, t-shirt & shorts, & bag lunch. Register by May 18th. CONTACT: Marcey Pomerantz, Harmony & Health Foundation, 2620 N. Dodge, Tucson, AZ 85716, 602-795-5552		
<b>June 8 New York City, NY</b>	<b>Ken Wieder</b>	<b>\$40</b>
CONTACT: Ken Wieder (see above).		
<b>June 22 Santa Cruz, CA</b>	<b>Carol Campbell</b>	<b>\$45</b>
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216		
<b>June 23 Long Island, NY</b>	<b>Ken Wieder</b>	<b>\$40</b>
CONTACT: Nancy Toner, 34 Norton St., Patchogue, NY 11772, 561-654-0406		
<b>June 29 Philadelphia, PA</b>	<b>Norma Fine</b>	<b>\$35</b>
CONTACT: Djuna Wendruff & Peggi Fuhs, Institute for Therapeutic Touch, P.O. Box 42808, Philadelphia, PA 19101, 215-387-2171		
<b>June 30 New York City, NY</b>	<b>Ken Wieder</b>	<b>\$40</b>
CONTACT: Ken Wieder (see above).		
<b>July 12 Mill Valley, CA</b>	<b>Delores Kvigne</b>	<b>\$35</b>
CONTACT: Delores Kvigne (see above)		
<b>July 20 Palo Alto, CA</b>	<b>Mark Bauman</b>	<b>\$45</b>
CONTACT: Body Therapy Center, 368 California, Palo Alto, CA 94306, 415-328-9400		
<b>July 28 New York City, NY</b>	<b>Ken Wieder</b>	<b>\$50</b>
CONTACT: New York Open Center, 83 Spring St., New York, NY 10012, 212-219-2527		
<b>Aug. 24 Trenton, NJ</b>	<b>Carol &amp; Jim Day</b>	<b>\$45</b>
CONTACT: Jim or Carol Day, 21 Whittier Ave., Trenton, NJ 08816, 609-392-7653		
<b>Sept. 27-29 Reno, NV</b>	<b>Betty Fuller</b>	<b>TBA</b>
NOTE: Title: "The Levity of Gravity." CONTACT: Alan Morvay, Joy Lake Community, 702-323-0378 — R.		
* * * * * EUROPE * * * * *		
<b>June 2 Geneva, Switzerland</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
<b>June 9 Paris, France</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 Saint Maur, France, 1-885-0638.		

## BETTY'S TRAGER ALTERNATIVES

*The Trager Approach in special circumstances (i.e. people in wheel chairs, lying on their sides, etc.).*

<b>May 15 Seattle, WA</b>	<b>Betty Fuller</b>	<b>\$100</b>
CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N.E. 72nd, Seattle WA 98115, 206-522-9384		
<b>June 24 Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$75</b>
CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688		
<b>July 15 Denver, CO</b>	<b>Betty Fuller</b>	<b>\$75</b>
CONTACT: Nan Davis, 8621 W. 10th Ave., Lakewood, CO 80215, 303-232-4766 — NR.		
<b>Sept. 3 Trenton, NJ</b>	<b>Betty Fuller</b>	<b>\$75</b>
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, (609) 392-7653 — R.		
<b>Oct. 1 Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$75</b>
CONTACT: The Trager Institute, 415-388-2688 (see above) — NR.		
<b>Oct. 8 Mill Valley, CA</b>	<b>Betty Fuller</b>	<b>\$75</b>
CONTACT: The Trager Institute, 415-388-2688 (see above) — NR.		
<b>Oct. 20 Paris, France</b>	<b>Betty Fuller</b>	<b>TBA†</b>
CONTACT: Fabienne Hirsch, 17 Av. La Fontaine, 94100 Saint Maur, France 885-06-38		

## MENTASTICS CLASSES

<b>May 28 Montreal, Canada</b>	<b>Roland Burgalieres</b>	<b>\$25</b>
TIME: 7:00 - 9:30 p.m. NOTE: \$20 if paid 2 WEEKS IN ADVANCE. CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec Canada, H2V 3Y7, 514-279-1813		
<b>June 15 Seattle, WA</b>	<b>Nancy Bonifield &amp; Gwen Crowell</b>	<b>\$30</b>
TIME: 10 a.m.-4 p.m. CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N.E. 72nd, Seattle WA 98115, 206-522-9384 — NR: sleeping bag arrangements avail.		
<b>Aug. 5 Toronto, Ontario</b>	<b>Betty Fuller</b>	<b>TBA†</b>
TIME: 10 a.m.-6 p.m. CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario M6G 3P8, Canada, 416-656-2700; or David Pinto, 193 Indian Grove, Toronto, Ontario M6P 2H4, Canada, 416-534-6950		

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## ONGOING MENTASTICS CLASSES

<b>Portland, OR</b>	<b>Carlos Martin &amp; Marty Dawson</b>	<b>TBA</b>
NOTE: Times and price vary with the length of class. CONTACT: Carlos Martin, Common Ground, 503-238-4010 or Marty Dawson, Laurelhurst Clinic, 503-238-4789.		
<b>Boonville, CA</b>	<b>Benna Kolinsky</b>	<b>Free</b>
TIME: Alternate Friday mornings, 11:00 a.m. CONTACT: Benna Kolinsky, P.O. Box 381, Boonville, CA 95415.		
<b>La Jolla, CA</b>	<b>Cathy Guadagno</b>	<b>\$6</b>
TIME: Wednesdays, 4:00 p.m. CONTACT: San Diego Trager Center, P.O. Box 2896, La Jolla, CA 92038, 619-459-5399.		

## SUPERVISED PRACTICE DAYS

<b>May 4, 10 a.m.-4 p.m. Kingston, Ontario</b>	<b>Amanda Hartsong</b>	<b>\$30</b>
NOTE: Bring lunch to share, pre-registration necessary. Canadian funds. CONTACT: Amanda Hartsong, 613-542-2000 — NR.		
<b>May 4 Santa Cruz, CA</b>	<b>Rosie King-Smyth</b>	<b>\$20</b>
CONTACT: Rosie King-Smyth, 120 - 20th Ave., Santa Cruz, CA 95062, 408-475-4573		
<b>May 11, 10 a.m.-4 p.m. Calistoga, CA</b>	<b>Sage Madrone</b>	<b>\$25</b>
CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986 — NR: Sleeping bag arrangements avail.		
<b>May 12, 1-5 p.m. New Orleans, LA</b>	<b>Bill Scholl</b>	<b>\$20</b>
CONTACT: Agape Fellowship Center, 236 W. Harrison Ave., New Orleans, LA 70124, 504-482-1077		
<b>May 14 Montreal, Canada</b>	<b>Roland Burgalieres</b>	<b>\$25*</b>
NOTE: \$20 if paid 2 WEEKS IN ADVANCE. CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec Canada, H2V 3Y7, 514-279-1813		
<b>June 1, 10 a.m.-5 p.m. Seattle, WA</b>	<b>Gwen Crowell</b>	<b>\$30</b>
CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N.E. 72nd, Seattle WA 98115, 206-522-9384 — NR: Sleeping bag arrangements avail.		
<b>June 2, 1-6 p.m. San Francisco, CA</b>	<b>Diane Goldschlag</b>	<b>\$30</b>
CONTACT: Diane Goldschlag, 6 Downey, San Francisco, CA 94117, 415-922-3478		
<b>June 4 Montreal, Canada</b>	<b>Roland Burgalieres</b>	<b>\$25*</b>
NOTE: \$20 if paid 2 WEEKS IN ADVANCE. CONTACT: Roland Burgalieres (see above)		
<b>June 8, 10 a.m.-4 p.m. Kingston, Ontario</b>	<b>Amanda Hartsong</b>	<b>\$30</b>
NOTE: Bring lunch to share, pre-registration necessary. Canadian funds. CONTACT: Amanda Hartsong, 613-542-2000 — NR.		

## \* \* \* \* \* EUROPE \* \* \* \* \*

<b>May 2 Geneva, Switzerland</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 Saint Maur, France, 1-885-0638		
<b>May 4 Zurich, Switzerland</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
NOTE: 9 a.m.-2 p.m. & 2:30 p.m.-7:30 p.m. — Everyone CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil, 01-780-3977		
<b>May 4, June 1 Bordeaux, France</b>	<b>Danie Thocaven</b>	<b>TBA</b>
CONTACT: Danie Thocaven, La Cle Des Champes, Chemin de Lartigue, Bruges, France, 33520		
<b>May 11, June 8 Paris, France</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 Saint Maur, France, 1-885-0638		
<b>Sept. 7 Zurich, Switzerland</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
NOTE: 9 a.m.-2 p.m. — Intermediates; 2:30 p.m.-7:30 p.m. — Beginners CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil, 01-780-3977		
<b>Nov. 30 Zurich, Switzerland</b>	<b>Fabienne Hirsch</b>	<b>TBA</b>
NOTE: 9 a.m.-2 p.m. — Beginners; 2:30 p.m.-7:30 p.m. — Intermediates CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil, 01-780-3977		

## ASSISTING IN MILL VALLEY

Calling all Tragerers! With the increased number of Beginning and Intermediate trainings in Mill Valley, there is an increased need for logistical and teaching assistants. If you wish to volunteer for these positions, please contact The Trager Institute letting us know for which class you wish to assist. Include your training and assisting record. Assisting is

a way of learning, and a valuable opportunity to be closer to the work.

Additionally, with a greatly increased schedule of trainings by Milton, we need playmates for Emily. These assistants are with Emily in the training room and when she goes out. The one requirement is that the person have a car.



# TRAINING TRACK NEWS (continued)

## OOPS!

### Schedule Corrections

Deane Juhan's Anatomy I class in Washington, D.C. is scheduled for **May 17-19**, instead of March 17-19 as it erroneously appeared in our recent schedule.

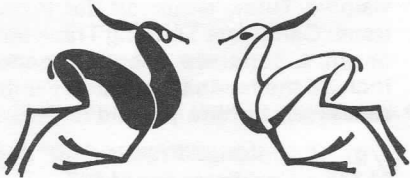
## FATE OF TRAINEES

### (Trainee Status No Longer Exists)

As of May 1, all Trainees became either STUDENTS or PRACTITIONER CANDIDATES.

Those former Trainees who got their completed Trainee papers in to the Institute by May 1 became Practitioner Candidates and will be able to charge for their work. They will need to complete the Transitional Practitioner Candidate requirements listed in the accompanying Practitioner Candidate article, and become Certified Practitioners by December 31, 1985 to retain the right to charge for Trager work.

Those who did not get their completed Trainee packet to the Institute by May 1 became Students on the new Training Track. What they have done to date will count towards their Student requirements, and they will need to complete the rest of those new requirements and become a Practitioner before charging for their work. These new Students should write to the Institute and request a new Student Transcript Form. In it they can record what they have done to date and track what remains to be done. Once a Student, the December 31, 1985 deadline to become a Practitioner will no longer apply.



## CREDITS

Assistance: Sheila Merle Johnson & Don Schwartz  
Typesetting & Layout: Debbie Payne, Graphic Productions  
Printing: Pronto Press

## 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 Heifetz**  
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**  
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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**  
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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

**Nina Johnson**  
Chevy Chase, MD  
301-657-4262

**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**  
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**Gwen Crowell**  
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**Barbara Allin**  
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**Carlos Martin**  
Portland, OR  
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### CANADA

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Outremont, Quebec  
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**Amrita Daigle**  
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**Norma Fine**  
Toronto, Ontario  
416-489-8248

**Karen Goren**  
Toronto, Ontario  
416-656-2700

**Amanda Hartsong**  
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**Louise de Montigny**  
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514-843-8382

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### EUROPE

**Eva Englund**  
Sweden  
08-59-16-52

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

**Antonia Faeh**  
St. Gallen, Switzerland  
071-59-18-28

# TRAINING TRACK NEWS

## PRACTITIONER CANDIDATE CLARIFICATIONS

This information applies **ONLY** for the calendar year of 1985 and **ONLY** to Practitioner Candidates. Some of the terms used come from the 'old' Training Track (e.g. check-ins, and assessment, etc.) will not be used after 1985.

One thing is clear: that the last write-up of the Practitioner Candidate transition to the new Training Track was confusing and in some places inaccurate. Hopefully this second attempt will answer all the questions raised by the first one. If confusion still remains after reading the following, please address your questions directly to the Institute office.

Basically, the intention of the Training Track Committee was to allow Practitioner Candidates to move to Practitioner at the somewhat simpler requirements of the new Training Track, so that by the end of 1985, everyone would be on the new Track as either Practitioners or Students, since no further category of Practitioner Candidate will exist.

At this point in time, all Practitioner Candidates should be following the new Transitional Track and should present themselves to a Provisional Tutor for a Tutorial assessment soon after completing the minimum requirements listed below. The Tutor whom you request to assess you for Practitioner may of course require more work before passing you, but the process should be set in motion sooner rather than later.

There is no point in any Practitioner Candidate still trying to complete the old requirements, since as of June 1 Practitioner Candidates no longer will have access to the Practitioner I Class (formerly Intermediate II), and since the old Practitioner assessment is no longer being done. If a Practitioner Candidate has already taken a Practitioner I (Int. II) based on the old requirements, credit for the class will be given in some way towards Practitioner Continuing Training Requirements.

### NOTES OF CLARIFICATION:

a) The private lessons we used to call Feedback Sessions or Teaching Consultations are now called Tutorials. As of May 1, 1985, Tutorials done with approved Provisional Tutors (which include Instructors) are the only form of private lesson. Not all of the people who used to give mid-point check-ins and Practitioner Candidate assessments are now Provisional Tutors. Check the Provisional Tutor list in this schedule for current information.

b) All Provisional Tutors now do Practitioner recommendations. While Instructors are also Provisional Tutors, Practitioner Candidates may go to any Provisional Tutor for that assessment.

c) As of June 1, only Practitioners will have access to the Practitioner I Class (formerly Intermediate II). Practitioner Candidates will need to become Practitioners before they take the Practitioner I Class.

d) Practitioner Candidates may charge for their sessions given and are not required to keep a detailed journal of these sessions (see 6(c) below).

### Transitional P.C. Requirements

All Practitioner Candidates have until December 31, 1985 to complete the following minimum requirements and become a Practitioner. If not, they will become Students on the new Training Track and will not be able to charge until they complete the new Student requirements and are accepted as Practitioners. **There will be NO Practitioner Candidate extensions beyond December 31, 1985.**

**1) TRAINING:** Take at least one Intermediate Training (formerly Intermediate I). Some Practitioner Candidates may wish or be required to review this training before passing to Practitioner. Practitioner Candidates no longer have access to higher level trainings until they become Practitioners (see Note (c) above).

**2) CHECK-INS:** Get at least 3 Check-ins between the time your Practitioner Candidate status was confirmed by the Institute and the time you present yourself for Practitioner assessment. Check-ins may take the form of Tutorials with approved Provisional Tutors, Supervised Practice Days or Review Days. Tutorials are recommended and may be required as the form of Check-in for those Practitioner Candidates who need more specific and detailed feedback on their sessions. The previous list of Transitional Practitioner Candidate requirements and the Transitional Practitioner Candidate form are **INCORRECT**. You **may** include Review Days and Supervised Practice Days as Check-ins, not just Tutorials as listed in previous documents.

**3) SESSIONS GIVEN:** You may complete 100 sessions since you were acknowledged as a Practitioner Candidate by the Institute, **OR** 30 sessions after your Intermediate, whichever you choose. You are encouraged to choose whichever option gets you comfortably to your assessment sooner. You may charge for these sessions.

**4) SESSIONS RECEIVED:** You must receive a minimum of 8 Trager sessions between the time your Practitioner Candidate status was confirmed by the Institute and the time you present yourself for Practitioner assessment. At least 2 of those sessions need to be from Certified Practitioners. In some cases your Intermediate Instructor or a Tutor may have recommended or required that you get more than the minimum sessions from Practitioners.

**5) ASSESSMENT:** After #1-4 are completed, you may present yourself to a Provisional Tutor or Instructor for a Practitioner assessment. Since approval is not automatic, you may be asked to complete some additional requirements and return for a follow-up(s) before you receive the recommendation to become a Practitioner. Since this happens frequently, the Practitioner Candidate form has a place for Initial Assessment and for return appointments and feedback. If you do not pass the first time, the Tutor will just fill out the 'Comments' section on the lines provided and sign under final approval.

**6) DOCUMENTATION:** Your complete packet of the following materials must get to the Institute by **DECEMBER 31, 1985:**

✓ a) A list of the training(s) taken while a Practitioner Candidate and copies of any written feedback you received.

✓ b) A list of your Check-ins: with whom, what form and date. Include copies of any written feedback received.

✓ c) A list of your 100 sessions or your 30 post-Intermediate sessions given. Just list dates and clients' names or initials; there is no need to send a journal.

✓ d) A list of your sessions received, stating which were trades and which were from Practitioners, together with your learning from each.













✓ e) A 2-3 page essay on your learning experiences with Trager.

f) The written recommendation for Practitioner status from the Provisional Tutor, either on the Practitioner Candidate Training Track form or on a separate sheet of paper. Include the feedback from any initial assessment where you did not pass.

✓ g) Additional Practitioner dues of \$15 + Certificate fee of \$10.

**NOTE:** As before, these papers need to be in to the Institute **within 30 days** after the final successful assessment, or the assessment will need to be repeated.

# TRAGER T-SHIRTS

<p>STYLE #A</p>  <p>Jade Turquoise Lavender Hot Pink</p> <p>SLEEVELESS CREW NECK CYCLING TOP Unisex: S,M,L,XL 100% Cotton-Preshrunk</p> <p>\$11.00</p>	<p>STYLE # B</p> <p>Hot Pink New Pink<sup>sm</sup> Lt. Purple Amethyst Turquoise Purple White Jade Mint</p>  <p>SLEEVELESS V-NECK Unisex: S,M,L, 100% Cotton-Preshrunk</p> <p>\$11.00</p>	<p>STYLE # C</p>  <p>Amethyst Sapphire(dp) Purple Mauve (lt) Lt Purple Teal (dp. Taupe Earth Red</p> <p>CREWNECK LONG SLEEVE Unisex: S,M,L, XL 100% Cotton-Preshrunk</p> <p>\$12.00</p>	<p>STYLE # D</p>  <p>Black only</p> <p>CREWNECK MUSCLE Unisex: M,L,XL 100% Cotton</p> <p>\$9.50</p>
<p>STYLE # F</p>  <p>Lt Blue only</p> <p>SWEATSHIRT S,M,L,XL Cott/Poly</p> <p>\$12.00</p>	<p>STYLE # G</p>  <p>Purple Maroon Red Navy Royal Lt Blue White Black</p> <p>SHORT SLEEVE CREWNECK Men's S,M,L,XL 100% Cotton except lilac and purple 50/50</p> <p>\$9.50</p>	<p>STYLE # H</p>  <p>Red Yellow Med Blue White Black Burgundy</p> <p>FRENCH CUT COTTON/POLY Women's: S,M,L,XL</p> <p>\$9.50</p>	<p>STYLE # J</p>  <p>Amethyst Teal(dp. Taupe Purple Earth Red</p> <p>TURTLENECK Unisex: S,M,L (run small) 100% cotton-preshrunk</p> <p>\$14.00</p>
<p>STYLE # L</p>  <p>Turquoise lt. mauve Sapphire Amethyst White Purple New Pink Teal(dp.) Earth Red</p> <p>V-NECK LONG SLEEVE Women's: M,L (run small) 100% cotton-preshrunk</p> <p>\$14.00</p>	<p>STYLE # M</p>  <p>Aqua Lilac Coral Yellow Elec. Blue</p> <p>TANK TOP Women's: F,S,M 100% cotton-Preshrunk</p> <p>\$9.50</p>	<p>STYLE # N</p>  <p>Black only</p> <p>TANK TOP Women's S,M,L,XL Cotton/Poly</p> <p>\$9.50</p>	<p>STYLE # O</p>  <p>Mauve (lt.) New Pink Lilac Purple Coral Aqua Teal Amethyst Taupe</p> <p>OVERSIZED XL Women's 100% cotton-preshrunk</p> <p>\$13.00</p>

Cut along dotted line

## TRAGER T-SHIRT ORDER FORM

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_



STYLE NO.	STYLE NAME	COLOR	SIZE	PRICE

Include \$1.50 for the first shirt and .50 for each add'l. POST. & HANDL. \_\_\_\_\_  
TOTAL \_\_\_\_\_

Check or money order payable to The Trager Institute.  
Mail to Attn: T-SHIRTS, Trager Institute, 10 Old Mill St., Mill Valley, CA 94941.

Allow four (4) weeks for delivery. 11 Be Happy.

**THE FIRST  
THAI-TRAGER  
EXPEDITION**

**Becoming A Reality!**

*Amanda Hartsong & Ken Ballard*

Dear Trager Friends,

The first Thai-Trager Experiment has just happened. Ken Ballard, Thai Trager Practitioner, hosted a visit for myself, my 2 daughters, and Judy Pincus, P.C. from Tokyo, Japan, and her boyfriend. We spent a few days at a magnificent beach in Ken's hometown, Pattaya, then drove to Chiang Mai, the capital of the North to celebrate New Years. We did a 5-day trek (on elephant back and boat amongst other means of locomotion) to the hill tribes of varied indigenous cultures. Feedback sessions and trades were part of our agenda.

Ken, I and the girls spent an extra week back at Pattaya after the trek. Our Trager work/play together intensified. What a delightful experience to Trager and be Tragered on the beach under the gently swaying coconut palms, with the ocean waves rushing against the shore. Music to my body and ears — surrounded by natural Hook-up!

Out of this time together emerged the following vision:

A. *A Basic Trager Training* to happen at a beautiful beach-resort hotel — perfect setting — in Chiang Mai or Pattaya in early January 1986. To be followed by:

B. *The First Thai- Trager Expedition*, a 2½ week adventure to open with 5 days at the beach to include a Supervised Practice Day, Mentastics and a Grand Trade, a trip to a nearby island for snorkelling, and an evening of extraordinary entertainment in Pattaya. We will then proceed to the Chiang Mai area for more Trager, many temples, visits to some Hill tribes, to experience their unique cultures and dancing, and a river boat trip in Chiang Rai. This Trager Expedition will end with 2 days in Bangkok with a sunrise trip to Wat Arun, the temple of the dawn, and visits to Thai classical dancing and Thai boxing, the national sport, both of which demonstrate graceful and elegant use of the human body.

Our intention is to travel, work and play together with Hook-up as the basis of our group dynamic in order to deepen our experience of each other and of Thailand. We will do morning meditations and Mentastics most days.

Your Star Ship Commanders for this Expedition are: Ken Ballard, Trager Practitioner, who has made Thailand his home for the past 5 years, is really into the Thai people, and speaks their language fluently; and Amanda Hartsong, Ph.D., Trager Practitioner, Introductory Workshop and Supervised Practice Leader, Provisional Tutor and inveterate traveller.

More details will follow in the next journal. The projected cost for this trip, including round-trip air fare from Los Angeles and 1st class accommodations will be under \$3000 per person. We have decided in lieu of hiring a travel agent, to set up the trip ourselves, thereby cutting costs, so that we will be able to tithe \$100 per person to The Trager Institute to support all of us Trager people.

Those interested can write to Ken or Amanda or call Amanda. Registration will be on a 1st come, 1st serve basis with an intention to balance male and female persons. Thailand is the safest and gentlest of the countries I have visited in S.E. Asia. We are both most excited and looking forward to the 16 Trager people who will join us on this journey.

Our addresses are as follows:

**KEN BALLARD**  
287/5 Naklua Soi 8  
Banglamung, Cholburi  
Thailand

**AMANDA HARTSONG**  
102 Sherwood Drive  
Kingston, Ontario  
Canada, K7M 2E3  
phone: 613-542-2000

**MARRIAGES  
& BIRTHS**

**Ferris - Stricherz**

Geneva Fay Ferris of Los Angeles, CA married Mathias Ernest Stricherz, Ed.D., of Lubbock, TX, on November 10, 1984 at the home of a friend in Sherman Oaks, CA after a deep and meaningful courtship of one year during which Fay became a Trager Practitioner and Matt became a Practitioner Candidate. We thank Trager work for contributing to the success of our relationship.

**Dorn - Payne**

Our typesetter, Debbie Dorn, finally consented to the harmony of matrimony to Mark Payne, on March 31, 1985, in San Rafael, CA. After living together for ten years, the joyous news of a little one was enough to bring about the change in this single girls' life. More news in October!

**Alexander Griffin Ford**

Linda and Bruce Ford share some of the experiences of the birth of their son Alexander Griffin Ford, 10 lbs, 6¾ oz, 24" long.

What an experience. I learned so much & felt my inner being was being tested. I ended up in the hospital with a 'C-Section'. The mid-wife I was using rushed me out of birthing center when Alex became 3½ weeks late, too large and breech. I never went into labor.

Despite the change in plans the birthing was a joyous experience. What could be lighter? I was learning and still am. Mentastics has helped me alot in feeling healthy after the pregnancy and birth.

I have not seen clients since September, but plan to start in a month or so. Right now Alex is first. I love being a mommy and it seems Bruce loves being a dad. The joy we feel in indescribable. We are blessed!



# MEMBER NEWS (continued)

## SWIMMING IN HOOK-UP

by Milton Trager  
as told to Carol Campbell

Growing up, Milton had never considered himself much of a swimmer. Oh, he looked good in the water, looked like he knew what he was doing, but, at age 14, a short swim in Lake Michigan "laid me up for a week." His 'good form' left him exhausted.

Forty years later, Milton was living in Waikiki when a far different experience with swimming occurred. Fresh from a deep meditation that morning, he found himself drawn to the ocean. "Just before I got in the water, I asked myself how it would feel for water to pass over the body of a fish my size. I passed my hands over my body, not quite touching myself, just to get that feeling. Then I laid in the water and made like a fish. The next thing I knew, I had gone a quarter of a mile and realized that I was swimming in what we now call 'hook-up'. I was very excited. Couldn't wait for the next day and a chance to go out again."

That was the start. The next day he swam a 1/2 mile without fatigue and each day it just got better. Soon he was swimming from the Halekulani Hotel to the Hilton Hawaiian village, a good 3/4 of a mile. "I swam like I was in a dream. Sometimes someone would swim out to 'save me' because I looked like I was in trouble. But I wasn't, of course, I was just swimming with Mentastic-like motions and in hook-up. I began to realize that water is not a natural habitat for humans. We automatically tighten up as we enter the water. But, in hook-up, a feeling of relaxation was experienced instead. I explored swimming in this fashion for many years after that."

At the Conference, we'll all have the opportunity to be 'water babies' together with Milton. Sunday morning, he'll lead us in Mentastics by the pool and then into the pool itself. "Mentastics will give a person a sense of weightlessness in the water. The same natural feeling a fish has."

## TRAGER IN SWEDEN

Claudette Renner

Our Trager Open House was a big event for those of us Trager Practitioners, Practitioner Candidates and trainees who participated on the 26th of January. Thirteen of us set up seven tables across the large powder blue room. The soft color of the room together with our pastel sheets (green, pink, lilac & blue) made for a soothing atmosphere from the very beginning.

Our group meditation was brief as the first interested people had arrived at the time designated to begin. The Trager day started with a demonstration of a total Trager. There were two of these during the day long open hours. Then when the observers felt like they wanted a taste themselves, they were given a 15-20 minute Trager experience on a requested part of the body. The day was divided in half and then terminated with great fun sessions of group Mentastics.

The day's experience surpassed all our expectations. Being in the room one felt a prevailing calm in the heart of all the activity. Throughout the day, everything flowed lightly, gently. The spirit felt as natural as it does during a Trager session. This sensation was shared and expressed by those who received, many for the first time, and by us who gave.

"... and a time to rejoice."

*Trager is touch  
Trager is movement.*

*Trager can bring us back  
to our earliest beginnings  
where there was  
only feeling and movement  
Before the time  
of conscious understanding.*

*Touch that feels gentle  
nurturing and reassuring  
Movement that encourages  
you to experience  
your full potential.*

*Allow a Trager session  
to bring you back to your earliest  
beginnings when you felt whole —  
To erase all the tensions, traumas  
and resistances that you have  
picked up along life's way.*

*Experience again a new  
beginning.*

— Diane Bristow  
Boylston, MA

## THANK YOU FROM MILTON

Milton and Emily Trager asked us to thank you all for your marvelous greetings to him on his April 20th birthday celebration. Some 50 Trager folk gathered at the Institute that evening for a fabulous buffet followed by dancing. By all reports the dancing was an explosion of creativity and Milton's hula was outrageous.

Very special hugs and thanks go to the committee of Practitioners which spontaneously formed itself to produce the event: Carmela Tuck, Don Schwartz, Tom Frankenberg, and Delores Kvigne did the shopping. A man named "Doug" game Fumiko Ryan a ride to the Institute when she found herself stranded at the airport. He ended up staying the whole time assisting the set-up while Fumiko created exquisite Japanese table decor and garni.

Birthday greetings from all of us, Milton. We want you to have many, many more happy days!

## BAY AREA PUBLICITY!!

We are happy to announce that a two-page profile of Milton Trager was published in the *California Living* section of the San Francisco Examiner's Sunday paper on March 17. The article was written by Jon Stewart and presented a very positive picture of Dr. Trager, verbally and pictorially. Our thanks go out to Trager Practitioner Jean Iams for introducing Jon Stewart to Milton Trager. The publication of the article led to a welcome avalanche of inquiries and the office made more than 100 referrals to local Practitioners; and the calls are still coming in!

## TRAGER BROCHURE ORDER FORM

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

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### UPCOMING ROSTER!!!

Drop your jaws Tragerers, the office is finally producing a membership roster. It will take the form of a membership list sorted geographically. Members' statuses will be divided into professional (Practitioner Candidates and Practitioners) and non-professional (Students and Friends), based on information received by the Trainee deadline (May 1st). After many unfortunate delays, we will use a word processor capable of data manipulation to type out our roster. Production begins in May. We do not know how long the process will take, but we are hopeful that it will be mailed to you this Summer. A more detailed roster is scheduled for publication later this year when the Institute's own computer is purchased and functioning.

### WILL WELLS' CHARTS

William Wells, D.C., Chairman of the Board of Directors of The Trager Institute has generously donated over 600 sets of Anatomy Etchings, 8 prints to a set, to raise funds. We will charge \$10 per set plus \$2 shipping and handling. If you are interested in buying a set of these charts, send in a \$12 check to The Trager Institute. A heartfelt thank you to Will and Cheryl Wells for their outstanding contribution.

### FLYER BEWARE!

Please be advised that inexpensive airline tickets which are either non-refundable, or which have charges for changes or cancellation may not be the wise way to go when you are travelling to workshops. On occasion, a workshop may be cancelled.

**HELP:** I am interested in developing a client intake form, a charting form (for recording what happened during the session), gift certificates, and other business support materials.

I would like to have these materials available for the Conference in October. Please send ideas, requests, and any forms or materials you are currently using as soon as possible. Thank you.

GWEN CROWELL  
11012 - 1st N.W., Seattle, WA 98177  
206-522-9384 (W) or 367-3939 (H)