



# TRAGER FAMILY NEWS

Membership Newsletter of The Trager Institute

April, 1983

Vol. V, No. 6

## Making Music Freely or The Grand Piano and The Trager Table

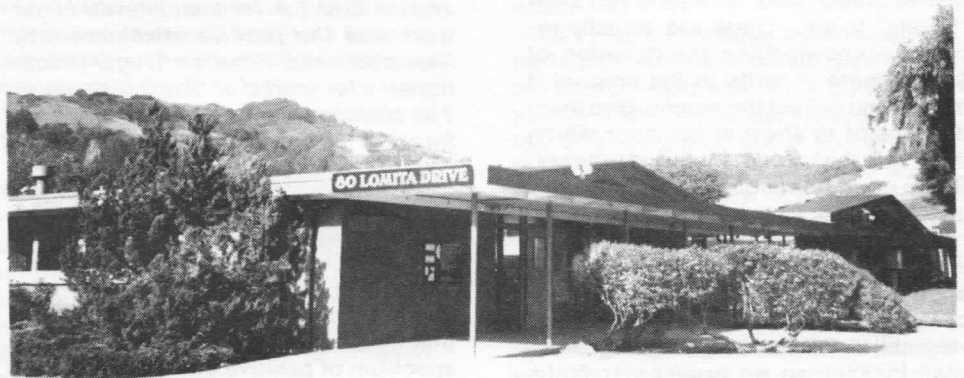
Colanne Stempel

For many, who have spent years studying the piano, the act of making music freely seems to be an unattainable dream. Is it simply a question of being talented or not being talented? After more than twenty years of teaching, I have witnessed many instances when despite poor training a student's enthusiasm would occasionally be rewarded with a momentary glimpse. Suddenly for several phrases, sometimes for an entire piece, the music was happening freely. I referred to it as total synchronization. In my own playing it occurred most frequently during performances, and in teaching when somehow the boundries of student and teacher disappeared and there was only learning and teaching.

Seven years ago I undertook an extensive research program to resolve this question. What I felt was needed was a thorough investigation of each identifiable function of piano playing. At times it seemed like a herculean task. Scientists who have examined some aspects of piano playing confirmed my observations. They claim that there are few of our functions physiologically and psychologically which do not participate. Was it possible to identify each function, and in isolating each would the understanding of synchronization be lost? It was the classic question of the whole and its relationship to the parts.

As I read hundreds of books and articles which touched on a function used, an arsenal of new methods and techniques began to form. They were immediately tested at the piano and in the end a few were retained which proved to give the most consistent results. During this period the employment of a method or technique produced a predictable pattern. Initially the results were often startling. A peak of effectiveness would occur at the outset. However, it was soon evident that the positive result was often due to the element of newness and/or distraction of the moment. Students frequently found themselves playing as one described it, "Without the brakes on". A few were able to integrate the experience to enhance their con-

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Our new Trager Training Center.  
We're Room #7 last building at the end of this entry promenade.

## New Training Center For Trager Institute

Betty Fuller

The Trager Institute is in transition on a number of fronts as you can read in this newsletter. *Furthermore we are actually moving!* The Institute has leased a 960 sq. ft. classroom in a public school in the Alto district of Mill Valley. Since the Prop. 13 tax cut, the school has been rented out to non-profit, public service groups. Our neighbors in the complex include the Mill Valley Film Festival, Performing Arts Group, Cancer Society, etc. The setting is gorgeous. On one side we are nestled in the Alto hills where horses graze. On the other we open onto a lovely patio with benches and shade trees. Beyond, is a huge playground area with a most inviting jungle gym.

Our room is open with high ceilings and skylights, good ventilation, natural light, and incandescent light fixtures. We have counters, shelves, cupboards, a sink, chalkboard, cork boards and ample outlets to use video equipment.

We are located at 80 Lomita Drive about 1 mile from Highway 101, just off East Blithedale. Four blocks away are two shopping centers with several markets, stores, restaurants, and the new Mill Valley post office. 80 Lomita Dr. is a 5 min. drive from our present location. Our main office will remain at Poplar Place for the present where we can house out-of-towners for Dr. Trager's spring trainings. The new Trager Center will house trainings, Mentastics classes, meeting space, and workshops.

All we lack at our new Trager Center is a rug and pillows. Please make Lomita Drive your Center by a tax deductible gift towards the purchase of these "what-could-be-softers?" Send enough to buy your own square yard of rug and/or a couple of medium sized lounge pillows. Your donation NOW will help us have everything in readiness for Milton and Emily in May. We'll handle the floor covering so it could move with us and meanwhile you will have created a tax-deductible nest of SOFT and LIGHT! We welcome your contribution and look forward to seeing how you look on your square yard of carpet!

*The highly professional flyer for all of Dr. Trager's public demonstrations has been produced by Ray Davis of J. Raymond Davis and Associates. Ray is close to our Trager Family as he shares his love for Milton, Emily and the work with his wife, Elizabeth McInnis Davis — our Trager Practitioner, Introductory Workshop Leader and demo contact in Dayton, Ohio. Ray contributed his graphics expertise and artistry in this work to the Trager Institute. Ray designed the piece so we may also use it in future events by changing a line or two of type. We all express our gratitude and appreciation for Ray's most generous gift.*

## Dr. Trager's Spring Tour

There are many ways to be with Milton and Emily this spring. In addition to the Trager Conference and trainings, there are 5 public demonstrations where you can share the Tragers with your customers, family, and friends. Every demo. location needs Trager volunteers to drive, sell "tickets," make change, usher, host, address flyers, etc. All the demonstrations benefit The Trager Institute, so all donations are tax deductible.

In order to insure that your friends get firsties in each area, we'll send you a few "tickets" to sell. These are actually receipts acknowledging the donation of \$5. (or more — write in the amount if more). You collect the money, give them the receipt to show at the door which they will then keep for tax purposes. Bring your donations along with any unsold tickets to the "box office" to be "sold" at the door. That way, we'll know that you people got in before the general door sale. If you need more "tickets," call your co-host listed below! We have very active PR campaigns going on in each location so we expect marvelous audiences. See you there!

### Washington, DC Wed., April 27, 8:30 p.m.

Holiday Inn  
Silver Spring, Maryland  
8777 Georgia Avenue

**Co-host:**  
**Potomac MyoTherapy Instit.**  
7826 Eastern Ave., NW, LL-1  
Washington, DC 20012  
202-726-1150

### Yellow Springs, Ohio Monday, May 2, 7:30 p.m.

Antioch College Campus'  
Kelly Hall

**Co-host:**  
**Elizabeth McInnis Davis**  
529 McLain Street  
Dayton, Ohio 45403  
513-223-7921

### Minneapolis, Minnesota Monday, May 9, 7:30 p.m.

Univ. of Minnesota Hospital  
Mayo Memorial Auditorium  
**Co-host: Marilyn Krueger**  
1519 6th Street NE  
Minneapolis, MN 55413  
(612) 781-3540

### San Francisco Bay Area Friday, May 27, 7:30 p.m.

Marin Comm. Playhouse  
Boliens Ave. at Kensington  
San Anselmo (on the S.F.  
Theological Sem. Campus)  
**Host: The Trager Institute**  
300 Poplar Ave., Suite 5  
Mill Valley, CA 94941  
415-388-2688

## Conference Hospitality Committee Meeting April 27th, 7:30-9:30 p.m.

The Trager Conference Hospitality Committee has been meeting regularly planning a number of activities for the conference. The meetings are open to all interested Trager people wishing to participate in the planning and execution of these activities. Deborah Simon and Linne McAleer, Co-chairpersons, report that the meetings have been going very well, and that they are enjoyable. This next meeting will be a vegetarian pot-luck dinner, and the issue of vegetarian alternatives for the conference menu will be discussed. The meeting will be held at the home of Roseann Gould, 52 Levant St., San Francisco, 864-5428. To get there, get a map! then take Divisadero to State Street, turn up that street, follow it to the dead end which will bring you right to Levant Street.

## Excerpt From "The Untold Benefits of Therapeutic Massage"

Rose Bank

*(Editor's Note: The following description of Trager Psychophysical Integration comes from Rose Bank's two part article published in the Winter, 1983 issue of the California Massage Therapy Association Journal and Newsletter. It is being reprinted here with their permission. We wish to thank Rose, the Journal, and the C.M.T.A. for their interest in our work and the positive statement they have published. Rose is a Trager Practitioner who works at and co-operates The Massage Center in Palo Alto, California — just south of San Francisco.)*

The extent of the array of benefits one could derive from massage and bodywork therapy would be surprising to most people. Having been in the profession for ten years, I am repeatedly delighted by and enlightened to the fact that massage therapy covers as wide a spectrum of positive effects as many of the traditional forms of psychology and psychotherapy. Even more significant is the fact that the benefits can likely be mutually beneficial — for the therapist as well as for the recipient.

Another method of bodywork known as Trager Psychophysical Integration, or more simply "Trager," deserves its own explanation. This form of therapy is in a class of its own, not only in practice but also in theory. The ministrations of a Trager Practitioner include gentle rocking and shaking of the entire body. Part by part, from the entire vertebral column to the fingers and toes, the practitioner seeks any blocks in the muscles, around the joints, in the breathing and even in the mind itself! Then, patiently and diligently, the therapist's hands cajole and coax the holding patterns until the body is incredibly light and free. The most noteworthy aspect of Trager bodywork is the deep, penetrating changes that occur in the body's tissues and structure. And all with absolutely zero force or aggression on the part of the practitioner.

Many of us have worked hard and struggled long to let go of resistance, on becoming lighter and freer. After a Trager session, people observe that the real work was in holding on to those mental and physical blocks for so long. It is indescribably delightful to learn the naturalness of releasing, with no labor involved.

**HAVE YOU SIGNED  
UP FOR THE  
TRAGER  
CONFERENCE  
ON MAY 20-22?**

## "1983 Trager Swap"

June 24-26 Fri. Eve. - Sun. Aft.

A Trager Weekend in the Country — for Institute Members and their families, two hours north of San Francisco on beautiful Mt. St. Helena.

A chance to:

- ★ Swap a Trager session with a peer
- ★ Purchase a session from someone in the field longer, i.e. a practitioner
- ★ Wallow in the feeling of Trager
- ★ Do Mentastics together
- ★ Share experiences in our practice
- ★ Watch another session (Take it in on another level as it goes on all around you)
- ★ Hike, sunbathe, hot-tub and enjoy a weekend in the country.

With a cooperative kitchen and wonderful vegetarian faire. Cost is \$60/ kids ½ price. Sleeping bag accommodations available. Space is limited. A \$20 deposit is required.

Make reservations with:

Sage Madrone

5150 Hwy. 29

Calistoga, CA 94515

or call: (707) 942-5986 (eves.)



### Trager Bliss

Cathy Guadagno

*Imagine a world  
Where we all could float  
In the air or the sea  
Like inflatable boats.*

*No effort at all  
To reach out a hand,  
Trager feet, necks and backs  
In a light Tragerland.*

*Our tables would look  
Like white puffy clouds,  
We'd listen to bodies,  
They'd tell us out loud,*

*"It's such a relief  
To be moved with such ease,  
From my tight neck and shoulders  
To my crackling knees."*

*There would be no use  
For cars as we know,  
Mentastics could jiggle us  
To where we would go.*

*Babes would be Tragered,  
Friends, husbands and wives,  
Hook-up would become  
A complete way of life.*

*What could be finer  
Or freer than this?  
Just a limitless mind  
With a limitless bliss.*



tinual growth in playing. However, for most the impact soon diminished and even disappeared.

It finally became clear that most of us approach an activity like piano playing in conflict. For the sake of explanation it can be said that we are divided into two regions. The first region contains all the functions and abilities we possess, and the second everything else that we are at any given moment. The degree of effectiveness of the methods for the long term was influenced by the second region. I began describing the second region as a complicated web of barriers and obstructions which were created out of various codes of conduct and behavior. And if that was not enough, they were permeated with a conscious and unconscious melange of fear and distrust of region one. All of this set up interference patterns with the learning, refinement, and performance of the skill.

Temporarily, the use of a particular method, in effect, pushed aside the restraints from region two and opened the player for experiencing the making of music freely. It was at once an exhilarating and frightening experience for many. And it happened for students from age five playing a five finger melody to the pianist of twenty years or more playing a Beethoven sonata. Yet, most of the time, it seemed like forbidden territory. Somehow the body and mind were not prepared to stay here.

The final phase of my research led me to a Trager demonstration given by Jim and Carol Day sponsored by the Holistic Health Association of the Princeton Area in New Jersey. As I watched them move the body and speak of hook-up, I kept thinking about the glimpses. Fortunately, Carol played the piano and Jim had always wanted to, so we began investigating on a weekly basis moving from the Trager table to the piano. What evolved from those sessions was so exciting that taking the Beginning training myself was inevitable. And that's when I began to understand on an even deeper level the nature of trauma and how it becomes part of the interference patterns emanating from the second region.

In my own case the most outstanding trauma had been an automobile accident which happened 15 years ago. Despite the fact that my car was totally destroyed, I walked out of it with only a bruise caused by the seat belt. The doctor who examined me pronounced me unscathed and very lucky. No reference was made to whip lash. During the Trager sessions I experienced many parts of my body untwisting and releasing; they seemed to be finding their way back to a more natural and more efficient relationship with each other. As other physical and emotional traumas dumped into my consciousness, which had long been forgotten, I understood the intense pains in my right shoulder

and loss of control in my right hand which I had experienced at the piano, especially when playing the demanding technical pieces. These were the brakes, the tension, and all I had to do was to look at them, understand them, and then they were gone.

After Tragering more than one hundred people myself ranging in age 6 to 84, the results are factual. At the piano the evidence is the sound. When we can act without being divided into conflicting regions, all the functions needed to make music are readily available and the application of a method or technique takes on an entirely different dimension.

To give some clues into what can happen for pianists, the following account is a synthesis of experiences shared by myself and others. I caution the reader to realize that the free movement from moment to moment in the realm of vibrations cannot be written about, so do take the following scenario as nothing more than clues about the real thing.

The pianist had just finished playing the demanding Ravel Toccata. I was a listener yet every cell of my body had been set in motion as if I had been the player. What had it been like for the pianist? We waited a few seconds before speaking. The player's heavy breathing dominated the quiet that followed accompanied by a darkly serious facial expression. Her hands, arms, the entire upper torso were strained in obvious exertion. Finally, her body slumped into a dejected posture as she began to speak.

**Pianist:** It happened again. Everything's fine and then suddenly I seem to be trapped. It's those last two and a half pages.

**Listener:** What do you mean by trapped.

**P:** I feel trapped or blocked here in the upper part of my right arm. The fingers become increasingly more difficult to control. A kind of stiffness sets in. And worst of all the pulse gets faster. I feel like I'm just hanging on for dear life.

**L:** When do you first notice the change?

**P:** As I begin that last section I usually gear myself up or maybe it's more like a bracing. I say to myself, take it easy, relax! At first, I really get into the shifting harmonies, it's very exhilarating, and then comes a point when I feel pushed by them.

**L:** How do you feel now? I notice you are rubbing your right hand and arm? Could you play the piece again?

**P:** No, I couldn't attempt it today. I really feel exhausted. I guess I just don't have the muscle strength and stamina.

**L:** Here's what I suggest. 1) We will begin with a Trager session. 2) You will learn some Mentastics to do at home. 3) Get yourself a rebounder and begin working out on it, slowly. 4) Select pieces to work on which you can allow yourself to play with comfort and ease. And above all do permit yourself to enjoy them. Do not play the Ravel for a few weeks.

*Three weeks later. The non-verbal feelings . . . what could be freer? . . . Oh, my what could feel more beautiful? . . . were moving simultaneously with the sounds of the Ravel Toccata. The pianist had just gotten off the Trager table for the third time and with little verbalization had gone to the Steinway.*

**P:** My hands . . . feel lighter. Wow, it's just flowing! Every vibration . . . No! I am responding to every vibration. It's a clarity I've only glimpsed in rare moments.

She drops attempts at verbalizing as she moves with both hands in close proximity. At any moment the slower rate of these vibrations could make the repeated note toccata figure become muddled. The player must be sensitive enough to give each vibration breathing space. Suddenly, a wrong note is played,

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## WHAT'S SHAKIN': R&R, C&W, and TRAGER

The "US '83" Music Festival sponsors have extended a special invitation to The Trager Institute Professional Members to attend this Spring's blockbuster musical double-bill! "US '82" made showbiz history over Labor Day Weekend with a first-rate, outdoor music festival with no traffic jams, no violence, no trouble—just one big, happy boogie. This Spring again, the Festivals combine top entertainment artists with a state-of-the-art Career-Technology Expo. To make the event even more special, Trager Practitioner Candidate Priscilla Lisicich is organizing a Trager Tent where we may offer samples of Trager to all participants at no charge. Trager Certified Practitioners and Practitioner Candidates will be able to attend and participate in the "US '83" activities in exchange for sharing the magic of Trager.

The "US" Festivals will be held at Glen Helen Regional Park in San Bernardino, California. The rock 'n' roll festival is on Memorial Day weekend, May 28, 29, and 30. Performers include: The Clash, Men at Work, Joe Walsh, David Bowie, Stevie Nicks, Pretenders and others. This event is followed the next weekend on June 4th only by a day-long country-western all-star jamboree featuring Emmylou Harris, Alabama, Waylon Jennings, and WILLIE NELSON! (Betty is ecstatic.)

The "US" Festival is a happening which brings people together to celebrate the power of people working together. And we Trager folk have the opportunity to join in this celebration. In addition to free admission, qualified Trager Practitioners and Practitioner Candidates will be given free parking and sleeping space in the Trager tent or on the campgrounds. If you want to participate in this once-in-a-lifetime opportunity, please write to Don at the Institute immediately. Be sure we have all your correct addresses and phone numbers. Those who are accepted will be notified with full logistical details.

## Swinging In The Rain

Mark Bauman

Like a challenge? Try a marathon. Either running it (I haven't) or doing Trager with people that have just completed one — as I did this February 6th for the second straight year at the Oakland Marathon.

We packed up our tables, sheets, and blankets in the early morning in Palo Alto, and headed out into one stormy and cold day, not knowing quite what to expect. I was accompanied by Dagmar Dolan, a recent trainee with an extremely good touch and a background of working with sports people (she is also a designer for Women's Sports magazine), and Michael Mauck, a good friend who drove us and would proceed to encourage us, manage our working area, and graciously welcome the runners and help them to be a lot more comfortable.

It was very cold and very rainy when we got to Oakland. We were supposed to set up and work outdoors (my friend Mark Horowitz had encouraged World Runners to sponsor us, and Bob Lord of World Runners had arranged with the race officials for us to be there.) which was impossible. We tried to get permission to set up indoors in the press and medical area — no dice.

So we set up our tables in a semi-protected — but still quite cold — area under one of the skyscrapers on Broadway and began working on some of the early finishers of the half marathon (the work would get more challenging as the full marathon people came in later). We were quickly informed by building security that we had to move out onto the sidewalk (and rain). Well, negotiations ensued, and they eventually allowed us to set up under another building and get down to work.

Most runners of course had tight thighs and calves and aching feet; some had back and torso pain. Our biggest challenge was often keeping folks warm enough to be able to effectively work on them. At one point we were even faced with a case of hypothermia, and the Army arrived on the rescue with a sleeping bag and hot tea - about 45 minutes later the fellow was able to get up and on his way.

We worked on people sometimes only 3 or 4 minutes — enough to begin to loosen and soften legs and backs before they got too cold, as the rain and wind continued to blow around us. Michael did a marvelous job of welcoming folks, making sure those who wanted work got it, keeping them as comfortable as possible under the situation (often running over to fetch them some of the free yogurt, beer, and oranges being given out, as well as helping folks onto the table who were having trouble moving, etc.), and keeping some order when bunches of people needed work all at once.

We were able to help a good number of people to feel more comfortable and decrease their post-race recovery time — and they loved it. Dagmar did wonderfully — she was really poised and confident, with an ability to know what to do when she had only a few minutes to work with people who each needed something different.

Later, after we'd brought our soaked selves back across the Bay, we all agreed over cappuchino and croissants that we had had a ball! The challenges of elements and circumstances made it even more fun and satisfying, and we're looking forward to doing it again and having others join us.

## The Training Track Task Force Advisory Committee Report — March 20, 1983

Natasha Heifetz

The Training Track Task Force Advisory Committee has presented proposals to the Advisory Committee at three separate meetings at The Trager Institute. The proposals were discussed at length. Some have already started to be put into effect and others which will be, were voted on at the Advisory Committee meetings. The changes in the Training Track that are being instituted will be announced.

The main thrust of the proposals is to increase supervision and feedback and to raise awareness of the different aspects involved in Trager work. To that end, our committee is presently brainstorming and categorizing a feedback criteria list with much input from both Instructors and Practitioners, and from new students. Thank you particularly to the Instructors and our "extended" committee members in Texas & Seattle. This list will be distributed as soon as it is ready, at the latest, by Conference time.

Our committee is very excited about this criteria/feedback list or *Practice Guide*, which will be forthcoming. We envision it will serve to educate and raise awareness. It will give students a clear idea of what will be expected of them at their assessments. It will be useful during review days, supervised practice sessions etc. as a guideline to help people focus their attention on specific areas and to develop more sophisticated feedback skills. It could be used during practice pods, to help upgrade the level of feedback between students. We feel it will help assistants at trainings to become more effective helpers, and help assessors to assess.

We expect to present the proposals and to continue brainstorming on the training track during the Conference in May. I look forward to seeing you there.

## New Dues Structure

At the December meeting of the Advisory Committee and the Instructors, the participants voted in a new dues structure. The new system reflects rising operational costs, and a fairer apportionment of membership support based upon status in The Trager Institute. For 1983, dues are as follows:

<b>Friend of Trager</b>	<b>\$15.</b>
<b>Trainee:</b>	<b>25.</b>
<b>Practitioner Candidate:</b>	<b>40.</b>
<b>Practitioner:</b>	<b>55.</b>
<b>Introductory</b>	
<b>Workshop Leader:</b>	<b>70.</b>
<b>Instructor:</b>	<b>85.</b>

As was announced on the front page of the January newsletter and its corrected update, any member could pay their 1983 dues at the 1982 rate by Feb. 28th. Since this deadline is passed, the 1983 rates now apply to all 2nd, 3rd, and 4th quarter renewals for 1983.

This important decision was effected through input from members and Instructors. As always, we invite you to participate in future Advisory Committee activities. Come to the meetings as they are announced, or send in your input to the Institute.

## The Trager Stork Club

★ This winter, The Trager Institute received the following good news from Trager Practitioner Candidate, Maren Repenning, from Hamburg, Germany: "On January 5, 1983, my beautiful daughter Julia Katharina was born. I'm very happy that she came into my life!" On behalf of the entire Trager Family we wish Maren and Julia Katharina our best!

★ At least one whole Trager Family had an astonishing St. Valentine's Day this year. Our attorney, Gary Friedman, and his wife Trish were expecting their second baby who began to announce her arrival that morning. The Friedmans' had planned a natural home birthing, and had completed all the necessary trainings to do so. However, their midwives were late for the delivery, so Gary and Trish — ably assisted by their young son Cassidy, did the job themselves. All three brought Elizabeth Sydney Fenton McCall Friedman — their very own living Valentine — into the world. She arrived at 2:30 p.m., February 14, 1983, into the loving hands of her papa. Gary told Betty later on that Sydney's birth was not only the thrill of a lifetime, but the biggest shock and surprise he's ever had. Cassidy, on the other hand, took it in stride.



# SPRING/SUMMER COURSE SCHEDULE

**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

**April 30-May 2, May 6-8 Los Angeles, CA Carol Campbell \$450**  
CONTACT: Gary Brownlee, 11465 Venice Blvd. #1, Los Angeles, CA 90066, 213-398-5366 — NR.

**May 7-9, 28-30 Berkeley, CA Gail Stewart \$450**  
CONTACT: Gail Stewart, 415-841-4732 — NR.

**May 27-29, June 3-5 Oslo, Norway Cathy Guadagno TBA**  
CONTACT: Sigrun Balavoine, Bolerbakken 13A, Oslo 6, Norway, J. Balavoine and Co., Ulsrudvn 21 B, Oslo 6, Norway, 02-262-022

**June 5-7, 12-14 Calistoga, CA Carol Campbell \$450**  
CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986 — NR: Sleeping bag arrangements available at extra fee

**June 7-12 Montreal, Quebec Sheila Merle Johnson \$400\***  
CONTACT: Roland Burgalierres, 6089 Durocher, Outremont, Quebec H2V 3Y7, Canada, 514-279-1813 — NR

**June 10-12, 17-19 Munich, Germany Cathy Guadagno TBA**  
CONTACT: Hartmut Weber, Waldhauser, Str. 15, 8196 Beuerberg, West Germany, 011-49-81-79-382

**June 10-16 Yellow Springs, OH Betty Fuller \$500**  
CONTACT: Elizabeth McInnis Davis, 529, McLain St., Dayton, OH 45403, 513-223-7921 — Board & room extra, available at Antioch Univ. campus.

**June 20-25 Mill Valley, CA Sheila Merle Johnson \$450\***  
CONTACT: Sheila Merle Johnson, 112 Janes St., Mill Valley, CA 94941, 415-332-7557 — NR.

**June 24-26, July 1-3 Zurich, Switzerland Cathy Guadagno TBA**  
CONTACT: Monika Sutter, Pfannenstilstrasse 18, Wadenswil 8820, Switzerland, 01-780-3977

**June 30-July 5 Minneapolis, MN Betty Fuller \$500**  
CONTACT: Marilyn Krueger, 1519 6th St. N.E., Minneapolis, MN 55413, 612-781-3540 — NR.

**July 7-12 Toronto, Canada Carol Campbell \$450**  
CONTACT: David Pinto, 193 Indian Grove, Toronto, Canada, M6P-2H4, 416-534-6950 — NR

**July 23-28 Santa Cruz, CA Carol Campbell \$450**  
CONTACT: Twin Lakes College of the Healing Arts, 200 - 7th St., Santa Cruz, CA 95062, 408-476-2152 — NR

**July 29-31, Aug. 5-7 Palo Alto, CA Carol Campbell \$450**  
CONTACT: Mark Bauman, 745 Webster, Palo Alto, CA 94301, 415-324-1824 — NR

**July TBA Toronto, Canada Betty Fuller \$450**  
CONTACT: Karen Goren, 33 Rosehill Ave., Suite 207, Toronto, Ontario M4T 1G4, 416-927-0707

**Aug. 12-14, 20-22 Honolulu, HI Carol Campbell \$500**  
CONTACT: Maryann Zimmerman, 5085 Poola St., Honolulu, HI 96821, 808-373-9576 — NR

**Aug. 14-19 Mill Valley, CA Sheila Merle Johnson \$450\***  
CONTACT: Sheila Merle Johnson (see above)

**Oct. 24-30 Marble Fall, TX Sheila Merle Johnson \$600\***  
CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768; or Barbara Hewitt, 613 Baylor, Austin, TX 78703, 512-477-8708 — R: 7-day Intensive.

## BETTY'S TRAGER ALTERNATIVES DAYS

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

**May 23 Marin County, CA \$35**  
CONTACT: The Trager Institute.

R = Residential NR = Non-Residential

## BETTY'S INTERMEDIATE TRAININGS

*A prerequisite for admission to Dr. Trager's trainings, Betty's training is open to Practitioner Candidates and Practitioners. It includes, review, instruction and integration of intermediate material, Mentastics and discussion.*

**June 18-20 Toronto, Ontario \$350**

CONTACT: Karen Goren, 33 Rosehill Ave. #207, Toronto M4T 1G4, 416-427-0707 or David Pinto, 193 Indian Grove Rd., Toronto, Ontario M6P 2H4, 416-534-6950 — NR.

**July 15-17 Del Mar, CA \$350**

CONTACT: San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 619-481-6215 — NR.

## MILTON TRAGER, M.D. INTERMEDIATE TRAININGS

*Open ONLY to Trager Practitioner Candidates and Practitioners who have satisfactorily completed an Intermediate with Betty Fuller OR a prior Inter-mediate with Dr. Trager.*

**To apply state your name, address(es), with zip code, phone(s) with area code and a list of your prior trainings with dates, locations and instructors, also including your non-refundable deposit of \$100.**

**July 1-3 Honolulu, HI Milton Trager, M.D. \$375**

You must have had at least one Intermediate by Dr. Trager to apply. Send your \$100 non-refundable deposit payable to Milton Trager, M.D. to The Trager Institute.

**Please note as of this date, there are a few spaces left in the Miami training. Milton's trainings in Washington, D.C., Dayton, Ohio, and Marin County are all full. We will accept applicants on a waiting list in case there are cancellations.**

## REVIEW CLASSES

**May 19 Mill Valley or Santa Rosa The Trager \$30**  
PRE-CONFERENCE REVIEW DAY  
CONTACT: The Trager Institute  
Instructors

**June 13 Mill Valley, CA Sheila Merle Johnson \$40**  
CONTACT: Sheila Merle Johnson, 112 Janes St., Mill Valley, CA 94941, 415-332-7557

**June 25 Santa Cruz, CA Carol Campbell \$35**  
CONTACT: Carol Campbell (see above)

**July 6 Toronto, Ontario Carol Campbell \$40**  
CONTACT: David Pinto, 193 Indian Grove, Toronto, Ontario, M6P 2H4, Canada, 416-534-6950 — NR

**July 18 Mill Valley, CA Sheila Merle Johnson \$40**  
CONTACT: Sheila Merle Johnson (see above)

**Aug. 27 Santa Cruz, CA Carol Campbell \$35**  
CONTACT: Carol Campbell (see above)

## MENTASTICS CLASSES

**July 16 Santa Cruz, CA Carol Campbell \$30**  
CONTACT: Carol Campbell (see above)

**2 weeks of Mentastics La Jolla, CA Cathy Guadagno \$5**  
Tues. 10-11:30 a.m., Thurs. 4-5:30 p.m.  
CONTACT: San Diego Trager Center (see above)

**All Foreign Members please use International Money Orders in U.S. currency only.**  
\*Reduced fee for advance payment in full.

**On-going Mentastics**     **Mill Valley, CA**     **Delores Kvigne**     **\$4**  
 Saturdays, 9:30-10:30 a.m.,  
 CONTACT: Delores Kvigne, 388-7633 for more details.

**On-going Mentastics**     **San Diego, CA**     **Peggy Reynolds**     **\$5**  
 CONTACT: San Diego Trager Center

**On-going Mentastics**     **Portland, OR**     **Carlos Martin**     **\$5**  
 CONTACT: Carlos Martin, Everett Community Ctr., 503-238-4010

**June 18**     **Mill Valley, CA**     **Sheila Merle Johnson**     **\$35**  
**Delores Kvigne**  
 CONTACT: Delores Kvigne, 415-388-7633 — after 5/1/83 415-456-0890

**July 16**     **Kingston, Ontario**     **Karen Goren**     **\$35**  
 CONTACT: Jack Watkins, 43 Huff Ave., Kingston, Ontario K7N 1S5, 613-389-4354

**July 17**     **Los Angeles, CA**     **Gary Brownlee**     **\$35**  
 CONTACT: Gary Brownlee (see above)

**Aug. 7**     **Toronto, Ontario**     **Karen Goren**     **\$35**  
 CONTACT: Karen Goren (see above)

**Aug. 13**     **London, Ontario**     **Karen Goren**     **\$35**  
 CONTACT: Nutan Joy or Danny Gadwa (see above)

**Aug. 27**     **Kingston, Ontario**     **Karen Goren**     **\$35**  
 CONTACT: Jack Watkins (see above)

**ONE-DAY INTRODUCTORY WORKSHOPS**

**May 1**     **Oakland, CA**     **Julie Greene**     **\$40**  
 CONTACT: Julie Greene, Holistic Health Associates, 2080 Mountain Blvd., Suite 203, Oakland, CA 94611, 415-535-2434

**May 7**     **Boulder, CO**     **Lael Keen**     **TBA**  
 CONTACT: Lael Keen, 2730 - 17th St., Boulder, CO 80302, 303-449-2232

**June 4**     **Calistoga, CA**     **Sage Madrone**     **\$35**  
 CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986

**June 7-8**     **Toronto, Ontario**     **Karen Goren**     **\$35**  
 CONTACT: David Pinto, 193 Indian Grove Rd., Toronto, Ontario M6P 2H4, 416-534-6950

**June 11**     **London, Ontario**     **Karen Goren**     **\$35**  
 CONTACT: Nutan Joy, 49 Askin St., London, Ontario N6C 1E5, or Danny Gadwa, 540 Colburne St., London, Ontario N6B 2T8, 519-433-9988

**June 12**     **Oakland, CA**     **Julie Greene**     **\$40**  
 CONTACT: Julie Greene (see above)

**June 12**     **Los Angeles, CA**     **Gary Brownlee**     **\$35**  
 CONTACT: Gary Brownlee, 11465 Venice Blvd. #1, Los Angeles, CA 90066, 213-398-5366

**June 12**     **Chicago, IL**     **Cathy Guadagno**     **TBA**  
 CONTACT: Jim Hackett, Body/Mind Center, 312-935-8228

**June 19**     **San Francisco, CA**     **Deborah Simon**     **\$35**  
 CONTACT: Deborah Simon, Sacramento Street Center, 2859 Sacramento St., San Francisco, CA 94115, 415-922-3478

**June 23-26**     **Toronto, Ontario**     **Karen Goren**     **TBA**  
 Demonstration at Assoc. Humanistic Psychology Annual Conf.  
 CONTACT: Karen Goren, 33 Rosehill Ave., Apt. 207, Toronto, Ontario M4T 1G4, 416-927-0707 or Norma Fine, 63 Dell Park Ave., Toronto, Ontario M6B 2T7, 416-783-9863

**EUROPE**

**Workshop Leader: Fabienne Hirsch**  
 CONTACT: Fabienne Hirsch, 17 Rue La Fontaine, St. Maur 94100, France, 1-885-0638  
 DATES: May 8, June 12, September 25, October 23, November 20, December 18.  
 CONTACT: Alain Curel, Institut Synarta, Case Postale 704, 1211 Geneve 1, Switzerland (022) 32-38-78  
 DATES: June 2, June 23, September 22, October 20, November 10, December 8

**Workshop Leader: Danielle Thocaven**  
 CONTACT: Danielle Thocaven, "la cle'des champ", Chemin Lartigue 33520, Bruges, France, (56) 28.16.32  
 DATE: May 8

**SUPERVISED PRACTICE DAYS**

**June 26**     **Los Angeles, CA**     **Gary Brownlee**     **\$15**  
 CONTACT: Gary Brownlee, 11465 Venice Blvd. #1, Los Angeles, CA 90066, 213-398-5366

**July 24**     **Los Angeles, CA**     **Gary Brownlee**     **\$15**  
 CONTACT: Gary Brownlee (see above)

**EUROPE**     **Dates & Locations listed below**     **Fabienne Hirsch**     **TBA**  
 CONTACT: See Introductory persons at respective locations.

————— **SWITZERLAND - June 3, June 24, Sept. 23, Oct. 21, Nov. 11, Dec. 9**

————— **FRANCE - May 7, June 11, Sept. 24, Oct. 22, Nov. 19, Dec. 17**

**Assisting Jobs Open in Spring Trainings**

In addition to taking trainings this Spring, there are many exciting ways to be with Milton and Emily during their extended tour. All the following jobs allow the volunteer to experience the trainings as staff, to take in the whole room, to be with Milton and Emily Trager, and the Instructors, in a different context, and to support the learning of others. Look over the jobs and dates of Trainings and call the Institute office as soon as possible to volunteer. A few positions are open only to graduates of past advanced trainings, but most are open to all professional members of the Institute. Dr. Trager's staff requirements include the following. Those starred (\*) are open only to advanced graduates or Practitioners by special permission.

**Milton's Intermediate Trainings**

1. Training Manager: Instructors only.
2. \*Logistics Supervisor: Responsible for crew, room set up/clean up, equipment, lock up, key distribution, expense money, time keeping, etc.
3. \*Logistics Crew:
  - a) Recorder — Responsible for equip-

- ment, recording class, logging tapes.
- b) *Transportation* — Drive Milton and Emily.
- c) *Teaching Assistants* — Instructors, Instructor Candidates and Introductory Workshop Leaders only.

**The Trager Learning Clinic and Labs**

1. Training Manager: Instructors only.
2. Logistics Supervisor: (see above)
3. Logistics Crew:
  - a) Recorder — (see above)
  - b) *Hospitality* — Greet models, name tags, stow gear, refreshments, sign releases, etc.
  - c) *Transportation* — Drive the Tragers, models when necessary, assist with wheel-chairs.
  - d) Set up, clean up, including laundry, move equipment. Maintenance.

**SPECIAL FUNCTIONS**

**Meals on Wheels Coordinator:** Since the Tragers work all day and need to rest. Institute members bring suppers to their motel. It is a delightful treat for both parties. The Coordinator schedules members who want to have a brief visit with

Milton and Emily as well as bring them a simple meal. Call the Institute to volunteer as Coordinator and/or to sign up to wheel in a meal. No seafood, eggplant or squash, please!

**Emily's Playmate-of-the-Day:** While Emily loves all of us and the work almost as much as she loves Milton, it does get a bit much simply to observe training after training day after day for one month at a time! So Emily's playmate (male or female) is there to drive her when she needs a break or has errands to do, to wait on her and assist her in every way possible. If Emily wants to read or rest, the playmate is welcome to observe the training. It has truly been a sweet way to spend time with a great lady and the job provides vital support to Milton. You all know how much support he draws from her presence in the room. When she needs a break, he can relax and continue to work knowing she is in good hands with her playmate. We need a playmate coordinator and volunteers for each training day. Call the Institute to volunteer.

(cont. on page 8)



then a second. The player's body stiffens slightly, but the movement of the pulse is unaffected. She stops at the ascent of the D sharp minor chord.

**L:** What's the matter?

**P:** Somehow it's scary. How can it suddenly become so much easier? I used to think that I played the first section with ease, but even that is different. (She turns inward watching a progression of thoughts and feelings.)

**L:** What is happening to you? Please take your time. Don't be in a hurry to find an answer.

**P:** It's weird. My usual sense of what being in control is all about is being pushed away by something else. There's a flow that is more than just playing the correct notes. It's more like... (pause). I know. It's balance, a different kind of order which feels so right.

**L:** Yes, I know it is really impossible to express. Language is inadequate to verbalize these things, but could you make an attempt to describe the inner feeling?

**P:** The body feels more open, more flexible. My lower back seems to have movement in it. I never noticed that before. The shoulders and arms are definitely less tense.

Silence. Looking at the keyboard she begins to play again from the place she stopped. The A sharp played by the left hand crossing over the right suddenly takes on a soft, crystalline quality. The vibration emanates in an even fullness. She stops again.

**P:** The pulse... it's somewhat different. It's happening in a different way throughout my entire body. Usually, I feel I am exerting great effort to maintain it. It's... it's more like dancing. In dancing I kind of lose myself. (She sighs almost with exasperation.) Yet, it's not exactly like losing myself. With every note so clear, it certainly is not what I would call automatic, machine-like playing. (A moment of quiet and a smile crosses her face.) You know when I played the two wrong notes, something very interesting happened. I thought "uh-oh", here it comes.

**L:** Which came first the "uh-oh" after the mistake or something before it?

**P:** (Laughing) I felt the return of what I call my bulldozing mode. The "I'm going to get through this come heck or high water attitude." Putting all my effort and determination into it. Really trying with all my might. After the opening moved so differently, each vibration existing in its own space, something in my brain said, "Hey, wait a minute you got away with really enjoying it so far, but that was just an accident, you better gear up and get this thing under control." The two wrong notes followed after that. Simultaneously an incredible tension gripped my thighs and began spreading throughout my body. And then I saw it. This growing tension was obstructing the flow of the pulse. Everything became heavy and hard. Then, another signal from another part of my brain broke through. Of course, it was not a verbal

signal, but to communicate something of it to you, I will try to verbalize it. It's as if it said, "You know you don't have to play with that horrible tension. You know what it feels like to be free of tension and above all you heard it during the opening. You learned the feeling of being free on the Trager table." Suddenly my right arm felt as if it was undulating or maybe a better word is resonating with the vibrations. There was movement in the arm in every direction. (Long pause.) You know those two mistakes could have easily become the beginnings of a total breakdown, as has happened to me in the past. Instead it was like a momentary brush with old conflicts that was superceded by this feeling of "what could be freer". I also noticed shifts in my breathing during all of this.

Come to think of it I had glimpses of that feeling during the many years of studying the piano. If it happened when a teacher was present, it would be described as really being in the music, or just letting it happen. But we never explored it, and it would be brushed aside as an unexplainable phenomenon, a mystery.

She begins the piece from the beginning again. We were both eager to hear the last two and a half pages. At the end she was at a heightened energy level but no longer breathless.

**P:** It's as if I now know what the words full attention, spontaneity, synchronization, and even relaxation are pointing to. I guess I was coming from the concepts before, which are never what they describe. What I felt was an allowing -being open - instead of resisting what was happening.

\* \* \* \* \*

The question of being able to make music freely is a question of talent, i.e. natural ability. However, to measure and qualify it, we must first be able to use it. At the piano the learning and continual refinement of the skill within the spontaneous movement from vibration to vibration puts the activity into a realm which demands the full uninhibited use of our talent.

Expressed another way, the pianist must acquire the most efficient and thorough means of training and developing his/her talent to feel comfortable with the act of the moment and to move freely in it. And to do that there is one all abiding requirement: At every step in the learning and playing, a pianist must be totally attentive. This is impossible, however, when most of us carry an incredibly complex array of barriers around with us all the time. These create mental and nervous strain often accompanied by muscular tautness commonly called tension (stress). In short, mind and body functions are out of synchronization. We cannot be totally attentive if we are in this state of conflict.

I am continually amazed after I complete a session at how effective the movements of Trager Psychophysical

Integration are in releasing tension and breaking down the barriers of region two. It is undeniable, the sound from the piano mirrors the changes. Two areas are immediately evident. The rate and thoroughness of learning new pieces increases, often to an astonishing degree, and in playing pieces already known, the quality of sound changes to the extent that it often seems as if someone else is playing. Ironically, it is a strangeness to which many have to become accustomed. Fortunately, the daily use of Mentastics makes the adjustment easier.

This magic of making music freely, or perhaps, it is hook-up, is what a six-year old student said was like a butterfly. If you try to catch it, it will always fly just out of your grasp, but if you are just there fully open and attentive to it, you can feel as if you are moving as freely and lightly as it is. Thank you, Dr. Trager.

*Colanne Stempel holds a Master of Music degree in performance from the Manhattan School of Music and studied with such eminent pianist/teachers as Dora Zaslavsky and Artur Balsam. She taught at Douglass College, Rutgers University, and was the founder and president of the International Music Institute which sponsored summer chamber music study programs abroad for outstanding players from the world's leading conservatories and schools of music.*

## All Teachers Review Day A Clarification

A few people seem to think that this special, pre-conference Review day on May 19, at The New Flamingo Hotel is for teachers! We wish to clarify that this Review day is a rare opportunity for Trager **students**: All of the Trager Instructors will be together co-teaching this Review day as a benefit for The Trager Institute. We already have an excitingly large number of sign-ups for this Review day, and we want to encourage you to add your name to our list.

You will be able to experience the work and teaching of the Trager Instructors you have not yet met, and will be able to refine your skills and sensitivity. To register, send \$30. payable to, and mailed to the The Trager Institute. Contact Karen Bishop, Conference Registrar, 124 Fallon Lane, Sacramento, CA 95819, 916-452-2386, to reserve your hotel room for Thursday night if you wish to stay there that night. A logistical detail letter will be mailed to all registrants.

In addition to Milton's training on the coast twice each year, there are on-going Beginning as well as Betty's Intermediate I trainings which require a Logistics Supervisor (see above) and teaching assistants who cover all logistical needs and help with the teaching. Apply directly to the Instructors, requests for Betty's trainings should be made through The Trager Institute.

**CREDITS**

Editor: Betty Fuller  
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DO YOU WANT YOUR FRIENDS, FAMILY, OR CLIENTS TO BE WORKED ON UNDER DR. TRAGER'S SUPERVISION BY STUDENTS IN THE ADVANCED CLASS? IF YES, CONTACT THE INSTITUTE IMMEDIATELY WITH FULL INFORMATION.

**Good Bye Dear Friend, We Love You!**

The Trager Family lost a dear friend and ardent supporter of our work with the death on April 4th of Robert F. Baldwin, Sr., in Yellow Springs, Ohio. Robert and his wife Esther fell in love with Tragering after experiencing the wonderful results obtained by their daughter, Nancy, in her sessions with Elizabeth Davis. You read her story in last spring's newsletter. Both Robert and Esther — (she is a Trager Trainee) — facilitated our trainings on the campus of Antioch University in Yellow Springs in every way possible. Robert graduated from Antioch in 1929 and remained actively involved in alumni affairs. He was a past member and secretary of the Antioch Board of Trustees. An astute businessman, Robert was Chairman of the Board of Baldwin and Whitney Insurance Agency, Inc. of Dayton, Ohio. All of us who got to know Robert Baldwin found him to be a generous and gracious host: a warm-hearted "enabler" who quietly saw to it that things got done right! He had a marvelous sense of fun and humor and loved to play — most particularly to fly kites! The love he and Esther shared has warmed our hearts and all of us in the Trager world have been deeply appreciated for our gifts of healing and message of peace. We shall miss him terribly. All of us join in sending our love to Esther and Nancy and to all Robert's family. We especially appreciate our Elizabeth and Ray Davis for their loyalty and devotion in the long vigils they kept with Esther during Robert's winter illness. Bless you, Robert and Peace Be With You.



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**FIRST CLASS**

**PLEASE FORWARD**