



TRAGER NETWORK NEWS

Membership Newsletter of The Trager Institute

July 1986

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FOURTH INTERNATIONAL TRAGER CONFERENCE

A Message from the Conference Committee

Diane Paquet and Frank Straume

FOURTH INTERNATIONAL TRAGER CONFERENCE: A Message from the Conference Committee

Diane Paquet and Frank Straume

All of us here in Quebec, Canada, were overjoyed to learn that Louise de Montigny had been chosen as the fourth International Conference chairperson, and that the conference would be held in or near the city of Montreal. As soon as the official confirmation was given, preparations got under way. The date has been set for September 25-27, 1987.

A conference committee has been formed to pull together and focus the enthusiasm and the imagination that has been generated thus far, laying a foundation that, little by little, will bring this vision to realization: Trager minds, hearts, and hands from around the world!

We would like to get everyone involved, thus making this celebration a true reflection of who we are, what we are concerned with, and, perhaps, what we want to project in the world. Two questions that came up often at our meetings was this: How can this conference be a valuable and effective event for each of us, and how much are we willing to give in order to see it happen?

So how about it? Right now we are asking for your answers, or your questions regarding the conference, its theme, etc. What activities would you like to have? What workshops? Once we have had a chance to read your letters, we will let you know what we've found out.

We have always felt that sharing together, working together, exchanging and learning together offer a unique experience for growth, both individually, and collectively, and implies that we have made a choice to really live together.

A list of our committee members, their areas of responsibility, and their telephone numbers can be found after the French translation of this article.

IV IEME COLLOQUE INTERNATIONAL EN TRAGER

Message du comité organisateur

par Diane Paquet

C'est avec joie et enthousiasme que nous avons reçu le mandat de préparer le prochain colloque international qui aura lieu les 25-26-27 septembre 1987 à Montréal, au Québec.

Déjà, un comité organisateur s'est formé favorisant ainsi un échange d'idées et d'énergies, battissant peu à peu la réalité de cette grande fête: "Rencontre de tous Trageristes du monde!"

Mous en sommes à la préparation de cette grande fête et avons besoin de vous! Le colloque sera le reflet de la participation de tous et chacun. Une question a été lancée par le comité organisateur: "Qu'est ce que j'attends de ce colloque et de quelle façon je m'implique? Une première étape serait d'envoyer vos suggestions sur le thème et le contenu afin de créer tous ensemble cet événement spécial. Suite à vos commentaires, nous vous redonnons des nouvelles en septembre prochain.

Partager, travailler ensemble, échanger et apprendre est une expérience unique de développement personnel et collectif que nous avons choisi de vivre ensemble en tant que groupe, nous nous présentons:

Louise de Montigny
514-843-8382 Coordination générale
General Co-ordination

Mariette Joyal
514-527-1717 Hébergement
Hotel/conférence
committee liaison

Josée St. Pierre
819-535-2513 Registraire
Registration/orientation

Sonia St. Onge
514-279 6912 Programmation
Program Coordination

Suzanne Larocque
514-845-1510 Accueil/animation
Hospitality co-ordination

Diane Paquet
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Ghislain Lemonde 514-271-2371 Entertainment/
Banquet Co-ordinators
Amrita Daigle 418-683-4668 Animation
du banquet

Denis Lafontaine
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Judy Archer
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Regional workshops
co-ordination

Frank Straume
514-277-5942 Traduction
Translation

Roland Buralieres
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institut
Institut/conf committee liaison

Don Schwartz
415-388-2688 Liaison institut/conf
Conf/institute liaison

Vos suggestions, questions, commentaires sont envoyés à:
Please send your suggestions, questions, and comments to:

C.O. du IV colloque international en Trager
a/s Josee St. Pierre
93 Rg des Gres
St. Etienne des Gres
Quebec, Canada 60X 2P0

★★★ WHAT'S INSIDE ★★★

Executive Director's Corner

Regional Reports

Two Big Regional Meetings

Judy Archer: Regional Coordinator
Liaison

The Elite Athlete Program

The 1987 Conference

A New List of Tutors

And More!

A LETTER TO BETTY, MILTON, AND SHEILA MERLE

Mukara Meredith, M.S.W.

(Editor's note: Mukara recently wrote a letter about her Trager experience to Sheila Merle Johnson, Dr. Trager, and Betty Fuller. Sheila Merle brought it into the office with a suggestion that we put it in our newsletter, and Mukara said, "Yes." She does her Trager work at the Ruskin Migrant and Community Health Center in Ruskin, Florida; and specializes in applying Trager work to pregnant migrant women. The center is a federally funded health facility.)

I am writing to share a couple of recent Trager "miracle" stories with you. On Friday, May 16, I presented a demonstration of Trager work for pregnant women at a Bi-Regional (11 states) Maternal and Child Health Conference in Dallas, Texas. The conference was attended by doctors, nurses, mid-wives, social workers and employees of the federal government. Mine was an "optional" presentation amidst much academic hurrah . . .

The presentation was a real success. There were moments—actually hours—before it happened when my fear-voice said, "Oh no! What am I doing here? These people won't be receptive or responsive!" However, when I asked myself, "Now, if my heart could speak, what would it say?" The answer was clear: It would say I believe in this work! I **know** it works! Trager cuts through age, race, and class barriers—touching something deep inside that **is** universal, that is special. Above all, Trager does reduce stress for pregnant women, making the entrance way for new life easier, softer, lighter, freer . . . making family life more enjoyable, more nurturing. So, what is there to worry about! And when my heart speaks and my hands move in synchronization, the head "trips" (fears) are exposed for the imposters they are.

It was wonderful—just right! I stood soft and strong for the work I do; soon I was not alone. Facts were presented in a context of feeling, of meaning.

Two other experiences last week make me feel real glad to be a part of this work:

First, the wife of one of the clinic doctors was 2 days overdue. Her doctor said, "probably at least 5 more days" after checking her. I asked Robin if she wanted to have the baby the next day. She said, "Yes!" So we worked together for about 30 minutes and she let herself relax very deeply. Twelve hours later she had an 8', 14" baby girl! Her doctor credits Trager with starting labour.

Second, a client had a Trager session with me. When he came back for a 2nd session one week later he shared that he had a long-standing, daily marijuana dependency. However, following the first session he had neither *desired nor used* any marijuana! He credits Trager with the mental shift! I'll buy that!

There are many other experiences—mine are not unique. I just wanted to take the time to share, to acknowledge on paper what I

acknowledge in my mind and heart everyday: This work is very special; through it I touch even more Space. Because of you as teachers I can "embody" more lightness, more freedom. You have been (and still are) movers and shakers in my life in the fullest sense of the words.

THE TRAGERS IN LAGUNA HILLS

On May 2, 1986, Emily and Milton Trager boarded an airplane in San Francisco, and disembarked at John Wayne airport to go to their beautiful new home in Laguna Hills, California, smack dab between San Diego and Los Angeles. The move, of course, took a tremendous amount of energy much of which was contributed by Trager people from the Bay Area and from Southern California.

To celebrate their move, Maggie Eoyang, of the West East Bay (W.E.B.) region, coordinated an elegant brunch in honor of Emily and Milton at the Alta Mira Hotel in the hills of Sausalito. And, to celebrate their arrival, a large group of Southern California Trager people put on a **big** party for them in Laguna Hills. Also, we sent the Tragers a bouquet to welcome them in their new home. Emily and Milton have written:

*To all you dear people,
Not just because you sent us the beautiful flowers are we feeling so good inside. The thought of how many of you have made life a bit easier, pleasanter and in some cases bearable makes me feel that we are truly blessed.*

We want to thank all those who helped us get out of Tiburon, and now those who are being so free with their time and strength to get us settled here. May the words "From you I receive, to you I give" prove true for you.

We love you.

GET ON THE TEAM FOR THE ELITE ATHLETE PROGRAM

Lynette Brannon

Would you like to pick up a major publication such as *Runner*, *Triathlon*, *Shape*, or *Cycle* magazine and read about Trager? We have long talked about how wonderful it would be if Trager could be an integral part of the sports world. The Trager Institute Board of Directors has now approved The Elite Athlete Program which could make this goal into a reality.

Sports is enjoying an unprecedented popularity in our country today. Much money, effort and talent currently goes into programs for athletic development, such as the Olympic and other specialized sports training camps. The Elite Athlete Program could enable

Trager to take advantage of this trend and be incorporated into various athletic training programs.

The purpose of this project is to demonstrate that Trager, as a part of an athletic training program, enhances the athlete's ability to maximize mental and physical performance; and to learn how to effectively integrate our work into the individual athlete's training program. The objectives of the Elite Athlete Program are:

1. To provide training in Trager principles for selected athletes.
2. To document the progress of athletes who participate in the project.
3. To support and encourage the expanding use and recognition of the Trager Approach in the general community through publicity of this project.

Do you feel confident, articulate and knowledgeable in talking to a coach or a world class athlete about our work? This project will help you develop awareness of the needs for our work in specialized areas like sports, how to tailor your work to those specific needs, and what language is best to communicate what we have to offer. Even if you yourself are not interested in working in the sports arena, this is an opportunity for our work to expand into a new and important area, and we need your interest and energy now.

At this writing we are soliciting participation in the Elite Athlete Program. Remember that this is ultimately to benefit you and your practice. Here are some ways you can contribute:

1. Send names and addresses of potential sponsors.
2. Send names and addresses and contact person of publications that might have an interest in printing a story about Trager and sports.
3. Ask for money from people that you know.
4. Give money yourself.

As Sheila Merle Johnson has said, "We are the Institute". The Institute is not the board, not the office, not Milton; we are the Institute, and we are the Elite Athlete Program. The Elite Athlete Program is happening at The Hills Medical/Sports Complex in Austin, Texas. Sponsor leads, inquiries, letters of support and contributions should be sent to: The Elite Athlete Program, c/o Lynette Brannon, The Hills Medical/Sports Complex, 4615 Bee Cave Road, Austin, Texas 78746. Donations should be made payable to The Trager Institute.

★★★★★★★★★★★★★★★★

SLEEPING IN FRANCE

"Laurence GOURDON offers Bed and Breakfast accomodation to Trager students or Practitioners, in her flat which is in close proximity to Paris. US : \$15 per night."

Sheila Merle Johnson

In my last article I described the working juice of this Institute—the volunteer member projects that have formed the basis of our development. I concluded by talking about the delicate balance required in an organization such as ours. We are growing; we need some kind of structure to focus our creative energies, to create a working network and to give integrity to our professional development in the world. Yet, to have real internal integrity as well, our processes and interactions need to be rooted in the principles of our work. We need to elicit, give and respond to feedback; we need to recognize limitations and work within them; we need to approach those limitations from hook-up, with acceptance, not from a judgmental stance, with anger.

This is a difficult task, with many traps along the way. Our culture does not necessarily prepare us well for interacting in this way. In fact, our previous experiences in our families, in society and with perceived authority figures often condition us to react to the Institute and to each other in various ways that do not reflect the principles we apply with our clients. I would like to describe some of these traps. I have heard them from members on my Trager travels, I have seen them in my current job and I have fallen into a fair number of them myself.

"I AM IT"

Some of the traps lie in our use of language—especially our use of the word, "Institute"—and this usage may affect our attitudes, our group reality and our effectiveness. One of the language traps, especially when in a decision-making capacity, is to confuse personal and organizational identity, to say "The Institute decided...", "The Institute believes..." or "The Institute needs..." when it is really only the belief or opinion of an individual or a committee. Over-identification with the organization is easy and seductive, yet it is dangerous in participatory organizations such as ours. I have found myself saying things like this at times and have appreciated reminders from others to reconnect with a sense of a larger whole. It is easy to succumb to this unconscious belief of "I am the Institute." It can happen to individuals in authority, to the staff or to regional groups. It can emerge in committees, too. We can forget that, in some cases, we are representing the membership in our sphere of authority and that we need to get input before making decisions. We can also begin to think of any money we have raised as "ours", forgetting that we are just holding it in

trust for the membership as a whole, and that expenditure needs broader input. Also, individuals, committees and regional groups can believe their own needs are foremost and represent the whole, not taking into account the broader picture.

"I AM NOT IT"

Another type of language trap is externalizing or "thing-ifying" the organization. I thought about how many times we have all said (even in the newsletter): "Send it to the Institute", or how many times have I heard or said, "the Institute called me." This seems to imply that our Institute is a *place* in Mill Valley or a *person or persons* situated there. I was as guilty as anyone of this misuse. More accurately, the Institute is all of us and *we*, the Institute have an *office*, which is situated in Mill Valley, with classroom space, and a *staff*, which answers the phone.

Perhaps even more unfortunately, the usage of *Institute* cited just above is often linked to some concept of a "They", as in "They developed a new training track.", "They should produce a new brochure," or "They aren't doing enough marketing." This "They" then becomes identified with the *Institute* and seems to engender a belief that "I am not the Institute", a sense of separation equal in danger to the over-identification described above. Not only is this Me/They attitude divisive, it is based on an inaccuracy: there is no "They" of that sort there in Mill Valley.

The *They* statements above seem to imply a "cast of dozens" available to carry out projects. The truth is that there is only our minuscule over-worked, under-paid staff of 3 and ½. This small *They* is at the office to serve the *Institute* as a whole, only in the administrative or secretarial sphere, and that at a minimal level given current dues and budget. In fact, the "cast of dozens" does exist and has always existed, but it is not a *they*, it is a *we*. All the projects that some people wish the mythical *they* would do have always been done by member volunteers, not by staff—by the people who *are* the Institute. Throughout the history of this organization, the Institute has been shaped, developed and directed by members who cared enough to come forward and share their ideas and then gave time and energy to make them a reality. Yet, if someone has fallen in the trap of believing that the *Institute* is a *They* somewhere else, it makes it hard to participate and we all lose something.

"IMPATIENCE WITH PERFECTION"

The next trap falls more into the realm of belief and attitude than language. In this one, there is an ideal of a perfectly functioning organization, a belief that it should have already happened, and anger that the Institute isn't there—all of this instead of a more real and organic view of the organization's development. The process of growth of an organization is similar to the growth of a person. It's not linear. It doesn't magically happen at a given point when everything is in place. Not only is the growth and development rate uneven, but

also new issues are presented that require growth in different directions.

But this is not a drawback; it is the richness of our Institute. It requires a lot of patience and vision on everyone's part, as well as an allowance for mistakes and knowledge that with good will, we are learning from our errors. Learning to trust the power that grows out of the group process does take patience. Just as in Trager work, the most fruitful and nourishing process comes not from being angry that the person or organization is not where we think it should be, but from accepting the present state, with its limitations, and working within it.



"CRISIS MENTALITY"

Another trap may be called the crisis mentality. Sometimes some of us—individuals or groups—feel under pressure, want some action right away and are angry when it takes time. It is important to recognize that the processes and procedures of an organization like ours often require time for study and reflection, and for input from various bodies in order to honor the group procedure rather than a singlehanded directive. Learning to trust the power that grows out of the group and the decisions that grow organically out of a group process does take patience.

For example, one member thought of a wonderful new project, wrote it up and sent it to the office; then wanted a decision to go ahead with it the next day. In fact, with the current structure of the Institute, the whole membership is safeguarded by the fact that proposals like that take time for the board to study, for input from various experts (legal, accounting, etc.), and in some cases, for input from the membership as to whether it is an appropriate direction for the resources of money and energy to go right now. These structures may seem slow at times, yet I believe from experience in this job, that they allow us to grow in a way that is safe and clear and honors the purpose and principles of Trager work.

THE VICIOUS COMPLAINT CYCLE

The last trap that I want to mention is one that grows out of the *Me/They* split described above. This *Me/They* separation often leads to a position of not taking responsibilities for making things better. It can involve blaming, feelings of powerlessness, a sense of being a victim, and a cycle of complaining to the wrong people without any direct action to improve the situation. If we can give up blaming and take personal responsibility for our opinions, then we can give feedback in a way that can be answered and can feed into change where appropriate.

This is one trap I fell into grandly in the early years of my Trager practice. People attracted to Trager are often individualistic; and sometimes the dark side of this is having issues around authority. During the period of alienation from the authority of the Institute that I experienced, I complained a lot to peers of like mind. I can now see how that kept me from doing anything positive to change what I criticized, since I would never say it to someone who could make a difference, nor was I willing to participate to make a difference myself. It was almost a way of keeping my own power and making sure I was right. From my current perspective, I can now see how destructive that attitude can be to the organization, not to mention myself.

Keeping complaints to ourselves or circulating them on the outer fringes of an organization is learned from our culture and it takes time to learn that the Trager world allows room for the seemingly negative side of ourselves. This fear of giving negative feedback may be then bolstered by a conscious or unconscious belief that complaining will get you "hanged" or complaints won't do any good—that people or organizations won't change. These last two beliefs are certainly not true in my experience of the Institute in its current structure. There has been a huge push for feedback at all levels. The Tutor program has spearheaded this and the Instructors have attempted to get the information that has circulated on the personal gossip network to come forward as useful fodder for growth and development.

Yet these old habits of keeping perceived negativity closed off don't always change as quickly as we might like them to. One of the strengths of our Institute is that there is a place for learning how to give this kind of feedback, knowing that we won't always give it perfectly. We may dump it sometimes, but if we keep in mind that we're all in this together, we can help each other learn how to do it more and more constructively.

It seems to me that the only way for us as individuals to creatively move out of the position of victim or of righteous blamer is to take our power and to take the risk of communicating. This is not always successful, however, if we are attached to a certain result. Complaining successfully or having our feedback heard doesn't always mean that the other person or group will agree with us or do it our way. Sometimes that will happen. Sometimes we'll get information back about why a decision was made or an action taken that helps us see

from a larger perspective or understand more of the process, even though we may not agree with the final result. Mostly, we need to take our power from expressing ourselves, from getting involved, and, much like our sessions, the most effective way to get involved seems to be to take action or give feedback without being attached to the results. Then the information can be used to make a greater whole, and the final decision or action will be more balanced if input comes in from many people.

AN INVITATION

I hope that these opinions will be heard as an invitation to action, not as coming from a position of judgment. We are a diverse organization. We do have differences of opinion. But even with these differences, if we are a group of people who care, who are willing to participate and who do the best they can, our Institute can move ahead as it always has, organically, and as consciously as possible.

Hopefully, we can all see there's no "They" there or here, there's only "We"—all of us, all the members. There are many projects WE can do, if we come forward and volunteer time, energy and ideas. There is plenty of historical precedent for this and a wonderful beginning in the current surge of regional activity. Let us keep this energy moving for the Institute as a whole, for this is OUR baby, or maybe our adolescent. After all, we have only been around for 8 years, we have matured some in that time, growing towards adulthood as an organization, reaching out, making mistakes, learning and growing in an organic way, with good will and with lots of room for individual input. Each one can make a difference because WE—all together—are the *INSTITUTE*....."THEY" is "US"!

TRAGER PSYCHOPHYSICAL INTEGRATION

A Method to Improve Chest Mobility of Patients with Chronic Lung Disease

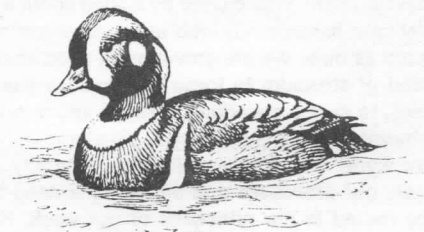
PHILIP L. WITT
and JOYCE MACKINNON

The following is an abstract of an article published in *Physical Therapy*. For reprints of the whole article, write Philip Witt, Route 2, Box 635, Chapel Hill, NC 27514.

The purpose of this study was to ascertain if Trager Psychophysical Integration would have an effect on patients with documented chronic lung diseases. The criterion measures were forced vital capacity (FVC), forced expiratory volume at one second and at three seconds (FEV¹, FEV³), chest expansion, respiratory rate (RR), and subjective breathing difficulty. After a two-week regimen of Trager Psychophysical Integration administered by a physical therapist trained in the technique, our subjects exhibited significant changes at the p<.05 level in FVC, RR, and chest expansion. We noted no significant changes in FEV¹ and FEV³ or in subjective breathing difficulty.

Because Trager Psychophysical Integration appears to have a positive effect on the restrictive component of chronic lung disease, physical therapists should learn this technique to treat more effectively their patients with chronic lung disease resulting from restriction.

Key Words: *Lung diseases, Lung volume measurements, Physical therapy, Respiration.* Reprinted from *PHYSICAL THERAPY* (Vol. #66: pages 214-217, 1986).



TRAGER: A POETIC DEFINITION

Marian Whitney

(Note: Marian is a Practitioner from Colorado. This piece appeared in the Spring, 1986 newsletter from People House, a human resources education center in Denver. It is reprinted here with Marian's permission.)

Trager feels like:

*Spring within myself;
Inner ice melting;
Streams flowing clearer;
log jams releasing new shoots
and buds expanding.*

*Peeling off layers of masks and armor;
Transforming a rigid statue
into a swirling dancer;
Smiles spreading throughout me.*

*Creating a symphony of sensations;
Themes playing delightfully;
A chorus of voices blending
with fuller harmony.*

*A family reunion of
aspects of myself at various ages
sharing, hugging, helping.
Coming home, accepting and welcoming
who I really am.*

*Becoming a liberated traveller on
an adventure of self-discovery;
Leaving a rutted road;
Finding many paths to choose;
Sometimes . . . a peaceful, floaty ride
being lifted lightly on a breeze;
Sometimes . . . surges of energy
like riding a bike after tuning it up
and adjusting brakes so they
won't drag.*

Regional Reports

WELCOME JUDY ARCHER

After our conference last year, it became obvious that there would be an acceleration of the formation of regions. And a need emerged for a person to help coordinate this activity. Judy Archer, a Practitioner from Toronto, Ontario, Canada, emerged as a highly qualified volunteer for "Regional Coordinator Liaison." Her proposal with its **vision** of regional development was so beautiful that we want to share it with everyone. So, here it is. Judy's address for you to mail your input is listed at the end.

VOLUNTEER JOB PROPOSAL: REGIONAL COORDINATOR LAISON

Judy Archer

VISION

In the Regions, Practitioners are creating an atmosphere conducive to professional development and expansion of Trager work. We are achieving a critical mass of Practitioners in each region. Viable Trager practices are established by well trained professionals. This attracts the right kind of people to learn and do the work as professionals. Inroads are being made in working with differently-abled people.

Regions are cooperating to develop and support new areas. Each region has several qualified tutors who nurture students and practitioners. There are qualified tutors willing to travel to support the development of new regions. Regions welcome and support new developing practitioners. Leadership is shared productively and people are free to be involved to the degree they desire.

People in the regions are open to sharing their news, and are learning the value of sharing small and large successes via the newsletter. Case studies and stories of the results of Trager work are freely shared and are a source of inspiration to us all.

PURPOSE OF THE REGIONAL COORDINATOR LAISON

To foster, nurture and encourage regional growth.

To facilitate cooperation among regions and with Mill Valley which will further expand Trager work.

To support Regions being self-initiated and mutually supportive.

To facilitate communication and participation of all members of the Institute.

To increase the professionalism in Regional activities.

To organize, gather and edit news for the Regional News section of the Newsletter.

To encourage individual participation in the Institute and the Newsletter.

To bring the qualities of lighter, softer, freer to our lives — to our interactions, to our meetings, and projects — personal, regional and inter-regional.

NEXT STEPS

Gathering and editing news for newsletter, news from regions every 2-4 months or as it happens.

Discovering what regions want from each other.

Discovering regions perspectives on what works, doesn't and sharing that in the newsletter.

Asking regions (again) what their visions are for their regions and assuming this is a continually evolving process.

Ongoing dialogue with Institute and regions about support they need or that we may provide for each other.

Meet other regional contacts at New Jersey conference, October 10-12, 1986, and during trainings where I assist.

Continuous review and evaluation.

A possible project on membership — if we want to know why people have dropped their membership. Through the regional coordinator or 1-2 people in each region — through the mail — ask open ended questions to see what has influenced peoples decisions not to continue. This could also be done selectively i.e.: with Practitioners only. This could provide valuable information.

ATTITUDE, FEELING TO CONVEY:

We are all the Institute.

What can each Practitioner do that would contribute?

What involvement does each of us want?

FOR MYSELF IN THE ROLE:

What could be lighter, freer, softer? Working with the forces. Growing organically. Using and modeling the principles of *the Tao Of Leadership* by John Heider.

TERM OF OFFICE:

Recommend 1 year approximately. Hand over at next conference with choice made several months before so some transitions can happen easily.

PERSONAL OBJECTIVE:

To balance this job, with a developing practice, professional development, and managing a music business.

QUALIFICATIONS

1975-1979 Organization Development Canada.

Board of Directors 1977-79, Vice President 1978-79. Conference organizer 1975, Conference coordinator 1978 (above was bilingual work).

1980-81 Regional Coordinator (Canada) Canadian Association of Social Scientists.

As a newly accredited member, evolved the job in Canada to develop a growing Canadian region — Coast to Coast. (Canadian part of Certified Consultants International).

Six Mile Lake Cottages Association.

Co-editor of newsletter 1980-82, Regatta chairperson 1981, Vice President 1982-83.

1983-84 DMA Regional Coordinator (for Toronto area).

Was support person to fellow teachers of a course. Sold them training materials. Liaison with Boston head office and other coordinators of an international organization which licensed us to teach a course on fully using our consciousness.

1980-84 Life Expansion Network.

Bilingual French — English (worked 98% in French 1967-71 and am about 80-90% bilingual now).

Love to learn/grow and start things that really need to be done.

Am an active participant in regional meetings and development of our region. Am keen to help out with development of new regions.

Available to travel regularly to assist at trainings around the U.S., Canada and potentially Europe later. I see these as opportunities to nurture and support regional development either formally or informally.

Trager student (February, 1985), Trager Practitioner (October, 1985).

Am part of a region which has fostered growth of regions across the country.

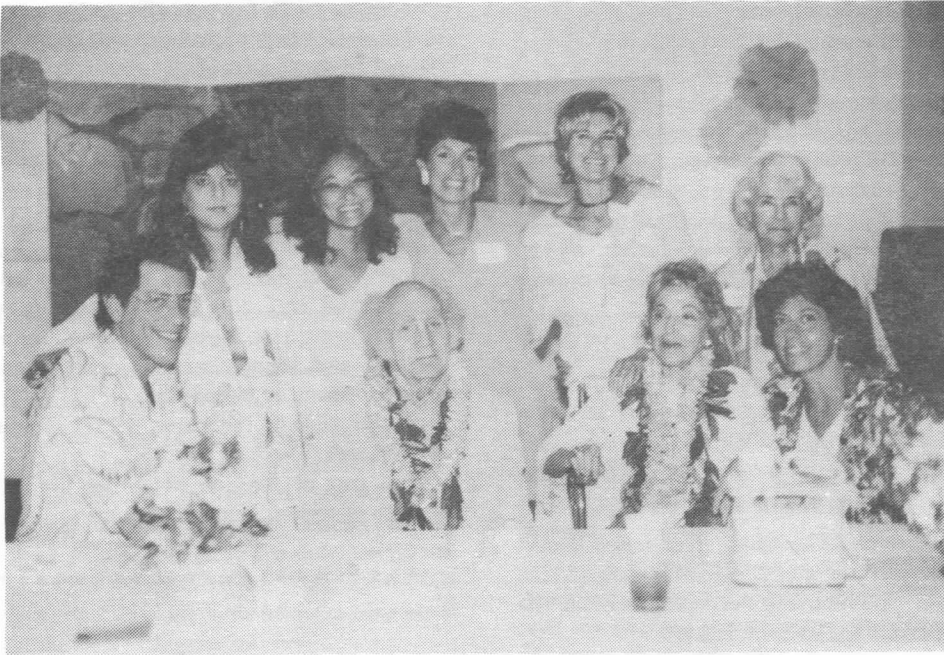
I am delighted to take on the role of Regional Coordinator Liaison. Anyone with a special interest in regional development is invited to write me with ideas or feedback on the Regional Coordinator Liaison proposal.

I encourage all those who are currently involved in developing regions to join us at the New Jersey Symposium, October 10-12. Contribute to our discussions on regional development and next steps.

Judy Archer, 25 Manor Road E., Toronto, Ontario, M4S 1P9, Canada.



Milton and Emily Trager adorned with leis and their brand new satin Trager tour jackets centered by Tom Frankenberg bedecked in his West L.A. short sleeve shirt.



A group of partyers with some serious expressions, smiling expressions, and one sly look. Clockwise from the left: Tom Frankenberg, Harriet Katz, Lynne Oyama, Bunni Tobias, Maryann Zimmerman, Micheal Adams, Adrienne Stone, and Emily and Milton Trager.

SOUTHERN CALIFORNIA WELCOMES THE TRAGERS

Adrienne Stone

The L. A. contingency would like to welcome the Tragers to this southland. We feel very fortunate that it is our time, now, to have the Tragers near to us. The recent welcome party held in the lovely club house near the Trager's new home was a joy. We owe many special thanks to the people who made that possible. High on that list are Harriet Katz and Maryann Zimmerman.

At the dinner the Trager's were presented with personalized satin bomber jackets. Milton's in grey, Emily's in pink, with the logo embroidered close to their hearts. They were very well received. We thank Tom Frankenberg for organizing this effort.

More southland news to come soon.

SOUTHERN CALIFORNIA REGIONAL MEETINGS

Maureen Powers

Our first meeting was held in January at which time we decided to meet quarterly on the third Saturday of Jan., April, July and Oct. from 1 p.m. till 4 p.m. As a result of that meeting Gary Brownlee gave a free Demo Day on Doing Demo's in March. Thanks Gary.

Our second meeting was held April 19th thus follows notes from that gathering:

Our region is looking forward to welcoming Emily and Milton to So. Ca. in May. We are excited about sharing a homey environment of love and light.

- Guidelines for Demo Days given to professional body workers.
- How do we inform individuals regarding Trager standards we want to share with the Institute:
- Guidelines for Demos given to professional bodyworkers.
- How do we inform individuals regarding Trager standards who claim to be doing Trager and misrepresenting it.
- Practitioners are requesting more support from the Institute.
- Practitioners want a feeling of credibility from the Institute.
- Tutors are feeling overwhelmed with the amount of paper work involved.
- Making available copies of articles on things Milton is doing; for example the one on his Parkinson presentation.

- We feel the need for advertising and air time to promote the work. Once 10% of the population knows about the work, it will sell itself. This needs to be done on a national level.
- Increase dues to go towards advertising; a roster that is easier to use; and a brochure.
- Brochure needs to give info about people doing the work and relate to different target populations.
- Setting up a Network System so that when Trager people are traveling, they can participate or observe trainings, visit and party together. To develop our Trager family further by welcoming travelers far from home into our personal Trager circle/region and feeling welcomed in other parts of the world when leaving home. The bottom line is contact.

Our region has put together a questionnaire for Trager people in our area. Thanks goes to Tony Robson for all the time and energy he put into devising it. Tarla Shayne will assist him in putting the info into a computer and coming up with a way to tabulate it. The 3 page questionnaire will be mailed to all So. Ca. Trager members and a copy of the results will be available to all regional members. This will help decrease our isolation.

In further meetings we will be discussing a variety of issues: how the Institute can serve us better, types of practice people are in, what issues are coming up for people-sharing ideas and materials.

Our next meeting is July 19th, from 1 p.m. to 4 p.m., Saturday, at which time we will have a Great Trager Trade. It will be at Bunni Tobias', 24842 Oak Creek, Lake Forrest, Ca. (714) 768-4042. Take San Diego Fwy. or Santa Ana Fwy. to Lake Forrest Drive, turn east, to the 5th light Toledo, turn left, then take your 2nd right on Quiet Oak, go up the hill and take 2nd right which will be Oak Creek.

NORTHERN CALIFORNIA REGIONAL TRAGER GATHERINGS

Carolyn Shultz

The larger Northern California Regional Trager gatherings have as their purpose to provide a space and time for hookup among Trager practitioners, especially those who are in isolated areas. Our mailings go from the Santa Cruz area to the Oregon border and east to Sacramento.

We have had two gatherings at the Shultz home in Sonoma. The groups were in accord, not wanting to be too formal in organization, but wanting a continuing opportunity to gather formally to share Trager business ideas and problems and Trager trades and hookup.

At the moment we have no plans for gathering in the summer. We are open to having one if several of you are interested and we can find

a mutually agreeable date and place (Shultz's could be available again). The next planned gathering is for mid-September.

If you have feedback or questions, please contact the current regional co-ordinators: Carolyn C. Shultz, 19443 Marna Lane, Sonoma, CA 95476. Phone: 707-996-2863; or Carol A. Jensen, Fairway Arms #6, 2322 Maher Dr., Santa Rosa, CA 95405. Phone: 707-523-2151. If anyone is interested in becoming our next regional co-ordinator, currently a very low key responsibility, please let us know.



SAN FRANCISCO/ PENINSULA REGION

Mary Kelly

During a sunny Sunday late afternoon last winter, Helga Brandt, Peter de Zordo, Mary Kelly, Sabine Kuhner-Einfeldt, Linne McAleer, Bob Ross and his son, Dan, and Richard Wortman met in San Francisco for a "pot luck" supper. We enjoyed lots of good conversation with tasty food and drink. We exchanged ideas and methods of promoting our practices. We smiled and laughed our way through a couple of hours, and agreed to meet again.

We are meeting again, in mid-June. We're going to walk through Golden Gate Park together, to the ocean where we'll have a picnic, talk, and do Mentastics.

There are many people living and working in this region who have not yet experienced the benefits of receiving a Tragering. "How do we let them know who we are, where we are?" has been a theme in conversations among Practitioners. We're moving toward working/playing together to bring ease of movement to the yet-to-be Tragered people here. There's much to be done. Perhaps this theme could be explored during an all-day regional meeting. Or we could explore together another theme. Does it sound good to you? Maybe a 20-table (approximately) Trade in the morning, followed by a lunch, with small groups conferring

in the afternoon. We'll be happy to coordinate such a day, and know that about ten people will need to volunteer to bring such a day to reality. Who is interested in this kind of a meeting? Tell us, and tell us other ideas you have for our group.

Mary Kelly (415) 563-5032

Peter deZordo (415) 668-4998.

1ST NORTHWEST TRAGER MEETING

Sue Vaughan

Welcome to our 1st NW Trager Meeting to be held at the Seabeck Conference Center in Seabeck, WA. on Hood Canal. The date is October 17, 18, 19.

It's open to all Trager members with our focus towards those of you located within the N.W. region including OR., WA., ID., British Columbia, and Alaska.

We'll be brainstorming for ideas on our vision of how we can be organized within the N.W. region, how to govern ourselves, and how we can heighten the public's awareness of our work.

Also, we'll be experiencing Mentastic classes, learning contra-indications for Trager work, and the reasons why it is contra-indicated. The Anatomy video verbal interventions are other possible areas we might be exploring.

If you have any ideas of what you would like to see included at the meeting, let me know.

Seabeck is a place of natural beauty and is not a resort. It has a rustic Inn, seven old homes, and three newer motel-like units. The rooms contain two or more beds with no private baths, but there are bathrooms with several sinks, johns, and showers. All bedding, towels, and soap are provided.

The staff are most agreeable to accommodate our dietary needs. If you need a special diet, or are a vegetarian, please indicate this on the pre-registration form. They will support our needs as long as they know well in advance.

The fee for the entire weekend will be \$75.00, which includes all meals and your room. To reserve yourself a space, we need a \$25.00 non-refundable deposit received no later than July 15th. The remaining \$50.00 needs to be received by September 1st. Anyone registering after that date will pay a \$10.00 late fee.

If you plan to arrive a day or two before the meeting, indicate this on the pre-registration form, and you'll be able to stay either at Abintra for \$5.00 a night or we will find private homes to accommodate you.

TORONTO REGION

Judy Archer and David Pinto

In the Toronto region we are currently meeting every two to four weeks. We have adopted a professional fund for promotion, common advertising and demonstrations (eg: booths at fairs and conferences).

Each Practitioner has contributed \$100.00 so far since January, 1986. A phone tree is used to communicate news of upcoming meetings to those not present at the previous meeting.

Currently we have a common Trager ad in a health and fitness directory. As a group we participated in one day demonstrations at the Natural Hygiene Society, the Consumer Health Fair and a Holistic fair.

We are currently reviewing our purpose and collective interest in public education and presenting demonstrations to a wider audience. We are brainstorming ways to be more effective in our presentations.

NEWS FROM LONDON, ONTARIO AND ITS CURRENT DIRECTIONS

Shelly Siskind

The London Trager family meets once a month and includes out of town Practitioners from Woodstock and Sarnia — Betty Jones and Maria Joiner drive in quite faithfully. Of late our meetings have been once every 2 weeks to plan the OPEN HOUSE & PARTS PARTY that took place on Saturday, May 10th. It was held at Creative Stress Management, the building I rent, and turned out to be a lot of fun and a good tester for a large event in the fall. Practitioners Mradula, Jamie, Maria, Betty, Bonnie, Anjali and I were present as well as our new Tragerite Loretta McHenry; Gail Wren dropped in and Betsy Weick from Washington also happened by. Three tables were set up and mini-sessions offered for \$5.00 (The Parts Party).

It was a good turnout with a steady flow of people and fun to work simultaneously. Sessions were ordered and quiet, and people were able to experience hook-up. Mentastics classes were held on the lawn and we all had a fun, light and lively afternoon.

Other ways Trager has been publicized in our community, include Mradula and Anjali's involvement in Creativity and Spa Weekends through 2 local community colleges. So our work is being linked to creativity, relaxation and stress reduction. Other directions include Tragerites working with fellow professionals in the field of human services.

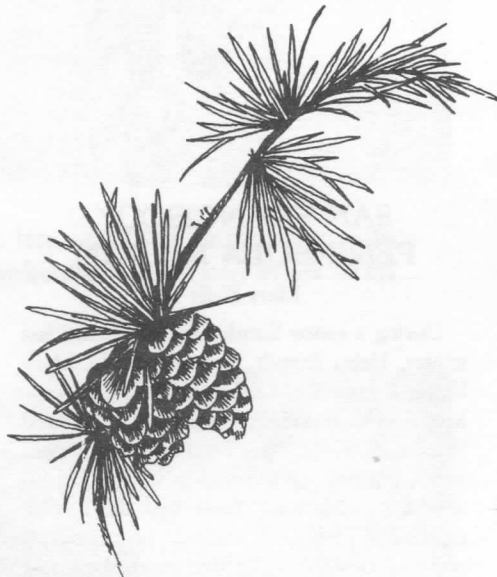
London has also come to some decisions regarding the direction this Trager community wishes to move on. Since trainings are available in nearby centres, we are not interested in sponsoring them; we do however wish to have

instructors available & are willing to do Review Days here in the city. We would then sponsor Review Days, Alternative Days, One-Day Introductory Workshops & Mentastics Days. So you will be hearing from us.

The further out our work moves, the more important the language we use to describe ourselves becomes, and so I was pleased to receive a Yoga Journal from Barbara Starr--noting the relationship of terms found both in yoga and Trager as well as architecture and Trager. Yoga speaks about feeling the workings of the body while going through the moves. Whereas architecture speaks of weight, balance, support, compression and tension, and suggests a correlation between the human skeletal system and an architectural structure--Thank you Barbara.

Thanks also to Judy Archer and David Pinto who have taken on the task of regional coordinators. From now on you'll hear of us via them.

If the grape vine is true and the next Trager Conference is truly in Quebec--we in Canada celebrate!



COORDINATION TRAGER FRANCE

Happening in France

The last conference was a happening. We met many wonderful people and we received so much energy from all, that we had the feeling to create a French Trager team in order to organize a French Association of Trager Practitioners, connected with our European friends.

As our Canadian friends did, we felt the need to meet together to exchange our ideas on our Practice and our different perception of Trager work as well.

This diversity realizes the richness of Trager and helps us to search together.

June 4 1986.

Fabienne Hirsch

COORDINATION TRAGER FRANCE

Les nouvelles de France

Le'élan creatif qui a soufflé pendant la dernière Conference Trager, la richesse des contacts et des échanges ont permis qu'aujourd'hui, en France se rassemble une équipe de Trageristes pour mettre en place une Association Française de Praticiens Trager en liaison avec nos amis Européens.

Comme nos amis Canadiens nous avons perçu le besoin de nous regrouper pour échanger nos réflexions aussi bien sur notre Pratique que sur nos perceptions différentes du Trager.

C'est cette diversité, dans une recherche commune qui nous motive et fait la richesse du Trager.

Le 4 Juin 1986

Fabienne Hirsch

SPECIAL SALE ON ANATOMY PRINTS

We still have a healthy supply of sets of eight anatomy prints.

We want to "move" them! Previously they were \$10.00 per set. From now until August 31st, they are available for \$7.00 per set plus \$2.00 for postage and handling. To order, mail your check payable to the Trager Institute, 10 Old Mill, Mill Valley, CA 94941.

TRAININGS IN NEW LANDS

Last Winter, the question of having Trager trainings in South Africa came before our Board of Directors. After polling our membership through the Regions, and after much deliberation, the Board decided on a policy of not disallowing trainings in foreign nations or territories for political reasons. However, the Board specified that trainings cannot be initiated in foreign nations or territories without a clear plan for follow up of new Students giving them the opportunities necessary to move along the Training Track toward certification. The Board remanded to the Executive Committee the development of the details of the policies and guidelines which will constitute a clear plan. We will publish these guidelines as soon as they are developed.

Eastern Regional Trager Symposium Committee

5/5/86

Dear Trager Pros:

What is now gestating as the "Eastern Regional Trager Symposium" was conceived back in October 1985 at the Third International Trager Conference in Santa Rosa CA when some 50 of us Easterners caucused to brainstorm how to build Tragerwork in our region. Back home, a committee started meeting in December and . . . read on to find out what we've come up with so far:

THE THEME

"How to Build a Successful Trager Practice"

From everything we've heard from the steadily-widening circle of Trager folks involved in planning the symposium, this theme is a winner! The overwhelming consensus is that it is everyone's #1 priority.

THE PROGRAM

Right now we are brainstorming workshops—and finding leaders to conduct them—that will do justice to our theme. Here's a sampling of what we are considering:

HOW TO . . . conduct a demonstration . . . enhance palpatory skills . . . increase body self-awareness . . . read body language . . . Trager animals . . . market Tragerwork to special publics (i.e., institutions, agencies, and associations serving the disabled; chiropractors, psychotherapists, medical doctors, sports coaches, fitness centers, physical therapists, etc.) . . . teach Mentastics . . . communicate articulately about Tragerwork with clients and prospective clients . . . set up a professional work space . . . advertise and promote Tragerwork . . . and more!

We want to hear your ideas. Respond **now** with the coupon below, not only to what we mention but with additional suggestions.

THE FRIDAY INTENSIVES

Some workshop subjects can be even more effectively presented in an intensive day-long format, so we are planning several such options for Friday as a pre-symposium plus. Again, your suggestions are solicited.

THE TIME

Friday-Sunday, October 10-12, is Indian Summer time in South Jersey (see "THE PLACE" below). Arrive any time Friday afternoon—we'll all have dinner together, then participate in the opening session and relax. (Intensive participants have the option of arriving as early as Thursday evening.) We'll depart Sunday after lunch and a closing session.

THE PLACE

It's Appel Farm in Elmer NJ, highly-regarded music and arts summer camp and working farm which also makes its facilities available to various holistic health and "new age"-oriented groups at **very** reasonable rates. In the heart of South Jersey farmland, it is far from distractions, yet only 16 miles from Exit 2 of the New Jersey Turnpike.

Rustic and unpretentious in its sleeping accommodations (mostly dormitory-style with a few double rooms), it is superbly functional for our symposium. Excellent workshop space includes full equipment for both audio and video recording. Included among its amenities are universally raved-about meals (including excellent vegetarian fare

featuring farm-grown produce), sauna, full-size swimming pool (weather permitting), tennis courts, softball field, and basketball and volleyball courts plus peaceful lounges and 216 acres of fields, woods, paths, pond, and stream.

THE PARTICIPANTS

You are Trager professionals in good standing with the Trager Institute, from students who have just completed your beginning training to seasoned practitioners. Most of us will be East Coasters, but all are welcome.

THE COST

INexpensive! Like \$140 total for dormitory sleeping, six meals plus snacks, and all symposium costs Friday afternoon through Sunday afternoon. If you wish to share one of the limited number of double rooms, budget \$170. If you wish to take an all-day intensive workshop on Friday, add \$50 (that includes lunch). If you wish to arrive Thursday evening for a Friday intensive, add \$15 more (that includes breakfast). Rent bedding from Appel Farm for an extra \$5 or just bring your sleeping bag.

THE TRAVELING

Drivers will receive complete, easy directions. Carpooling and airport shuttling arrangements will be available for non-drivers.

THE WAY YOU CAN HELP (AND SAVE MONEY TOO)

Send in a \$50 deposit right now. Thus you join hands with committee members, who have individually contributed underwriting funds to the symposium treasury. This is how we are taking care of expenses such as putting a deposit down to reserve Appel Farm, paying for this flier, registration materials, etc. Be assured that **your \$50 deposit received by June 30 will earn you the right to deduct 10% from the cost of your total symposium package**, including pre-symposium intensive. Incidentally, organization of this symposium is a labor of love by committee members and only authorized out-of-pocket expenses are re-imbursed.

THE NEXT MOVE

For you—Fill out and mail the coupon below! We need to know of your interest and want to act on your program suggestions. And, of course, we will appreciate your financial support now in the form of a \$50 deposit (as we hope you will appreciate your 10% discount).

For us—We will finalize the program with your input and send it to you for your consideration as part of the symposium registration packet. Count on receiving it this summer.

★★ See page 11 for Registration Form.

THE COMMITTEE

Contact any of the following members of the Committee for further information:

COORDINATOR:

Jim Day
21 Whittier Ave.
Trenton, NJ 08618
609/392-7653

TREASURER/REGISTRAR:

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P.O. Box 381
Buckingham, PA 18912
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PUBLICATIONS/PUBLICITY COORDINATOR:

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Brick, NJ 08723
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Carol Day
(same as Jim Day above)
Robin Grimm-Butler
(same as Michael Butler above)

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215/253-1299

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Barbara Whan
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Brooklyn, NY 11215
718/768-1485

Ken Wieder
306 W. 92 St., #1-F
New York, NY 10024
212/496-7546

CURRENT 1986 TUTORS

(who have accepted appointment as of June 15th)

NO. CALIFORNIA

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415-547-2661

Natasha Heifetz
Berkeley, CA
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415-848-3544

Gail Stewart
Berkeley, CA
415-841-4732

Sheila Merle Johnson
Mill Valley, CA
415-332-7559

Fawn Dutcher
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415-967-4727

Julie Greene
Oakland, CA
415-658-3763

Sue Holper
Oakland, CA
415-534-5803

Pamela Johnson
Oakland, CA
415-530-8886

Sally Pooler
Oakland, CA
415-658-1563

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W-415-922-3478

Peter de Zordo
San Francisco, CA
415-668-4998

Betty Fuller
Tiburon, CA
415-388-2688

Delores Kvigne
Tiburon, CA
415-435-6241

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Cynthia Harada
Los Angeles, CA
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Cathy Guadagno
La Jolla, CA
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Carla Montagno
Santa Barbara, CA
805-965-4795

Susan Komatsu
San Diego & Brea, CA
619-692-1766

Nancy Winters Mullins
San Diego, CA
619-222-0104

Adrienne Stone
Santa Monica, CA
213-451-4625

Kathleen Zuhde
Manhattan Beach, CA
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213-374-4717

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Barbara Goodman
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206-542-8090

Kim Burg
Seattle, WA
206-525-9119

Gwen Crowell
Seattle, WA
206-522-9384

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Lynette Brannon
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Nan Davis
Lakewood, CO
303-232-4766

Bill Scholl
Austin, TX
512-453-4567

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317-257-1818

Marilyn Krueger
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St. Gallen, Switzerland
071-59-18-28

Monika Sutter
Zurich, Switzerland
01-780-3977

Helene Closset
Lagny/Marne, France
2-00-752-80



TO: **Eastern Regional Trager Symposium Committee**
 (ERTS Co.)
 P.O. Box 7922
 Trenton, NJ 08628

- YES, count me in! I plan to register.
- YES, I have program input for you. See the other side of this coupon.
- YES, I want to help you meet pre-symposium expenses as well as earn myself a 10% discount on my total symposium package, so here's my \$50 deposit. (Make out check to "Eastern Regional Trager Symposium.")

Name _____

Address _____ City _____ Zip _____

Phone(s) _____

(home) _____ (business) _____

Trager Institute Status _____

(student, practitioner, etc.)

THANK YOU MICHAEL

Our thanks to Michael Gillotti of Pisces Production for the donation of one of Pisces' bodywork tables to the Trager Institute. The table has been delivered to Laguna Hills where we will be having regular trainings.

AN ERROR OF FORM

Some Trager Students received a "Trager Student Transcript" form at the time they took their Trager training which had an error on the fourth page under the section "Practitioner Application Process." The error was an omission of the "a 2-3 page typed personal statement about your Trager learning experience" requirement. For those of you who will be preparing your practitioner packet using this form, please be aware that this requirement applies to all Students whichever form you have received. Call our office if you have any questions.

N.W. REGISTRATION FORM

Mail your pre-registration to:
 Christopher Fowler, LMP.
 N.W. Center for Holistic Medicine
 4072 9th Avenue N.E.
 Seattle, Washington 98105

(206) 789-2909
 (206) 547-9665

NAME: _____

STREET: _____

TOWN/CITY: _____

STATE/COUNTRY: _____

ZIP CODE: _____

NO. OF PERSON(S) ATTENDING: _____

PHONE: (home): _____

(work): _____

VEGETARIAN: (yes): _____ (no): _____

OTHER _____

IDEAS FOR MEETING: _____

****Make check payable to: Trager Regional Meeting****

INTERESTED IN CAR POOL:

Driver: _____

Passenger: _____

CONGRATULATIONS COPPER AND AMRITA

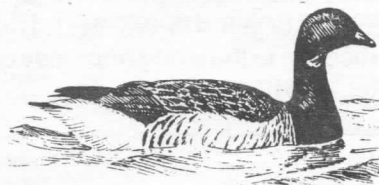
A hearty congratulations to Amrita Daigle of Quebec for demonstrating and speaking about Trager on a morning television show in Quebec City. "Everything went perfectly," Amrita writes, "I was calm and clear. 44,000 Quebecois(e) now know a little bit on Trager!" Amrita is a Practitioner, Tutor, Introductory Workshop Leader, and Supervised Practice Session Leader.

Copper Love-Scholl has been applying her Trager work to horses with great success. She has been working with, among others, horses for the Olympic contests. She's already been to the Soviet Union and Europe. *The Highlander*, the weekly newspaper of Marble Falls, Copper's home town, had a full page feature story on Copper, her work, and her travels in their May 15, 1986 issue. The article included 8 full color photographs. Copper is a Practitioner, Introductory Workshop Leader, and Tutor Trainee.

Just in! Trager practitioner Kay Shubert of Reston, Virginia has had a feature article on her Trager work published in her hometown newspaper, *The Times* in the "Lifestyle" section of the April 30th issue. Kay is also a Tutor. Congratulations Kay!

BODYWORK VOLUNTEERS

The Women's Institute for Mental Health in San Francisco is seeking volunteers for bodywork. It's a good opportunity to get hands-on experience at their IRIS project, a women's substance abuse counseling program. For more information, call Althea at: 415-864-2364 on Mon., Tues., or Thur. between 10 AM and 4 PM.



CREDITS

Editor Don Schwartz
 Assistance David Pinto



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FIRST CLASS

PLEASE FORWARD

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MILTON AT A.H.P.

Dr. Trager will be presenting two workshops at the Association for Humanistic Psychology's 24th Annual Meeting at San Diego State University, in San Diego, California, August 13-17, 1986. For information about the conference, contact: IAHB, P.O. Box 2288, Stanford, CA 94305-0164; or call: 415-851-8411. Trager Practitioners who wish to participate in the workshops may contact the San Diego Trager Center at: 619-459-5399.