



THE TRAGER INSTITUTE

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AN EXCITING NEW CLASS OFFERING: THE PRACTITIONER PRACTICUM!

by Gwen Crowell

As we all know the emphasis of Trager Psychophysical Integration is the approach, not technique or method. Milton has said that you can only give what you honestly have. Every practitioner needs to allow for their own physical, mental and spiritual development. This class is a chance for you to work with a knowledgeable and experienced group of instructors with diverse backgrounds and body types.

Format:

Three to four instructors depending on class size. During the first two days focus will be given to individual parts of the body i.e. neck, back, etc. with all instructors demonstrating the same part simultaneously. Instructors will take turns guiding mentastics. During the class you will have the opportunity to work on the instructors for feedback. The last day will be full trades and mentastics to incorporate what you have learned into a flow.

Who is eligible:

All Practitioners who have completed a minimum of one Prac. 2 or above.

The unique aspects of this course are:

- working with 3 to 4 instructors at one time,
- concentrating on individual parts of the body,
- direct feedback on your work from instructors you work on.

These are all features which have been asked for by practitioners and have received positive feedback. Students and practitioners have expressed how much it has broadened their view and feeling to experience the variety of different teacher's styles, allowing more freedom in their own work and Mentastics. One of the main things assistants in lower level trainings report is how enriching it is to work with more than one instructor. Sometimes it is because we are more ready to receive a lesson, and other times we benefit from hearing the information expressed a different way.



THE FOURTH INTERNATIONAL CONFERENCE

September 25-27

by Frank Straume

We are now less than a year away from the IVth International Conference. A whole team is in motion, getting situated and co-ordinating the various committees. The Hotel Du Parc has been selected as the conference site. It is located at the foot of Mount Royal and in the heart of the Latin Quarter, where you may find tree lined streets, small parks, sidewalk cafes, and many art galleries. At the hotel you will have access to the Club de la Cite: a sport center offering indoor tennis and squash courts, heated pools, sauna, whirlpool baths, and a gymnasium. the Hotel Du Parc is easily accessible to all forms of transportation, car, plane, bus or bicycle if you prefer.

The organizing committee is charged with presenting a full and stimulating program. The activities and workshops possible are being considered now. We can already announce that one afternoon will be reserved for regional meetings, where the Trager Practitioners from different geographical regions may

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TRAGER: IVieme COLLOQUE, UN MUST POUR '87. Septembre 25-26-27

Nous sommes a moins d'un an du quatrieme colloque international. Toute une equipe bouge. Le tout s'installe, s'organise. D'abord un lieu a ete choisi: Hotel Du Parc. Il est situe tout juste au pied du majestueux Mont-Royal, au coeur du quartier latin (rue pietonne, petits cafes et galeries d'art). A l'Hotel du Parc vous aurez acces au Club de la Cite: un centre sportif ou il y a un terrain de tennis et de squash, piscines chauffees, interieure et exterieure, saunas, tourbillon et gymnase. L'Hotel du Parc est facile d'accès, que vous arriviez en auto, avion, autobus ou meme a bicyclette.

Le comite organisateur s'affaire a presenter un contenu riche et plein pour ce colloque.

La programmation commence a se planifier. Nous pouvons deja annoncer qu'un apres-midi est prevu pour la rencontre regionale, ou tous les trageristes discuteront, par region, des questions qui les touchent et les preoccupent, avec pleniere a la fin de la rencontre. Judy Archer est responsable de cette activite. Envoyez-lui les commentaires et les questions dont vous aimeriez discuter.

Des ateliers se planifient mais il reste aussi beaucoup de place. Nous avons besoin de personnes qui veulent partager leurs connaissances. S.V.P. permettez-vous de vivre l'experience d'animer un atelier, de partager

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Copper Scholl & Emily Trager at the 1985 Trager Conference.

SEE YOU IN MONTREAL!

by Bill Scholl

Montreal is the perfect city to host our 4th International Trager Conference. I was fortunate to assist two trainings in Montreal last year, in June, and, in October. I want to give you some of my impressions of the city.

Montreal is wonderful! The city is colorful, picturesque, clean, friendly, open and safe. The feeling for me is a mix of Paris and San Francisco—a cosmopolitan city, completely bilingual, with lots of cafes, bistros, bars (great music!) and terrific shops.

There are great places to sit over an espresso and people to watch. I ate lunch yesterday in the front window of a little Greek cafe and watched the people walk by—the people! Montreal is a melting pot—communities of people from all over the world. The training room is in a Greek and Hassidic (old Eastern European Jewish) neighborhood—bagel and souvlakis shops on every corner, older people and children sharing space in the parks—a kaleidoscope of color and spice.

The parks are numerous and special. My apartment this week borders on Parc de la Fontaine—eight or ten square blocks of ponds, fields, fountains, playgrounds, open air theaters, flowers and trees—lots of people enjoying each other and enjoying the sun.

I love the quality of French Canada. There is a sense of excitement, of aliveness. This is a city to enjoy—a place to have fun. Montreal is very much a city with a foreign flavor. I feel like I'm in Europe, and I'm only a few hours from home.

Let me issue an invitation to you. The conference will be here in September, 1987, and I want all of you to come and play in Montreal. Plan some time before or after the conference for more exploration. The city deserves a few more days of your time.

Montreal will be a delightful place for all of us to create "light, fun, soft, colorful and playful" together and combine it all into a great vacation and professional conference.

Our other conferences at Asilomar and Santa Rosa have been very special. This conference will certainly have something extra, a quality of excitement which Montreal will happily provide.

THE FOURTH INTERNATIONAL CONFERENCE
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discuss their concerns and ask the questions that have arisen for them in the course of their practice. Judy Archer is responsible for this activity and you may address your questions and comments to her.

The call is still out for persons wishing to lead workshops. Please don't pass up this opportunity to share your knowledge and professional experiences with others. Jump in! The conference is a tool for communication and exchange. Contact Jacqueline Tourimianian at (514) 744-0360.

The Friday evening talent show is in full swing, offering a stage to show off your artistic and performing skills. A sumptuous and elegant banquet is being prepared. Call Amrita Daigle (418) 683-4668.

Early risers! Are there any among you who would be interested in conducting pre-breakfast activities, such as yoga, tai chi, meditation, or does anyone have a special idea for the opening or closing ceremony? Get together with your friends and help to make these moments to remember. The co-ordinator in charge is Suzanne Laroque (514) 845-1510.

A Conference First! A place is to be set aside for all participants during the Conference who wish to meet and exchange with others. The room will provide a quiet atmosphere and a comfortable setting to relax, take tea, chat with others or offer sessions. Tables will be available throughout the conference. An exhibition of Trager marketing materials will be on display. (So, if you have anything to contribute to this exhibit, such as cards, posters, brochures, video clips, newspaper articles, etc., anything that may be of interest, or that can help your Trager brothers and sisters in other parts of the world to get their practice rolling, please take the time to send us some examples of how you do it.)

Activities are being planned around the conference as well. The Pre-Conference Review day (already a tradition) will be held September 24. For all those who have at one time or another participated in this event, there is no need to remind them of the beauty, fullness, the hook-up that makes it so special. We apologize that the review day falls on a Jewish holy day; scheduling difficulties requires this. There will also be Practitioners' trainings with Dr. Trager and Betty Fuller before and after the Conference.

Be sure that you give yourself some time to get out and see Quebec. The people you meet will surely turn you on to special places of interest. For one thing, Montreal has bicycle paths that circle the island.

This message is just to remind you that the co-ordinating committee is a group of individuals wanting to serve you, and give you the opportunity to share your Trager experience with all of us. So, don't be shy. Go for it.

Mailing Address: Trager: IVieme Colloque, Josee St. Pierre, 93 Rg Des Gres, St. Etienne Des Gres, QC GOX 2PO Canada

TRAGER: IVieme COLLOQUE
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votre vécu ainsi que vos connaissances professionnelles. Plonger! le colloque est un lieu de communication et de partage. Communiquez avec Jacqueline Torimianian au 514-744-0360.

L'animation va de bon train. Le "Friday Evening Talent Show" se prépare. Un tremplin exceptionnel pour exposer vos talents artistiques. Le banquet sera somptueux et "bon chic, bon genre". Rejoignez Amrita Daigle au 418-683-4668.

Y a-t-il des gens qui se lèvent tôt et désirent partager ou animer une avant le petit déjeuner: méditation, yoga, tai chi, ou... Avez-vous des idées pour l'ouverture ou la clôture du colloque. Désirez-vous prendre en charge ces moments, avec quelques personnes autour de vous? Appelez Suzanne Laroque au 514-845-1510.

Une innovation: un local permanent durant tout le colloque. Ce sera un lieu privilégié d'échanges et de communication, où il y aura tables de massage, petit coin pour la jasette, et la tisane. Vous pourrez y découvrir le matériel visuel des membres Trager. Nous avons besoin que vous nous envoyiez ce matériel: cartes d'affaires, posters, brochures, vidéo, articles dans les journaux, pour que l'on puisse les exposer et faire profiter vos confrères et consœurs de vos réalisations. Prenez dès maintenant 1 minute et postez ce que vous avez en main.

Des activités autour du colloque sont prévues. Un classique: la journée de pré-conférence, le 24 septembre, dont tous les gens qui ont vécu cette expérience ont un souvenir rempli de beauté, de hook-up et de plénitude. On s'excuse que des exigences externes ont fait que cette journée de révision tombe sur une fête juive. Des ateliers avec Dr. Trager et avec Betty Fuller sont aussi prévus autour du colloque.

Gardez du temps pour taire du tourisme. Vous aurez pris contact avec des québécois, québécoises qui se feront sûrement un plaisir de vous guider. Saviez-vous que Montreal a des pistes cyclables aménagées à la grandeur de son territoire?

En fait, le comité organisateur se définit comme une équipe de coordinateurs-trices à votre service, mettant en place une structure pour que vous puissiez vous exposer, partager, transmettre. Alors allez-y, servez-vous de nous.

Toute communication postale se fait:
Trager: IVieme colloque, Josee St-Pierre, 93 Rg des Gres, St-Etienne des Gres, GOX 2PO Quebec, Canada.

EN '87 UN RESEAU INTERNATIONAL S'INSTALLE, SOYEZ-Y!

Louise De Montigny
Coordination Generale

PRACTICE BUILDING THRU COMMITMENT

by Sam Zambito

Editor's Note: This is the second in a series of articles written by successful Trager Practitioners on the subject of building a successful practice. The writers of these articles are selected by the previous writer and are invited to share their personal views on this subject in their own styles.

As any Trager student has no doubt noticed, Milton is fond of reminding us that "we are working with the mind; it's all in the mind". Pretty scary actually, if you stop to think about it. I realize that this statement is often lost on me partly by its frequent repetition, partly from its very simplicity, and mostly because I fail to grasp its broad implications. "We are working with the mind" goes well beyond the practice table. When I hear that practice building is the largest single concern of Trager practitioners, my question is, "How can we utilize this mind to reduce this tension?"

When Natasha Heifetz called to ask me to write this article, her request was based on my practice volume (4-7 sessions per day), professional referral base (50% of my practice is referred from physicians, dentists and physical therapists) and general attitude (having outrageous fun while doing serious work). This activity level was achieved in about 1½ years. Furthermore, my practice building methods are a bit unorthodox, so she felt they might appeal to many Trager practitioners.

A FORMULA FOR FULFILLMENT

1. Find Your Calling—Make a Passionate Commitment

Underlying high-grade achievement in any field is a driving passion to excel, to know and to serve regardless of immediate regard. Would you work for years at no profit, plowing income back into training? Would you pay people to work on them? Would you rather give or receive sessions than eat or make love? This describes many leading bodyworkers. Extreme? No doubt, but it serves as a measure of Commitment, which paves the Path with Heart. Life works in proportion to the commitments we make and keep, and people are attracted to the passionately committed and trust them.



2. Consciousness of Quality

The person on my table might as well be the only person in the world. No matter how many times I've touched them, they are NOW and uniquely now. They deserve my undivided attention, uncontaminated by my attitudes and perceived problems. I have ample time to deal with my "stuff" outside of session. I do my best work everytime. Strong practices are not based on satisfied clients—they are based on enthusiastic clients.

3. The Practice Picture

There are several aspects to the Practice Picture, but we'll touch on the most elusive—the Time Sense. After our hands-on skills and treatment environment, the most important tool for bodyworkers is the appointment book. Touch is our skill, time is our commodity. I never cease to be fascinated by bodyworkers' time-organizing books. Mostly, they are slightly evolved high school date books, which project a fragmented time pattern into the brain. A few practitioners go the other direction and get time organizers so elaborate that only an obsessive/compulsive on the verge of hospitalization could use it. The process I'm about to describe requires an appointment book that is simple, symmetrical and complete. The preferred format is a one week view on two pages with 6 or 7 columns (one for each day), with hourly designations down the column. However, any format will do that doesn't generate mental dissonance.

The Technique:

STEP 1. Arrange 15-20 minutes of cleared time. Sit comfortably with your appt. book in your lap open to blank pages. Examine them uncritically, closing your eyes from time to time constructing the pages as an image in your mind. Do this until you can recall the image at will and retain it as long as desired. Be patient and persistent. It took me two weeks to process the emotional and mental blocks and hold the image steady.

STEP 2. Establish the number of sessions you want each day. The number should be a stretch, but not an overwhelming challenge. Decide the hours you want the appts. in your schedule.

STEP 3. Envision these hours filled with appts. It may be useful to photocopy blank pages and fill in names. This will tune your neuromuscular system and subconscious mind to the appt. setting process.

STEP 4. MOST CRITICAL . . . Commit yourself to these hours—no matter what! Do paid sessions, gift sessions, study bodywork, develop your treatment space, meditate in your treatment space, but commit to these hours. This process convinces the subconscious mind that you are a bodyworker and clients are almost magically drawn to your commitment. Gifting sessions are enormously empowering (Discount pricing is not—it corrodes the self-esteem), and gifting two sessions per day is a real challenge in itself.

4. Trust and Faith

If you are on your Path with Heart, passionately practicing your calling and effectively embodying your projected image, fulfillment has to be yours before some little time has passed. Therefore, do your work, do it well, and at the end of the day set aside your cares and trust that what is yours is coming to you. Anxiety effectively walls us off from incoming blessing.

Like all the sophisticated body work disciplines, Trager offers us a powerful spiritual practice as well as a therapeutic modality. One of the aspects of spiritual "practice" is the development of skills and attitudes we can transfer and apply to all areas of life's challenge. Thus we often speak of "Tragering our lives" as well as our clients' body/minds. If we can slightly expand our table attitudes to our professional practices, we will inevitably discover further lightness, freedom and strength along with invigorated incomes and service that is no longer potential, but real.

Obviously, there is no way a short article like this can cover such a broad topic. If you are interested and would like further information, please contact:

Intermountain Institute for Bodywork and Movement Studies
6120 Emerald Ave.
Boise, ID 83704

SUCCESS THROUGH COOPERATION

by Lia Aurami, Ph.D.

Have you realized yet what a beautiful model or metaphor Tragering is—not only for life in general, but for building your Tragering practice? Natasha Heifetz described it superbly in her article in the October, 1986 newsletter, a process of feeling what is there, wondering, and sensing how the vision of healing can be potentiated.

In other words, it starts with looking at present reality. What is the present reality of your practice. Current reality reflects your *past* intention. For the body, we ask "What could be lighter/freer?" What is your intention for your practice? How big do you want it to be? How do you want it to feel to you and your clients? What are your goals? What vision would you like potentiated?

Within that intention, in Tragering and in practice-building, we start from **WHAT IS**, and then we **PLAY**, moving in the direction of our Intention/Vision, never forcing, just wondering and exploring.

To manifest intentions through playing, we have to "know" that there is an essential part of us which is "safe" no matter what happens on the material-physical plane. So we can "play." Nothing serious is at stake, **REALLY**.

Just as there are certain **WAYS** of playing to lighten and free a body in Tragering, there are certain ways of playing to expand your practice. In both cases, these ways prove useful much of the time, even though we are all unique.

One of the best ways of playing to expand your practice toward your intention is cooperation (instead of competitiveness.)

What a nova explosion of Lightness there would be—what a synergy—if **EVERYONE** let go of competitive feelings! You can teach by example, and set the pace. Here are four major ways to cooperate: being active in a professional organization, working in a group setting, supporting yourself and others emotionally, and making mutual referrals among practitioners of various approaches to raising people's health and consciousness.

1. If you get more active with the Institute and your local/regional Tragering group, you can accomplish public education on a scale impossible to you alone. When public awareness and interest are increased, there are more potential clients for everyone. Cooperating decreases the scarcity behind competitive feelings. This perspective might also lead you to more active participation in local holistic health associations and similar groups aimed at public education.

2. To maximize cooperation, mutual understanding, and mutual referrals among providers of various kinds of services, you might want to work in a clinic/group/center setting.

3. You might be able to find or begin a support group for providers of health/consciousness-raising services. Sharing visions and concerns is empowering for all, and dramatically increases mutual cooperation and referrals.

4. You can decide to refer out some people who inquire about your services, instead of accepting everyone "because you need the income." When you refer some people out, a powerful synergy is set up. It brings more clients to you and everyone else.

Not all clients are best suited to you. If you work with them, they will end up less than 100% satisfied, just because your individualities are not fully compatible. Why not, instead, sense who these people are and suggest another Trager practitioner, or another bodywork provider, or another healing arts practitioner—one you feel is better suited to them?

What happens is that the client ends up more satisfied and talks more favorably about Tragering, bodywork, or whatever to her or his friends. The positive image of all these alternatives is increased; the friends may end up with you! This is the way "the pie is expanded," so the scarcity behind competitiveness is an illusion!

Here are some thoughts on the "how-to" and etiquette of making and accepting referrals to/from other service providers:

1.) Get to know other service providers well, so your referrals out can be well-informed. Select those who provide similar services to yours, in your geographical locale, to similar kinds of clients.

2.) Contact those you don't already know well. Introduce yourself and suggest getting to know the similarities and differences between you. Tell them you want to be able to refer appropriate people to them. (Some people will be non-cooperative. Beam them some love, and call the next person on your list!)

3.) Trading sessions, and/or being in a support group together, are better ways of getting to know someone than just talking.

4.) Write down as many similarities and differences as you can. Remember not all differences will **MAKE** a difference to potential clients. Use the following list as a guideline for discovering similarities and differences:

- Age, gender, geographical area served
- Goals for clients: what you want to accomplish with/for them
- Specific techniques, equipment, materials used
- Levels or areas of people worked with: physical, emotional, subconscious, social, etc.
- Setting: alone or with a center, clinic, etc.
- Fees, billing, hours/days available
- Particular kinds of people you do or don't work with
- Label of your service, such as counseling, therapy, psychotherapy, or psychological therapy
- Your lifestyle, personality, geographic/

ethnic background, hobbies/interests, special experiences you have gone through

• Your experience in your work: how long, and what other kinds of relevant work you've done or do

• Training, degrees, certificates, and orientation/school/approach

5.) Make referrals professionally. Don't give the potential client "gossip." Be positive and realistic, without giving a lot of details not relevant.

6.) Always express your thanks, immediately and obviously, for any referrals you receive from another provider.

7.) If a client is referred by someone who is their primary health care provider, then sending a report on progress, or working collaboratively on the client's behalf, may be appropriate. Find out.

8.) If you don't take on a referred person as a client, let the referrer know why, when you thank her or him for the referral. This will enable future referrals to be more appropriate to you.

Isn't it time to set a new Intention for your practice, and play with ways of manifesting it? There are so many ways to relate lovingly, cooperatively, synergistically. Try a new one!



COMMUNICATING ABOUT TRAGER WORK

by Joe L. Griffin, Ph. D.

This material was written to share with *The Chesapeake Trager Practitioners*, revised for a Gail Stewart class on communication, again for the Eastern Regional Trager Symposium and now for the Newsletter. *The opinions expressed are my own.*

The topic of communication regarding Trager work seems to me to also be about outreach, marketing, and operating from relaxed confidence, selling a product of value to those who will benefit from it, and more effectively obtaining and keeping clients. This article focuses on communicating from a conceptual physiologic framework that can rationally account for the positive results of the work.

In evaluating this material, you may want to know where it comes from. I am a part-time Trager Practitioner and a research biologist doing muscle, brain, and nerve research at Walter Reed. I have a Ph.D. in biology from Princeton (1959), taught premedical and cellular physiology as an Assistant Professor at Brown, and was an NIH Special Fellow in Anatomy at Harvard Medical School. I have sampled, studied, and taught a number of movement, bodywork and related approaches for the last 11 years and was responsible for daily sessions at the Walter Reed Wellness Center for over 5 years.

Concepts for Thinking and Talking About Trager Work

Communicating to new people about Trager is not always easy, whether or not they have felt the work. I believe the core of this communication is to be in hook-up and allow the sharing of that place. Feeling the person or group, relaxing, accepting and extending love to them wherever they are, releasing them to get it or not, and focusing your personal belief and energy are probably much more important than having theories or explanations.

With that said, I have to admit that I usually do talk. Success stories are fun. I like to tell about the former athlete who came in folded over from back pain. The next week, when I asked him how his back was, he said, "What back?" He felt good, his functional nonconscious was taking care of him, and he didn't even remember that his back had been hurting.

I also use specific physiologic concepts when talking with certain kinds of individuals or groups. With physical therapists, I have talked about educating the proprioceptors to improve function. With nurses I like to include the value of touch enhanced by gentle movement, with M.D.s' physiology, control mechanisms, upper and lower motor neurons, sensory input, etc. With athletes or individuals of limited physical ability, probably more about distinguishing between conscious ego and the functional nonconscious, parasitic tension and useful tension, and appropriate relaxation of antagonist muscles.

Milton does not now need a conceptual physiologic background. He has fifty years experience, his gift for hook-up, and his identity as Milton Trager, M.D. I believe those of us who are not Milton (and we outnumber him) can use concepts such as these so we relax, have answers to questions, and feel more secure while communicating. Of course, once we are secure, we can let it go, just as we learn the moves of Trager work so we are secure enough to let them go and just hook-up with the client.

At the Eastern Regional Trager Symposium, we were told that potential clients like to hear of specific possible results, in their own language. Part of what follows is in my language

and your communication will be more effective as you tell your own stories. I present my basic working assumptions anyway, because a rational physiologic base can help you relax into the work, even when you don't want to use physiologic language.

1. *Proper division of labor between conscious ego and functional nonconscious.* "WHAT" vs. "HOW." When you write, your conscious thinks about WHAT you write and you trust your functional nonconscious to know HOW to write. Similarly with walking, reading, doing good bodywork, etc. Dr. J. says of his basketball at its best, "It is a force outside myself." I assume that his ego is just watching his functional nonconscious mind play. Good athletes have strong functional nonconscious and often think the ego properly does HOW functions, because their nonconscious takes care of them. Athletes can be reminded of the times they play on automatic and everything works right and can identify slumps as times of excess tension and trying too hard with the conscious.

2. *The functional nonconscious.* I speak of the nonconscious rather than the unconscious because we can be partly conscious of HOW functions, particularly when learning. In our work, the useful role of the ego is to notice and release. Specifically, when we are skilled and in hook-up, the ego releases HOW. Beginner's luck is what happens before the conscious thinks it knows enough to help out and doesn't get in the way of the functional mind. An exercise to have people experience their own functional nonconscious is to have them observe, lean back and forth a bit, then lean further till one foot steps underneath. Model this if you suggest it, repeat in different directions, etc.

3. *The two stages of learning.* The first stage of learning is focused intent, the work of the conscious, while the second stage involves releasing to the nonconscious. Children learn so much better than adults not only because they learn with their bodies, with movement, but also because they focus so intensely when interested and release so completely when finished. Adults are comparatively poor at learning because they try to hold on to knowledge, an ego function, thus blocking the second stage. The closest many adults come to noticing the second stage is to be studying for a test and finally give up, chuck the books in a corner, then, in the shower, have an "AHA" emerge. Good bodywork can directly educate the nonconscious. Clients may be uncomfortable and not know why because they are not practiced at trusting the nonconscious, fear being "out of control."

4. *Sensory feedback.* The functional nonconscious needs information to function. If information is lacking, it is like playing poker without knowing the rules or the value of the cards. Movement generates information from muscle spindles, joint receptors, and Golgi tendon organs, as well as pressure receptors, the skin, internal organs, etc. In the kind of

bodywork we prefer, the conscious experiences pleasure, feeling good, while the functional nonconscious gets information about the body in time and space. Body parts are often felt as larger or longer, a reflection of increased sensory input. The importance of sensory input is indicated by the observation that there are about 8 times as many sensory nerve cell processes entering the spinal cord as there are motor nerve cell processes going out to the muscles. Ask someone, "How does your hand feel?" Then have them notice whether they used movement to help sense the hand. Movement generates information!

5. *Low-load movement.* Because we are sensitive to only about one fortieth of a given load (a simplification of the Weber-Fechner Law), we work with as light a load as possible to increase sensitivity. That is, carrying forty pounds, we might sense a change of one pound. With a one ounce load, we might sense 1/40 ounce. Load is not only weight which we have the client give to the table or to us, but any effort in Mentastics or in doing bodywork. Unloading is effective.

6. *Relaxing antagonist muscles.* In the ongoing contraction and relaxation of muscles during movement, each muscle has a balancing antagonist muscle. Relaxation of the antagonist muscle needs to just precede and accompany contraction of the active muscle, if smooth and effective action is to be taken, this coordination is nonconscious and depends on sensory awareness.

7. *Appropriate tension.* If we consider the immune response as a continuum from over-reaction (colitis, myositis, etc.) to lowest reactions (AIDS, boy in a bubble), we need an intermediate function, so our defenses work when needed, and turn off when not needed. We also need pain as a signal, on when needed, off when not needed, so we know when we are hurt or contact a hot stove. Similarly, tension needs to be appropriate. We need some muscle tension just to keep joints aligned and to balance in gravity, as well as do what we intend, but tension that remains when not needed is parasitic, interfering with intended action. The functional nonconscious uses body feedback as it appropriately decreases or increases tensions needed in the moment.

8. *Blocks.* Blocks to taking in needed sensory input about the body are pain, fear, tension, trying hard, right, wrong, tight goals, and struggle. Thus, when we do bodywork, we place the client supported on a comfortable table, maintain proper temperature, and gently move as lightly as possible, with maximum comfort for ourselves. We avoid forcing, relax, let go with the conscious, and trust our functional nonconscious and that of the client.

9. *Automatic relaxation.* We need not worry about results, as increased sensory awareness results in automatic release of unneeded tension by the functional nonconscious. If we simply listen to clients, they can't help listening to themselves.

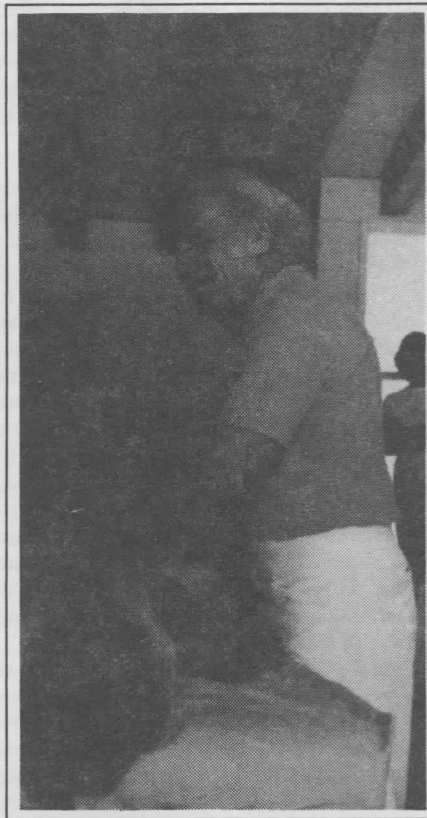
10. *The Patricia Neal response.* Many people know that actress Patricia Neal had a severe stroke and her family was advised that she would probably remain a vegetable for the rest of her life. The family did not give up and a neighbor handled her and put in sensory input daily, before she could do anything for herself. When able, she was active, moved, practiced, repeated. She was left with only a slight limp and acts again, etc. An example of the value of sensory input, giving body information to the upper motor neurons that took over for the ones lost in the stroke. Functionally, the brain has a lot of flexibility. Her upper motor neurons did not regrow, others were recruited to functionally replace them, a learning process not too different from the way babies learn.

11. *Invoking the miraculous.* Deane Juhan in *The Bodywork Book* tells the story of Milton Trager doing a demo in medical school, working on a girl who had not moved her feet for two years, after polio. Milton worked on her for a while and got her to move her feet, looked up and some of the nuns were blessing themselves. I like to read or tell this story and let the people take in the "miraculous" aspects of it, then interpret it as an example of a patient who had already had growth of motor neuron branches and reinnervation of muscle fibers, but had forgotten at functional level what movement felt like. By my interpretation, when Milton reminded her, she rediscovered how to do it herself and was walking within a couple of weeks. I don't say this was not a miracle, just that it was a miracle that makes sense and that points up the importance of sensory feedback and improved sensory input.

12. *Our contribution.* I believe that the benefits of the work are obvious to each of us, at a feeling level. Benefits can also be rationally presented as flowing directly from improved sensory input. Our approach, Milton's gift to us, is the most effective way I know to achieve improved, functionally useful sensation. TRAGER IS SENSATIONAL! Because easy movement and comfort improve the ability to take in sensory messages which improve movement and comfort, we start positive neuromuscular circuits, enhanced by recall, that continue to benefit our clients as they function in life. To reach for the salt more easily once may be "no big deal," but we can potentially contribute the cumulative effect of many small (or large) easements over a lifetime. Personally, I believe we communicate GRACE, not only as more graceful, easy movement, but also as a blessing, "The grace of God surrounds you."

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"THE TRAGER APPROACH" VIDEO TAPE An Effective Promotional Tool to Build Your Private Practice

This video tape introduces the viewer to The Trager Approach through interviews with satisfied clients, Trager Instructors, Dr. Trager himself, as well as adjunct health and sports professionals who refer clients for Trager work. There are also demonstrations of the table work as well as Mentastics. These various elements are woven together with beautiful background music and lovely visuals.

The tape provides a simple and effective means for the Trager Practitioner to promote his or her private practice. It could be shown during demonstrations, at Health fairs, or in other presentations of Trager work to the community. Students may use it to interest friends and family in receiving practice sessions.

The video tape is available to all members of the Trager Institute for \$50. plus \$6 (for first class) postage and handling. California residents will add \$3. for sales tax. To order, simply mail your check payable to the Trager Institute to our office. Allow six weeks for processing and delivery. The tape is in VHS format; BETA users contact the Institute for ordering information.

TUTOR PREREQUISITES

The Chesapeake Trager Practitioners have suggested that the prerequisites for applying to the Tutor Training Program be published again. Since they may be of interest to a number of Practitioners throughout the network, here they are, reprinted from the Tutor manual. If you are interested and you feel you qualify, write the Institute office for an application.

BECOMING A TUTOR

A. Personal Qualities and Skills of Tutor Applicants

In seeking to recruit practitioners for the tutor training program, we are looking for people who have an attitude of responsibility and integrity; people who are willing to take the standards of practice and conduct of the Institute seriously. We are particularly looking for practitioners who are receptive to feedback themselves on every level. We are looking for self control, honesty, and compassion. Being a tutor requires a willingness to work within this organization with all of the patience and responsiveness required to deal with multi-level communication, forms, and changes in everything from Trager "moves" to organizational procedures.

Tutors and instructors are more likely to recommend a practitioner to apply to the tutor training program when they see both capacity and some accomplishment in the following areas of skill: In giving feedback and instruction, good timing (knowing when to intervene and how much to say), simple and articulate suggestions, attentiveness to and understanding of students' needs, and ability to match feedback and instruction to the level of the student's level of understanding.

In tablework, everything the practitioner standards require plus a good projection of feeling and confidence in the hands (taking time to *feel* what's going on rather than just doing moves). A touch that feels accustomed to tissue, that is, generally smooth, soft, and effective. In Mentastics, again, a good projection of feeling, the ability to attend to the person being taught while staying "in" their own Mentastics, and an ability to verbally articulate.

B. Prerequisites

1. Preferably three years experience as a practitioner.
2. Repeated and recent assisting experience.
3. Two or more trainings of Practitioner II level or above
4. Written positive evaluation of skill and attitudes in giving corrections by an instructor the applicant has assisted.
5. Written positive recommendation (Tutorial summary) by a tutor who evaluates tablework and Mentastics to be at tutor level.

TRAGER HANDBOOK UPDATE

by Carol Campbell

A few weeks ago, I opened my mailbox to find . . . *The Trager Handbook!* Even though I expected it, I was so excited! The Handbook has been mailed bulk rate to everyone in the Trager community and it will be handed to all students in Beginning Trainings from here on. If you have not received yours by now, contact the Trager Institute Office.

In reading through the Handbook again, I've found one error so far that we can all easily correct. The third page of the Educational Support Staff section (I. e. I.) was punched on the wrong side. Turn it around and re-insert it so it continues the Northern California Region listings from the prior page.

I have received many acknowledgements commending a job well done which I appreciate and want to pass along. As you read the Handbook, it becomes apparent the hours of thought, writing and revising that so many people and committees put into this. As I traveled last year, I took the developing Handbook with me and invited my students and assistants to read it. I want to thank those folks for taking time at the end of a full and tiring class day to critique the text, catch the typos, and add their own fresh perspectives to the content. The enthusiasm and desire to contribute on the part of so many was contagious, inspiring and a joy for me to experience.

. . . and Thanks to you, Carol for a terrific job editing the Handbook. It took hundreds of hours of work, seemingly endless delays and, finally, a beautiful finished product. And, all of this done as a volunteer. Thanks from all. SMJ

TWO NEW APPOINTMENTS

by Don Schwartz

At our Board of Directors' September, 1986 meeting, Sheila Merle Johnson was appointed as Executive Director of the Trager Institute. She was nominated for this position by Betty Fuller. Previously, she has been serving as Acting Executive Director. Betty now retains a permanent position on the Board, and has been granted the title of Founding Director. Both Sheila Merle and Betty are bringing their personal resources to bear in supporting our Institute in its growth and development.

OFFICE ACTIVITIES Or, the Computer, the Roster, and You, II

by Don Schwartz

This Winter has seen a dizzying amount of activity at our small office at the Church of Our Saviour in quaint Mill Valley. In addition to our many routine activities, we have been concurrently producing a training schedule, producing this newsletter you're reading now, handling annual membership renewals, developing applications programs for our new computer, and adding two terminals to the computer.

Expanding the computer to a multi-user system is the only way to make its presence here truly practical, and this expansion is being done with a minimum of expense; however, it is a major task requiring the redevelopment of our computer's operating system. We have a number of applications programs that are awaiting implementation after the two terminals are in place and running.

One of these applications programs is our roster which has first priority. I anticipate that we will be able to print out our roster sometime in February. After the print-out it will be laid out, have an article or two included, and mailed to all current members. In addition to this printed membership roster, we will be able to take calls from members of the public requesting Practitioner referrals in their own particular geographical area, and make the referrals. Making referrals in large cities has not been a problem, but small, lesser known towns and cities have been difficult for us. With the new roster program, however, we will be able to make the closest possible referrals to the most obscure places.

Gayle Wilson, our administrative assistant, has decided to go back to her favorite place, Hawaii, this March. Gayle has been a great source of support for the entire Institute, we love her, and she will be truly missed. We wish her the best in the Pacific's tropical paradise. Aloha!

We are happy to announce that Sandra Rugoff will be taking over the administrative assistant position held by Gayle.

THANK YOU . . .

. . . to the many sponsors, Introductory Workshop leaders, and Supervised Practice Session leaders who have been sending in "tithes" to the Institute office for non-Trager classes. Your contribution is a generous donation to the Institute and is greatly appreciated. Since we do want to acknowledge you personally, please do not fill out a tithing form with your contribution; a note will suffice.

PLAN YOUR TUTORIALS!

Many Practitioners and Tutors have been postponing their required annual Tutorial to the end of the year. Sometimes this makes it difficult to get an appointment with over-booked Tutors. Often this procrastination leads to late membership renewal and/or unfulfilled requirements. Practitioners, plan your 1987 Tutorials which you will need for 1988 renewal earlier in the year. You can have them any time during the year. For people who live far from a Tutor, planning a Tutorial earlier in the year is crucial since you may need to combine it with a training or a trip you or the Tutor may be making. For all Practitioners, having your Tutorial early in the year will make renewal time less stressful for Practitioners and Tutors alike.

MORE FLEXIBLE PRACTITIONER CONTINUING EDUCATION REQUIREMENTS

The options for fulfilling the one-training-per-year requirement during Phase A, the first three years after attainment of Practitioner status, have been expanded. Once during these three years, the Practitioner may replace the required Practitioner training with one of the following:

- A. Full-time assistant in Beginning or Intermediate training.
- B. The Trager Body—Parts 1 and 2.
- C. 20 hours in 1 year of Supervised Practice Sessions, Review Sessions, Mentastics classes, and extra Tutorials from various Tutors.

NEW PRACTITIONER APPLICATION FEE

Along with the increase in Practitioner membership dues, there is an increase in the fee that Students send with their packet when they apply for Practitioner status. The new fee is \$40. part of which is additional dues, and part of which is a processing fee. All Students applying for Practitioner status from this day forward should enclose a \$40. check payable to the Trager Institute with their completed Practitioner application packet.

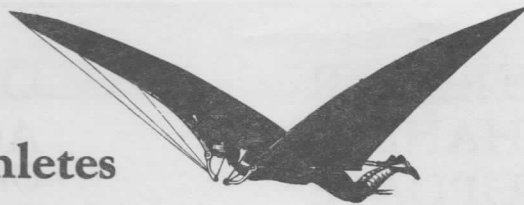
THE TRAGERS SAY THANKS

Emily and Milton wish to express their gratitude and appreciation for the many holiday greetings they received from countless Trager people around the country and the world. You have made their life that much lighter and brighter.

MEET THE CHALLENGE!

Help sponsor the training for Elite Athletes Bring Trager into the World of Sports

by Lynette Brannon



Trager has come a long way in the past 50 years. We've discovered many applications, developed a family of practitioners and collected impressive success stories. There have also been innovations in the field of sports training. However, many exciting, qualified athletes aren't able to receive optimum training because of a lack of resources or a suitable place to train.

In response to this situation Coach John Percy and I have developed the Elite Athlete Program, sponsored by The Trager Institute, designed to provide the best possible training for athletes. The Program includes expert coaching, video feedback training, testing, documentation, regular Trager sessions throughout the athlete's training program, and a schedule of professional publicity efforts. Our coaching staff includes John Percy, a Certified Track and Field Coach; Jann Girard, internationally ranked triathlete; and Dan Gammill, a cyclist with many years of coaching and competition experience. All fitness staff members hold degrees in exercise physiology, physical education, and nutrition-or health-related fields.

The Elite Athlete Program uses Austin, Texas as the training center, with its excellent facilities and a well-established reputation as a sports training site. Ted L. Edwards, Jr., M.D. nationally known for his work in sports medicine and one of the physicians for the U.S. National Cycling Team is medical director for The Elite Athlete Program.

Four outstanding and exciting athletes are presently enrolled in the Elite Athlete Program, Terrel Fischer, Jann Girard, Carol Langmaack, and Deidre Wagner.

Terrel Fischer from Austin, Texas, is 25 and has been competing for eight years. He is a top finisher in steeple chase, 5K (15:00), 10K (31:30:00) and marathons (2:35). This amazing young athlete runs the mile in 4.28.00!

Jann Girard is an internationally ranked professional triathlete, who has been a competitive athlete for 17 years. She was a four-year all-American swimmer for the University of Texas. She has won first place in numerous meets, such as the New York City Triathlon and Brazil national championships. Jann placed sixth in the Hawaii Ironman Triathlon World Championship in 1983. (That means a 2.4 mile ocean swim, a 112 mile bike ride, and a 26.2 mile run without a break.)

Carol Langmaack, a Captain in the Air Force, has been training for and competing in

5K and 10K races, marathons and the Ironman in Hawaii as a prelude to the 1988 Olympic Marathon in Seoul, Korea. During her Air Force career she ran internationally in Portugal, and represented the Air Force in England, France, Germany, and Spain, as well as the Boston, Savannah and Bermuda Marathons.

Deirdre Wagner is a triathlete from Annapolis, Maryland. She is 28 and has been competing for the last 6 years. Although she has been training without any focussed coaching, she has completed the Hawaii Ironman, and the Nice, France Triathlon, finishing 10th.

You can participate in the development of these fine, dedicated and talented athletes in a number of ways.

- 1) Contribute funds for athletes that are already selected.
- 2) Ask for contributions from others such as friends, clients, or businesses.
- 3) Be an area coordinator, organizing a fund-raising effort in your area. you may select an athlete from your area to train with us in a residential program. Mary Kent Norton (East Coast Trager) is creating great success with her project for Deirdre.
- 4) Talk to other Practitioners in your area and pass this information on to them.

We have an opportunity here to open significant doors for Trager in the increasingly popular world of sports. This is a team effort and we want you to feel the same excitement that we do, as we follow the progress of these potential Olympic-caliber champions.

Documentation of the exciting results of the Elite Athlete Program Training provides valuable information on the benefits of the partnership between Trager and traditional athletic training programs. We'll be able to cite concrete facts about The Trager Approach to sports training.

Now is the time to meet the challenge. All of the money raised through our combined efforts will go directly toward the individual athlete's training and Trager. You'll get a three-fold bang for your donated bucks.

1) All or part of your donation is tax deductible. (Check with your CPA for specific information about how the law applies in your tax situation.)

2) Your donation helps implement our goal of compiling tangible, demonstrable information on Trager for sports training. We owe it to ourselves and the future of Trager.

3) Your donation helps a talented athlete realize their dream.

We're asking you for \$25.00 or more. *Any contribution that you can send really makes a difference* and will be enormously appreciated. Please join us in this program. Call me at 512/327-4881 if you have any question.

Pick your donation category, fill out the enclosed coupon and send it in with your check made out to The Trager Institute to:

Lynette Brannon, Program Co-Director
Elite Athlete Program, 1825 Waterston Ave.,
Austin, Texas 78703, 512-480-0362 or
327-4881

Note on the check that it is for *The Elite Athlete Program* and specify the athlete you wish to support. Thank you for giving these fine athletes the support they need to represent you and Trager in international competition.

MEET THE CHALLENGE!

The Symbol of the Olympics, formed of five interlocking circles, is the inspiration for our five donor circles.

Bronze Circle Donor	\$25.00
Silver Circle Donor	\$50.00
Gold Circle Donor	\$100.00
Platinum Circle Donor	\$200.00
Diamond Circle Donor	\$500.00

Yes! I want to participate in The Elite Athlete Program and assist in developing an athlete's full potential.

I wish to sponsor:

- Terrel Fischer
 Jann Girard
 Carol Langmaack
 Deirdre Wagner
 I want to be an area co-ordinator and send _____ of

(location) _____

Please enroll me as a Bronze Silver
 Gold Platinum Daimond Circle Donor.
Here is my tax-deductible check for \$ _____

Name _____

Address _____

City _____

State/Zip _____

Phone _____

CURRENT 1987 TUTORS

No. California

Elna Adams
Oakland, CA
415-547-2661

Natasha Heifetz
Berkeley, CA
415-548-6072
415-848-3544

Gail Stewart
Berkeley, CA
415-841-4732

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

Fawn Dutcher
Mountain View, CA
415-967-4727

Julie Greene
Oakland, CA
415-658-3763

Sue Holper
Oakland, CA
415-534-5803

Pamela Johnson
Oakland, CA
415-548-3865

Sally Pooler
Oakland, CA
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Rose King-Smyth, Ph.D.
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W-415-922-3478

Peter de Zordo
San Francisco, CA
415-878-1109

Betty Fuller
Tiburon, CA
415-388-2688

Jean Iams
Oakland, CA
415-654-1130

Mark Bauman
Menlo Park, CA
415-324-1824

Cheryl Wells
Forestville, CA
707-887-1206

Delores Kvigne
San Francisco, CA
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415-331-4650

So. California

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Cynthia Harada
Los Angeles, CA
213-820-5920

Cathy Guadagno
La Jolla, CA
619-459-5399

Carla Montagno
Santa Barbara, CA
805-965-4795

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

Adrienne Stone
Santa Monica, CA
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Kathleen Zuhde
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213-374-4717

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Barbara Goodman
Honolulu, HI
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Jackson Friedman
Honolulu, HI
808-737-0363

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Ru Wing
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Mt. Vernon, WA
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Claudine Bergamaschi
Sevres, France
1-45-34-88-46

Fabienne Hirsch
St. Maur, France
14-885-0638

Antonia Faeh
Stein, Switzerland
071-59-18-28

Monika Sutter
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01-201-7211

Helene Closset
Lagny/Marne, France
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317-257-1818

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416-656-2700

Amanda Hartsong, Ph.D.
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613-542-2000

David Pinto
Toronto, Ontario
416-534-6950

Please make corrections in your handbook.

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2859 Sacramento St.
San Francisco, CA 94115
415-626-6840
415-922-3748

Barbara Allin
4420 N.E. 63rd Ave.
Portland, OR 97218-0269

Announcement

Helene Flore Closset
est a SAINT-ETIENNE (Loire)
21-22 Mars, 11-12 Avr.,
16-17 Mai; elle peut donner
des tutoriels
Telephoner au: 60 07 5280

THE QUESTION CORNER

Sheila Merle Johnson

In my last three newsletter articles, I described in some detail the history and structure of the Institute, as well as some of the issues confronting us. These articles have been condensed for the Trager Handbook, which was mailed to all members last month and should be in everybody's hands by now.

Over the last few months I have received a number of questions from members regarding other aspects of Institute functioning. It seems to me that this column is a good place to present some of those questions that may have interest for the membership at large and to answer them as best I can. Some of these questions and concerns have come through letters directly to me and others have come through Judy Archer, our Regional Liaison. Judy has been on a personal journey through parts of the U.S., and has had conversations with members in various parts of our network. She has distilled themes from these dialogues and helped me shape the focus of this article.

"How is the raise in Practitioner dues to be used?"

As expressed in Board President Will Wells' "Changing Dues" article which appeared in the March, 1986 issue of the *Trager Network News*, the bulk of the increase will be spent for Practitioner support, in the service of greater professionalism. As Will said, the input received from Practitioner members supported this increase, as long as the funds were directed towards increased Practitioner support.

Some of that increased support is already evident since the dues increase. The *Trager Handbook* has been published with information on professional practices and marketing and with articles for Practitioners to use to inform the public about the work. The *Network News* has expanded significantly to include more articles supporting professional development. Less evident perhaps is the current upgrading of our computer system to allow for regular publication of member rosters, less expensive and more efficient production of member materials and computerized referrals to Practitioners around the world in response to public inquiries. Also less evident to date are the increased efforts to protect and clarify use of our service marks, so others cannot diminish our profession. A new brochure is also in process. Several graphics people have been interviewed and more are to come. Production is scheduled for 1987.

Practitioners, Instructors and various committees and groups have suggested a wide variety of other projects and services for future

allocation of resources. They include a new Trager Journal for the public, support for a book and/or documentary on Milton Trager, further promotional materials geared to specific groups, better recording of Dr. Trager's demos in classes for posterity, archiving of existing videotapes, research of the work's effects, national advertising, grant writing to support further increases in services, networking with other health professionals to facilitate licensing and third party payments, good quality reprints of articles in various languages, further marketing training, and many more. The Board of Directors and the Executive Committee will be meeting in February to set priorities regarding which of these projects can be implemented in 1987 and which are for the future.

"How can I make suggestions or complain effectively?"

My experience in the past was that no action was ever taken."

I know this has been a problem in the past, but we are trying to change this. I suspect that most complaints that were not answered were either made in the "pre-feedback" era, when the emphasis of the Institute was not so much on communication, or were made verbally to someone, rather than in writing, or were made to someone who had no authority in that area. Certainly, discussing issues with someone who may have knowledge or authority in the area of concern may produce satisfaction in and of itself. However, expecting action down the road from a verbal communication is much more iffy. The Institute is large enough and diversified enough that sending written input is the only way to get the information to the proper person or group and to assure response.

My current experience in the Institute is that all complaint and suggestion letters sent to "central headquarters" are answered. Sometimes this process takes a while, especially if the letter has to go to a particular committee which may not meet for a while, and then the answer has to be dictated, transcribed and proofed after the meeting. The response is sometimes movement in the suggested direction; other times it is an explanation of why things are the way they are, and why it is not time to change. Other times a good suggestion needs to wait for new resources to implement it, either financial or volunteer labor, or for enough members to favor it so that the energy and resources of the Institute can move that way.

Input of this sort is very valuable for our organization. Please write it to the office and let us who work there forward it to the appropriate place—whether it is feedback regarding Instructors or information about trainings, both of which would go to the In-

structors Committee; or a complaint about a Practitioner which might go to the Standards Advisory Committee; or something about how the Institute is run for the Executive Committee or the Board of Directors, etc. All of these groups have been working to improve the timeliness and quality of responses. If you have a thought you think is important, put it in writing and do send it to the office. And above all, let me know if these procedures fail you.

"Why do I have to be a Tutor to assist in Dr. Trager's classes?"

You don't have to be a Tutor. There are at least two positions in most of Dr. Trager's classes for Logistics Assistants. These positions are open to Practitioners who have already been in the particular level class as a participant. While there are tasks to be done to keep the class running smoothly, there is usually ample time to be with Milton as he teaches. In fact, some Tutors like to have this job, when there is space, for this very reason.

Giving feedback at the table in these classes, however, is a job which requires training. That is why the position of Class Tutor is primarily filled by Tutors and Instructors. In the past, Dr. Trager only allowed Instructors to assist in this way in his classes. When his schedule changed from two 6-week blocks of classes each year to monthly trainings, it became much more difficult for Instructors to cover them all. At this same time, the Tutor Program developed and provided a group of Practitioners, well-trained in giving feedback, who had the skills to fill the job. Also the opportunity of assisting Dr. Trager was a crucial component of the Tutor's continuing education.

In addition to correcting at the table, the Class Tutors supervise class timing and lead group discussion and Mentastics before Milton's arrival in the morning and afternoon. At this point in time, while Instructors are occasionally present, Tutors fill the majority of these positions. And rarely, when there has been a shortage of Tutors or Instructors for this position, we have utilized ex-Tutors or long-term Practitioners whose work is known to Milton and the Instructors and who have assisted a lot in Beginning through Prac. I trainings.

Invitation

If you have feedback about these topics or if your personal questions or concerns are not addressed here, I encourage you to communicate to me or to Judy Archer, c/o the office. Your topic may be answered directly or may be the subject of a future article.

THE BOARD REPORT

1 986 was a very exciting year for the Board of Directors! It gave us the opportunity to begin to use a format of regional communication to facilitate the gathering of opinions and ideas from the Practitioners and Students. Over the course of the first year of use, you gave us input on issues concerning foreign trainings, goals for the Institute, priorities of action, services by the Institute office, dues structure, ethics, special functions and regionalization. We have been very pleased with the participation so far.

Out of the first meeting of the regions that occurred at the 1985 international conference, a list of thirty two goals was created. Some goals were obviously more pressing than others (and more affordable!) By prioritizing the list the Board came up with several goals for the year of 1986.

The 1986 list consisted of: a) develop a self sufficient office administration with b) clearly defined policies and procedures (new meaning to the word evolvement! c) re-write job descriptions for office staff and the principal positions in the Institute structure d) complete a members' handbook which will familiarize new Students with the Institute and assist the Practitioners in professional practice and in dealings with the Institute office e) re-structure the newsletter into a more professional format with content that can assist Practitioners in their practice, f) develop new brochures and flyers that emphasize promoting a professional practice: g) define the "Official" name of the work and h) obtain service mark registration, i) implement a computer system that can store membership files, accounting data, training program logistics, newsletter production, etc: j) create format for improved communication and consistency among instructors; k) create standards of practice and a grievance procedure; l) and of course the development of regional groups.

It is exciting to take stock now at the end of the year and to realize that virtually all of those goals have been accomplished or are very near completion. The office changes, including computerization are complete or close to it. The Handbook has been published and distributed. The newsletter has changed. The name has been approved and registration begun. The instructors have implemented a yearly retreat for communication development. The Code of Ethics has been developed and grievance procedures are in process. The regions are in a process of ongoing development, with an official Liaison person (Judy Archer), helping to clarify that process. The search for a brochure developer has begun and the new brochure is expected to be finished in 1987.

1987 is beginning to look like its going to

be a very productive time for the Institute. Beginning in mid January, the Board of Directors and the Executive Committee are meeting for an all-day retreat with a facilitator to look at the customer base and future direction of the Institute as well as at 1987 goals.

There will be some changes in the make up of the Board also; in Feb. Will Wells will retire from the presidency, the Board will expand its directors to number seven; which will include Gary Beal (an organizational consultant), and a practitioner from the membership.

We are looking forward to much more input from you via the regional liaison person Judy Archer, feedback on the programs and projects of 1986, ideas, new goals, compliments (always nice to hear the good stuff too!) Please feel free to contact the Institute with your ideas (use the regional network if possible). If you have a special project that you would like to approach the board with, please feel free to coordinate with a board member so that your project may be expedited along your way. If you have skills that you would like to donate to this profession; please direct them through either your regional structure or the Institute office. Its been a very great pleasure to serve on your board of Directors this past year, thank you!

Will, Betty, Conrad, Lynne, and Jan

THE EXECUTIVE COMMITTEE HAS EXPANDED

by Don Schwartz

In an effort to have more Practitioner representation on our Executive Committee, the Committee has added three Trager Practitioner members, Elna Adams, Pamela Johnson, and Deborah Van Buren. Deborah, Pamela and Elna have been serving on the Executive Committee as advisory members since August of 1986. After the experience of several meetings, they were well prepared to participate as full voting members.

This is not the only volunteer position for these three Practitioners. Deborah heads a Practitioner Selection Readers Committee which is bringing additional attention to Practitioner applicants personal statements. Pamela is studying various aspects, problems, and potential problems in our training scheduling system, and Elna is Chairperson of the Standards Advisory Committee which just recently completed development of our Institute's Code of Ethics and Conduct. The Code can be found elsewhere in this newsletter as well as in our recently published *Trager Handbook*.

THE PRACTITIONER SELECTION COMMITTEE

Our new Executive Committee member, Deborah Van Buren of Los Gatos, California, has another new responsibility—head of the Readers Division of the Practitioner Selection Committee. This subcommittee has the responsibility of giving additional attention to the many personal statements the Selection Committee receives. All of the personal statements will be read by the Readers Division, and some will be suggested for publication. However, we feel that the work of this subcommittee will grow, and we will report on this evolution in future newsletters.

CODE OF ETHICS AND CONDUCT

The Standards Advisory Committee is pleased to present the Trager Institute Code of Ethics and Conduct. Our committee, Julie Greene, Sue Holper, Jean Iams, and myself have spent over a year discussing and working with the ideas and concepts that appear in our code. We have endeavored to present principles of ethical conduct within the Trager framework of ease, lightness, and integrity. This code has been approved and accepted by the Executive Committee and it can be found in the Trager Handbook.

SCIENTIFIC ADVISORY COMMITTEE

First of all, the name of this group has been changed from "board" to "committee" to fall in line with other Institute structures. Second, Michael Stulbarg, M.D. has been joined on the committee by Harry Friedman, a Trager Practitioner who is just completing Osteopathic college. Together, they will be recruiting other members from the health and related professions to serve with them. This committee's work includes creating a scientific network of Trager professionals to document and share activities; stimulating, writing and collecting scientific articles relative to Trager; assisting in gathering research funds; and stimulating, assessing and sometimes managing research relative to Trager work. Members wishing to participate in these activities should contact the Trager office.



As the E.R.T.S. came to a close, a group hug happened to help the energy live on. (E.R.T.S)

ON THE ROAD... WITH THE REGIONAL LIAISON

by Judy Archer

I have been on the road for some time now with my husband, Michael Jones. We are enjoying travelling and meeting Practitioners in their homes and work places. I am doing trades and hearing regional concerns, interests, and suggestions. I have visited on the phone with Milwaukee and Chicago people, folks in the Northeast, and in person with Indianapolis, Fort Lauderdale, Lake Worth, Houston, Phoenix, and Tucson people.

We plan to be in the San Francisco Bay Area through March and early April, and then on to Connecticut and Massachusetts and home (Ontario) in May. Towards the end of May, I can be reached at: Box 99, Hawkestone, Ont., LOL 1T0, Canada, 705-325-2055.

In the next newsletter I will be summarizing my findings from conversations with Practitioners in different regions. I will share common themes and patterns. Until then I would like to thank Practitioners for the warm welcomes we have received everywhere, sometimes on very short notice. Thanks also for the offers that we have not been able to pick up on because we weren't planning to be in your area.

Update on Regional Coordinator Network

In the October newsletter ["Calling All Members" on page 8], we advertised for volunteer help in the form of Regional Coordinators. We are still open for people who

want to be a focal point for helping our regions grow into what we'd like them to become. We would welcome more volunteers. As of January, 1987, the following people have accepted responsibilities as Regional Coordinators:

Michael Butler	New York, New York
Roland Burgalieres	Montreal, Quebec, Canada
Cynthia Christy	Orlando, Florida
Jim Day	Trenton, New Jersey
Jeffrey Joel	Ann Arbor, Michigan
Regina Kujawski	Fort Lauderdale, Florida
David Pinto	Toronto, Ontario, Canada
Deborah Van Buren	Los Gatos, California
Ken Wieder	New York, New York

Thanks to all of you and all the others who work behind the others who work behind the scenes supporting, giving their time, energy and love to creating viable regional groups and networks. Many thanks to all our active Regional Coordinators who have contributed from a wide representation of regions in the last couple of newsletters. Write to me in care of the Trager Institute.

Calling All Networks

I am open for any suggestions from members on how we as Practitioners and Students can use our Trager roster. Please call or write me at the Institute.

Thanks

Thank you to Practitioners who have written for the newsletter about your lives and practices. We have heard in the past from Cheryl Loomis, Michel Van Waeyenberg, Maribeth Dennis, and Natasha Heifetz, among others. The rest of you have an ongoing invitation to contribute. Please see Nanna Bollings offer of editorial help in the Member News section.

REGIONAL GUIDELINES

Update

The main focus of the regional guidelines begins with each of us asking ourselves—How would I like my region to be?

I have heard visions, questions and concerns about regional development from members in various parts of our network and from some of the Institute's governing committees. I delineated some potential topics for Regional Guidelines in the last newsletter. I would now add more areas of potential guidelines as the regions develop. One is proposing policies for managing and increasing the seed funds available to regions for local activities. Another is service mark and logo use by groups, incorporated or not. This probably needs to come more from "central headquarters" since legal issues that affect the viability of our profession are involved. A related area is what non-Trager topics can be presented at Trager events. Some of this is controlled by service mark use; some is more left to the aesthetic and ethical sense of we members. Other topics are what form should regional groups take; what is the relationship to the Institute as a whole; who can belong, etc.

To correct last newsletter's article, we do not particularly need guidelines on the teaching of Trager. That is sufficiently delineated in guidelines for Instructors, Tutors and Introductory Workshop Leaders.

With the exception of the legal questions, the issues mentioned above need member input. We look forward to your continuing feedback which will evolve into guideline proposals.

The committee is in its formative stages. Please feel free to write or phone the person nearest you.

Committee Members are:

Carol Currens
9142 Bronco
Houston, TX 77055
713-464-9505

Glea Pruitt
10846 SW 63rd. St.
Portland, OR 97219

Judy Archer (Chairperson)
c/o Trager Institute

Cindy Popp-Hager
3 Castaldi Dr.
P.O. Box 733
Boyleston, MA 01505
617-869-6269



Ken Wieder leads A.M. Mentastics at the E.R.T.S.

NORTHWEST REGIONAL TRAGER MEETING

by Gerald Cosby

On October 16, 1986, thirty-seven Trager Practitioners, Students, and friends of Trager gathered at the Seabeck Conference Center on Washington's beautiful Olympic Peninsula for the first Northwest Regional Trager meeting. They came from Washington, Oregon, Montana, and British Columbia (one person came from as far away as New York) for a weekend of fun, Mentastics, workshops, and visiting. Seabeck Conference Center is a magnificent setting overlooking Hood Canal, and framed by forests with many miles of scenic hiking trails.

After registration on Friday afternoon, we were welcomed by Gwen Crowell, given our instructions on the logistics of Seabeck, and then turned loose to renew old friendships and make new ones.

Saturday began with Mentastics, led by Nancy Bonifield, followed by some well planned and executed workshops. These included workshops on Marketing by Lia Aurami, Trager and Psychotherapy by Kim Burg, Verbal Intervention by Nancy Adler-Jones, and Experiencing Color and Sound by Barbara Allin. One of the more popular workshops was the Contact Improvisation Workshop, led by Tom Trenda. Those who were fortunate enough to attend the last International Conference will remember the Contact improvisation demonstration given during the talent show. After dinner, we held a sing-along, led by the multi-talented Mr. Trenda.

Sunday also began with a Mentastics session with Nancy, with the focus of this hour being the teaching of Mentastics to others. A particularly enjoyable part involved mimicking a partner as they went through free-form movements. After this, we held a general meeting to discuss the particular issues and projects which we felt were important to us as a region. Then, after lunch, we scattered back to our home locations, once more filled with the enthusiasm, and feeling of hookup which always seems to accompany Trager gatherings.

THE EASTERN REGIONAL TRAGER SYMPOSIUM

by Barbara Coxeter

I am pleased to report a very positive response to the Eastern Regional Trager Symposium held Oct. 10-12 at Appel Farm, Elmer, N.J. Of the 109 Trager folk there, 88 returned thoughtfully completed feedback forms. Thanks to Phyllis Lowry-Bell and Marijo Highland for their creativity and efforts which yielded such a high return.

Before moving to expanded feedback coverage, please note that the E.R.T.S. Committee continues to meet for future planning. The committee welcomes group expansion, in person and/or with thoughts by mail or phone. Contact Jim Day, 21 Whittier Ave, Trenton, N.J. 08618, (609) 392-7653.

With 88 symposium responses, 86 found the event "overwhelmingly helpful as a whole." A sampling of participants' reactions and photographs from the weekend will tell it best:

"I thank everyone for all the time, hard work and love which made the symposium such a success. It was a joy,"

"We need more information training like this. Thank you for being so practical and for choosing such qualified, inspiring, grounded and effective leaders."

"It was perfect, though I wish it were longer, so I could have done all of the workshops."

"Flowers were a beautiful, thoughtful and warm presence. Music accompaniment was delightful."

"The planning was the best I've ever seen, relaxed and comfortable. You could be on time for things."

"The feeling of ALIVENESS and open-mindedness is exciting."

"Thank you and bless you for all you have done to make the symposium happen and thank you for daring to present adjuncts that can deepen and further our work."

"I am overwhelmed by the incredible job the committee did. Everything was wonderful."

This writer wishes only to add giving credit

and thanks also to Dr. Milton Trager for creating this vehicle of "transformation possibilities" and to that magic of many names which happens when beings gather in caring purpose.

Judy Archer

A very special thanks to all of the committee and countless others who supported and made possible the first Eastern Regional Trager Symposium. Your love, energy, support and dedication came through in welcoming all 115 of us participants in Elmer, New Jersey, on some balmy fall days October 10-12, 1986.

The program was a high quality learning experience. It gave us an opportunity to learn from fellow Trager Practitioners, many of whom have developed specialties such as the Elite Athlete Program; Trager for animals; conducting demonstrations; marketing our work to doctors, coaches and physical therapists; working with runners and swimmers; body awareness; enhancing palpitory skills; and music, dance and entertainment.

From beginning Students to experienced Practitioners, the energy was high and the learnings positive. From a personal perspective it was delightful to meet many new people from the east coast and connect with old friends. I feel connected to a larger collective of people who do Trager work and who share some of the same purposes.

From a larger perspective, the Committee members are likely to be stronger, more focused and capable as a result of working together to create such a large and successful symposium. It was encouraging to meet a network with so many talented people with a variety of backgrounds.

My hope is that others are able to use you all as a resource, when other regions choose to mount their own Symposia in the future.

Thanks for all the planning, organizing of a Symposium that was a year in the making. You deserve a lot of credit.



"What could be closer?" An Appel Farm resident and Linda Foster seem to dare each other as a delighted Carol Day observes. (E.R.T.S.)



SOME OF THE HAPPENINGS IN THE NORTHWEST

by Glea Pruitt

Gerald Cosby is the person behind a Regional newsletter titled "Hook Up". It will be published four times each year. By sharing, via the medium of print, our inner experiences, the things which affect our growth, and our insights, we hope to bring ourselves closer together as a group—to develop our "hook up" with each other.

Another way we've had the opportunity to share with each other is at the Northwest Regional Meeting in October, 1986. Thank you, Sue Vaughan, for coordinating the wide variety of inspiring workshops. The weekend was wrapped up by a general meeting led by Gwen Crowell. Gwen began a lively, open discussion with the question, "What do we want to happen in our region?" It was wonderful to hear so many enthusiastic, supportive ideas. I look forward to the best of our plans taking shape, and to our continuing growth as a community of Trager people.

FROM LONDON, ONTARIO—CANADA

by Shelly Siskind

London, Ontario has been remiss in sharing the comings and goings of its Trager Community. Individual Practitioners have been active but we have had a difficult time gathering as a group and have not done so since the spring.

Therefore, old but exciting news is that one of our Practitioners, Jamie Eberhard, Tragered a client/friend throughout her pregnancy and was present all the way through her delivery, bringing the comfort of lightness of Trager to mother and newborn. Others of us have had a chance to work in this way but admission to the delivery room is still a big step for London, Ontario. So we step lightly but carefully.

We gather in January and will have more sharings for the next newsletter.

NEW YORK CITY REGIONAL REPORT

by Michael Butler

In 1980, Ken Weider became the first Trager Practitioner to live and work in New York City.

Far from the Trager Institute and from Milton Trager, Ken dreamed of having a Trager Family here, in his hometown, at a time when only a handful of Practitioners lived on the whole East Coast.

Coordinating his activities with Cindy Popp and Jackson Friedman in Massachusetts, he began learning how to set up a Beginning Training.

His first true success, in July 1983, was a 14-person training taught by Gail Stewart. As he continued setting up Beginning, Intermediate, and Practitioner I Trainings, the Students he had attracted matured to professionals and began establishing practices of their own. Meanwhile, more Practitioners moved to N.Y. from other cities.

In December 1985, Ken organized a group to share with him the responsibilities and the rewards of setting up Beginning Trainings, employing the Enrollment Team concept developed by Bill Scholl and first applied in Texas.

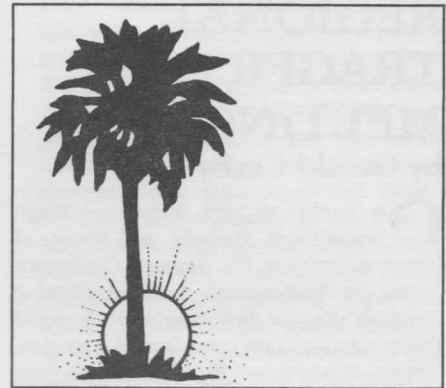
Since the formation of the New York Trager Enrollment Team, there have been three Beginning Trainings in N.Y.C. One, an 18-person training, fulfilled the limits of capacity within the available space. The caliber of new Students has been remarkable; and the Team has also been able to offer continuing support for their development.

Among these new and brilliant Students is George Quasha, owner of Station Hill Press in Barrytown, N.Y. George has offered his services, at cost, for the publication of Milton Trager's long-awaited book on Mentastics co-authored with Instructor Cathy Guadagno—a proposal which has been accepted by Milton and the Trager Institute.

Alan Coleman is another new Student whose work is benefitting Trager Practitioners everywhere. Hired as a public relations consultant by the Enrollment Team, Alan developed a press release which he used to contact more than 70 periodicals, radio, and TV stations. Results so far include favorable responses from a TV talk show in New Jersey; several local newspapers and magazines; *Yoga Journal*; and Rodale Press, publishers of *Prevention* magazine, who expressed an intention to report on Trager in a forthcoming book about stress reduction techniques.

Finally, the Enrollment Team experience has laid the groundwork for at least two local

organizations of Trager Practitioners. "The New York Trager Network" is the name chosen for a membership support organization, focusing on issues of personal and professional development. During the winter of 1987, as the Network initiates monthly meetings, and a host of projects and committees, the interrelation and separation of the Network from a second, business organization, will become clear. Fuel for the business organization is coming from a committee called The Corporate Project, initiated by Michael Butler, intended to focus marketing strategies on major corporations.



FROM CALIFORNIA

Los Gatos, Santa Clara, San Mateo, Santa Cruz, and Monterey Counties

by Deborah Van Buren

In November a small group of Practitioners gathered informally for the first time in this area. It was quite pleasurable to get acquainted, chat and exchange phone numbers. We each took a few minutes to introduce ourselves and talk about our practices and how we're using the Trager Approach in our everyday lives. Among the seven present, one Practitioner took her first training in 1977 and the rest of us fell somewhere in between with the most recent training in 1984. We each came to the work with a colorful range of experiences and backgrounds. There were a few short announcements made before we settled into watching the new Trager Approach video. Following the video we took some time to brainstorm topics for discussion at our next meeting. We all agreed that a priority would be to establish a focus and set goals for future meetings. We meet again in January, on the 19th, and will have more news to report after that. If you wish information about future meetings, please call Deborah Van Buren at (408) 395-0878.

PROMOTION DANS LA VILLE DE QUEBEC

by Amrita Daigle

Ca Bouge, ces temps-ci, dans notre region! Nous nous sommes reunis, tout le groupe des praticiens-nes (7) de Quebec, pour louer un kiosque au salon "Bien etre au naturel" qui avait lieu dans notre ville, les 3, 4 et 5 Octobre derniers.

Pendant toute la fin de semaine, a tour de role, nous avons donne de l'information sur le Trager aux participants du salon. On s'est rendu compte que les gens devenaient particulierement curieux et attentifs a notre approche aussitot qu'il y avait quelqu'un sur la table, en train de recevoir du Trager. Devinez un peu ce qu'on a fait apres avoir fait cette constatation?! On s'est amuse a faire sentir le toucher du Trager a un maximum de personnes! L'experience a ete tres plaisante parce qu'on a aussi profite de l'occasion pour s'echanger du Trager entre nous, les praticiens-nes!

Le vendredi soir, Michel Van Waeyenberge et moi, assistes de toute l'equipe, avons donne une conference-demonstration pendant laquelle nous avons aussi anime quelques Mentastics.

Bilan: plusieurs personnes ont goute au Trager, beaucoup en ont entendu parler, et, le fait de travailler ensemble nous a fait creer des liens particuliers dans l'equipe de Trager de Quebec.

We have a very active promotional life, here in Quebec City. Together, the 7 Practitioners of our region, we've rented a kiosk in the "Salon du bien-etre au naturel" which is a gathering of information on health alternatives. That event was in our city, the 3rd, 4th, and 5th of October.

Each weekend, in turn, we have given information on Trager work to the salon participants. We've noticed that, at the moment we had someone on the table, receiving Trager, a bunch of people always arrived to ask questions and to receive too! So we decided to always have someone on the table and have had a maximum of persons to feel the Trager touch. It was also very nice to exchange Trager between us, too.

On Friday evening, Michel Van Waeyenberge and I, assisted by the whole group of Practitioners, gave a demonstration and did some Mentastics with people.

It was a successful experience: a lot of people have had a taste of Trager work, more have heard about it, and working together like that, has created a very good atmosphere between us, the Practitioners.



AN INVITATION

Une invitation a un brunch est lancee a toutes les praticiennes, praticiens, etudiants et membres de la famille Trager. Pour changer des recontres qui se font habituellement dans le cadre d'une reunion formelle ou d'une formation, ce repas communautaire se veut une occasion pour echanger, apprendre a se connaitre, rire et manger!!!

Par la meme occasion, le comite organisateur pour le IV^e colloque international, partagera le contenu et deroulement de cette rencontre extraordinaire en septembre prochain.

En 1987, un reseau international s'installe, soyez-y!

Dimanche, 5 Avril, 11 AM

Centre Alpha Theta

1611 Rue Saint-Denis

Montreal

Informations: Diane Paquet (514) 485-0903

An invitation to a brunch is offered to all Practitioners, students and members of the Trager family. As a change from formal meetings or trainings, this meal will be a superb occasion to meet, get to know each other, laugh and eat great food!!

The organizing committee for the IVth International Conference will present the content of the program for this extraordinary event held in September in 1987. Be part of it!

Sunday, April 5th, 11 AM

Centre Alpha Theta

1611 St. Denis St.

Montreal

Information: Diane Paquet (514) 485-0903

REGIONAL NEWS FROM MICHIGAN

by John Cowlshaw

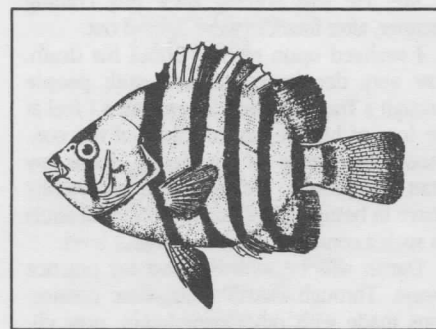
There are now over 30 Trager Institute members in Michigan, including eleven Practitioners. It is time to start identifying ourselves as the Michigan Trager community.

Peggy Clancy gathered us together in October, and John and Gloria Cowlshaw in November. Furthermore, a group of us joined Harry Friedman to provide mini-sessions to attendees at a recent local holistic health fair.

Through Peggy's leadership there have now been two Beginning Trainings in the Detroit area (taught by Betty and Sheila Merle) as well as a number of Intro Workshops.

Our gatherings have served the purpose of offering mutual support, identifying training need, and talking about PR. We also set aside some time for Mentastics.

As the number of Trager people grows, so does our vision of what we can accomplish in Michigan.



FROM SOUTH FLORIDA

by Regina D. Kujawski

Some months ago I gave a talk and demo at our annual Florida Massage Convention. The talk was given to a captive audience of approximately 300 people. There were several different kinds of bodywork presented during that weekend- I was told by an overwhelming amount of people that the Trager work had been by far the most interesting and exciting work. My private practice zoomed and also many people have already done a Beginning Training or are planning to in the near future.

It was a very exhilarating experience for me and I felt so proud and privileged to do this work and also be able to introduce it to more people.

I am pleased to say that in 1986 Trager has grown well in Florida and we have quite a few new Practitioners to welcome aboard.

A LETTER

From Janet Williams

October 31, 1986

Dear Trager Family,

This letter concerns my practice, my feelings about clients, my goals and visions for my work, appreciation for the Tragers and the Tragerers.

This past weekend one of my clients was killed in an automobile accident. I want to write about him, because he was special to me and my practice. His name was Darrin Kutch, 17 years old, a paraplegic from an accident 1½ years ago.

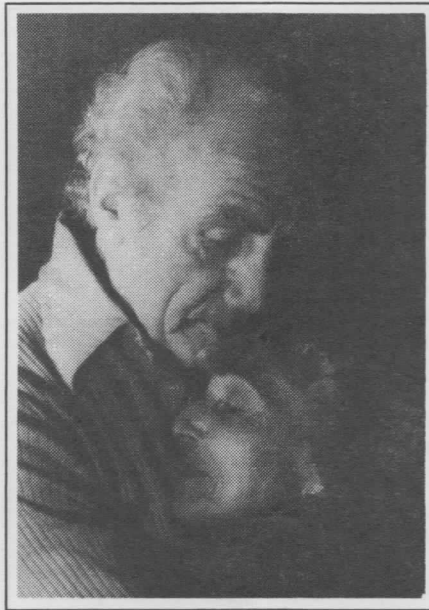
Cathy Travis and I opened a Trager office last March in a downtown medical building. Darrin was my first client in a chair, which was one reason for moving into an accessible building, wanting to draw recently spinal injured folk.

We had only one session, the work was exciting, and the words and ideas went deep into Darrin's being. He reported moving his arms 2 inches higher than before, and was able to relax much more in his new position in life. He was coming back this coming summer, after finances were figured out.

I realized upon reading about his death, how very deeply we connect with people through a Trager session. The sadness I feel at the loss of his life, and the loss of the continued experience of his being, opens my heart only more to the incredible opportunity I have in being with so many wonderful souls on such a connected and meaningful level.

Darrin will be with me and my practice always. Through Darrin there were connections made with other paraplegics, now clients, and with the Hospital rehabilitation center and the Easter Seals Program in Eugene, with endless possibilities for education and future work.

As I sit here, I feel the incredible fragility and impermanence of human existence, and a renewed feeling of the preciousness of each client and each session that I am able to do for the benefit of all. Thanks Darrin.



THE "HOOK-UP" PICTURE OF EMILY AND MILTON

This well-known picture of Emily and Milton Trager is available in black and white, 5x7 format. It is matted and ready for framing, or it can stand alone in its light beige mat. To order your picture send \$10. plus \$2. postage and handling to the Trager Institute. California residents please add 6% sales tax.

CALLING ALL TRAGER WRITERS

by Nanna Bolling

Well . . . let's admit that some of us are more inspired to write than others. And for many of us, the inspiration outstrips both our patience with the writing process and our expertise with the written language. Hence, I propose to come to the rescue.

I have some experience with editing a variety of materials, and a love of the process. I also have a love of Trager work and an eagerness to see more written materials available for us to use to spread the word about our work. And . . . I have a computer.

So if you have a rough hewn article tucked away, unearth it and send it my way—it could just be a gem after a bit of polishing. But remember, I'm busy too—so no tight deadlines, please!

You can reach me at Box 148, Lemont PA 16851. If you wish to discuss your work with me, I can be reached at 814-238-6856.

TRAGERDANCESONG

by Julie Greene

Trager Practitioner, IWL & Tutor

You touch me
and I rise,
like a swirling of sand in the forming of
dunes.
Wafting and washing and rolling and
growing, I am lifted,
reaching, suggesting, discovering, pleasing.

You touch me
and I am calm
like a lake amid full flowing clouds.
Alive as the sky bends over me, pours breath
into me, rains blue about me,
caresses and rocks me.

You touch me
and I am one.

As the leaves on the trees and the spaces
between and their shadows that
shimmer
are one single dancer.
I am one and I dance as a spirit, free.

Soft, like a rippling field of grass that sways in
the wind;
I give.
And vast, like the billowing oceans and
vibrant horizons.

You touch me
and I am tall
and there is movement within and about
me.

I am abundant

and opening forward limitlessly.

A CALL FOR PICTURES

by Don Schwartz

Everyone of us in the Trager Institute's membership wants to have a good newsletter. And one major ingredient of a good newsletter is high quality black and white photos. So, if you are able to make these kinds of photographs, please take your camera to any Trager trainings or meetings you go to, take pictures, and send them to the office. When you do, please include captions which describe the pictures—lighthearted humor is encouraged. Thanks!

Our apologies go to Helene Closset for not crediting her for the beautiful pictures in our last newsletter, and also our thanks.

EDITORS' NOTE

We appreciate all the contributions of articles, news items and poems we have received from members for the newsletter. We encourage you to continue contributing. Sometimes, for reasons of space or content, we need to edit a given contribution or sometimes we cannot use it. We are letting future contributors know this in advance. DS & SMJ



TRADUCTION FRANCAISE

Amrta Daigle a traduit en français le deuxième article, "Le Coin de la Direction Executive" par Sheila Merle Johnson qui apparut dans le journal de l'Institut en juillet, 1986. Cette traduction sera envoyée à tous les membres au Québec, en France et en Suisse. Si l'un de vos membres ailleurs qui le veulent, ils peuvent écrire au bureau de l'Institut.

Amrta Daigle has translated into French Sheila Merle Johnson's second Executive Director's Corner article, which appeared in the July, 1986 *Network News*. This translation will be mailed to all members in Québec, France and Switzerland. If any other members wish a copy, write to the Institute office.

BABYASTICS

by Cheryl Loomis

With the effects of Chernobyl still lingering, I realize that my baby may only be a part of a prenuclear war baby boom. At the end of last summer, I arrived at my own special time to be a mother. Now not only the world is going through tremendous and rapid changes. I am, and on the most personal levels.

At the beginning of my pregnancy, one of my gym students asked me if she could join the yoga class she heard I taught privately at my home. I told her that I didn't teach yoga. So I was happy when one woman wanted to practice real Mentastics with me after I explained that I didn't teach yoga. We meet once a week and focus in a much more disciplined and quiet way on the movement and feeling of Mentastics than is possible in a class called gym. She is a nurse working with patients with problems of the nervous system. She has her own reasons for realizing the importance of letting go, feeling free. For me, being pregnant is a wonderful time for realizing this importance.

I would love to hear from anyone who has had experience moving through pregnancy or birth with the help of Mentastics in body-mind. You can write to me bei Plistermann, Bautzener str. 18, 1000 Berlin 62, Germany. Feel free to write in German or French if you like. Thank you. Cheryl.

EDITORS' NOTE

We appreciate all the contributions of articles, news items and poems we have received from members for the newsletter. We encourage you to continue contributing. Sometimes, for reasons of space or content, we need to edit a given contribution or sometimes we cannot use it. We are letting future contributors know this in advance. DS & SMJ

CLOUD DANCER

Leap high up amidst the rolling white
Ships that sail around the wind song'd
blues
Soaring as the Spirit guides the way,
Lighter as each breath makes burdens lose.

Streaming through such billowed mounds of
mist
Laughing, as no footprints do you leave
Marking passage through the sun spun realms,
Dancing to a tune none else believe.

Hear the music sounding in your mind?
Feel it echo through your bones and sighs.
Dance the melody throughout the clouds
Leave it being born amidst the skies.

Happy Dancing!

JRA

[Editor's Note: This poem was submitted by Trager Practitioner Paul Bernunzio. It was written by one of his Trager clients.]

A POEM

by John Midgeley,
A Trager Student From Texas

Clouds drift by
in the wide and empty sky
Like the thoughts
Drifting through my empty mind

Neither can be captured
Neither can be held

Each is simply seen
And let go on their way

FROM THE CONFERENCE ORGANIZING COMMITTEE

Following the great success of the Trager marathon in Québec City last October, the organizing Committee of the IVth International Conference is putting together its own Marathon to raise funds for the 1987 conference.

Practitioners and students who would like to participate are cordially invited. The Marathon will be held on May 22-23 in Montreal at:

Centre Alpha Theta, 1611 St. Denis St., Montreal

Information: Diane Paquet (514) 485-0903

Suite au succès du Marathon Trager en Octobre dernier dans la ville de Québec, le comité organisateur du IV^e colloque international se prépare à son tour à mettre sur pied un marathon afin de ramasser des fonds supplémentaires pour le colloque 1987. Nous invitons chaleureusement toutes les praticiennes, praticiens, étudiant(es) qui aimeraient participer à ce marathon. Il aura lieu les 22-23 Mai à Montréal, au Centre Alpha Theta, 1611 Rue Saint-Denis.

Informations: Diane Paquet (514) 485-0903

INDIVIDUAL LIABILITY INSURANCE

Allied health professional liability insurance for individual Practitioners is available through Maginnis and Associates. For information, call their toll-free number and ask for the liability department: 800-621-3008.

PRACTITIONER 2 & ABOVE

REGISTRATION INFORMATION

There is a minimum and maximum number of participants for each class. **Since registration will vary, it may happen, from time to time, that spaces in a given class may remain open after the selection notification date, so check with the Institute office.** Conversely, if we have too many applicants for a given class, we will maintain a waiting list. Between the application deadline and the notification date two things happen. One is a selection process for each class in which all qualified applicants are considered. The second is that the office considers application patterns and may add, change or cancel scheduled classes.

All registration is handled through the Institute office. Registration confirmation as well as all logistical information will be provided by the office. Please address all of your questions to the office. Most trainings will have a local logistical coordinator who will be listed on your training information sheet. They will be of service to you at the training. Trainings outside of California may have a higher fee.

1) Registration Fee and Class Fee:

To register send a \$100 check or money order payable to The Trager Institute, together with your application to The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891. **Non-U.S. members use ONLY International money order in U.S. currency, drawn on a U.S. bank. No post-dated checks can be accepted. There is a \$10 charge for returned checks.**

2) Application:

Enrollment is by mailed application ONLY. No phone reservations will be taken. To apply, fill out the enclosed application form and mail it with your registration fee to the Institute. Your application will be refused if your check is improperly made out, if your registration fee does not accompany your application, or if the prerequisites have not been met.

3) General Prerequisites for Application:

- Current Institute membership in good standing.
- Appropriate professional status for desired training (see below) with assessment completed and on file at the Institute. (see below for additional training prerequisites.)
- Check with the office regarding any confusion about how older training histories fit into the specific training prerequisites.

4) Participant Selection:

Participants are selected from among qualified applicants after the application deadline listed below. If selected, your registration fee becomes non-refundable and the full balance of the class fee is due by the deadline listed below. Selection preference is generally given to participants who are fulfilling continuing education requirements. If Phase A Practitioner applicants who hope to use the class for continuing education requirements in a given year are not selected, they may need to plan another way of fulfilling the requirements for that year, possibly assisting at a Beginning or Intermediate training or repeating a lower level of training already taken.

5) Cancellation and Refund Policies:

(The timing of the cancellation and refund deadlines is influenced by the 30-day penalties charged by many airlines.)

- If there are not enough students five (5) weeks before a given training, the training may be cancelled.

- If a class registrant cancels out of a training at any time up to five (5) weeks prior to the training date, and the place is filled by another full-paying participant, the student who cancelled will be refunded all but \$20 of the \$100 registration fee. If the place is not filled by a full-paying participant, the student who canceled will be refunded all but the \$100 registration fee.

- Five weeks or less before training, if the student cancels and the place can be filled, the student will, as before, receive back all of the money except for \$20 of the registration fee. If the place cannot be filled, they will receive no refund—the full class fee will be kept by the Institute.

- Students who are confirmed in a training and wish to transfer to another training will be subject to the cancellation and refund policies listed above. They are also subject to the regular selection process for the new training.

6) Deadlines:

The chart below indicates: a) **the dates by which applications must be received at the Institute** for each training; b) the date notification of selected participants will be mailed; c) the date the balance of the class fee is due.

Training Dates	Application Received	Notification Sent	Balance Due
Apr. Practicum	Feb. 2	Feb. 9	Apr. 1
May	Dec. 1	Dec. 8	Mar. 1
June & July	Feb. 2	Feb. 9	May 1
Aug.	May 4	May 12	July 1
Sept.	June 4	June 12	Aug. 1
Oct./Nov	July 15	July 22	Sept. 15
Dec.	Aug. 15	Aug. 22	Oct. 15

Notes About Numbers

Practitioner trainings are numbered 1, 2, 3, 4, and 5 to differentiate them, but please don't get caught in the "number's game" of trying to rush through them, taking just one of each in sequence. Once you are past Practitioner 1, the biggest difference in the trainings is the format: for example, some have larger or smaller groups; some have more observation of Milton or more Mentastics. Each type of training offers something unique and special. You are encouraged to repeat classes which please you. In some cases, you may be required to do so, to fill gaps in your learning. Either way, the training sequence is not designed to be linear or rigid but, like the work, to flow and respond to each person's needs.

Class Tutors

Most of Dr. Trager's classes are monitored by Class Tutors, who supervise class flow and give feedback at the table. The Class Tutors also lead the group in group discussion or Mentastics in the morning and afternoon before Dr. Trager's arrival

PRACTITIONER 2 CLASSES AND ABOVE

PRACTITIONER 2

Milton Trager, M.D.

May 2-4, Mill Valley, CA—FILLED	\$425
May 7-9, Mill Valley, CA—FILLED	\$425
Aug. 14-16, So. California	\$425
Sept. 19-21, Montreal, Canada	\$425

Usual Class Size: 18-24 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner 1.

NEW CLASS: PRACTITIONER PRACTICUM

Taught by Instructor Staff Members

Note: The prerequisites for this class have been changed so that it can be taken by graduates of the Practitioner 2 class as well as by people who have taken any of the higher level classes. It satisfies Practitioner continuing education requirements and can now fulfill the Practitioner 3 prerequisite for higher level trainings. Since the demand for Dr. Trager's classes is growing substantially, the Practitioner Practicum may eventually replace the P3 class to allow Dr. Trager to teach more classes of the other levels.

Apr. 23-25, '87, Mill Valley, CA	\$425
Aug. 14-16, '87, Mill Valley, CA	\$425

Usual Class Size: 12-20 participants.

This training provides an opportunity to refine table work skills through intensive practice on separate parts of the body. There will be daily Mentastics with a focus on students' questions. Participants will also work on Instructors for feedback. With a teaching staff of 4-6 Trager Instructors, students will receive a great deal of individual attention. This training satisfies Practitioner continuing education training requirements.

Additional Prerequisites: Applicants will be accepted ONLY from certified Practitioners who have successfully completed at least 2 Practitioner level trainings, including a Practitioner 2.

PRACTITIONER 3

Milton Trager, M.D.

June 13-15, So. California	\$450.
Sept. 29-Oct. 1, Montreal, Canada	\$450

Usual Class Size: 14 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 2 Practitioner level trainings, including a Practitioner 2 or a Practitioner Practicum.

PRACTITIONER 4

Milton Trager, M.D.

July 11-13, So. California	\$475
Oct. 29-31, So. California	\$475

Usual Class Size: 12 participants

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 3 Practitioner level trainings, including a Practitioner 3 or a Practitioner Practicum

PRACTITIONER 5

Milton Trager, M.D.

Mar. 27-29, So. California	\$500
Dec. 11-13, So. California	\$500

Usual Class Size: 8 participants

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 5 Practitioner level trainings, including a Practitioner 4, and who have been participants in a training with Dr. Trager in the 18 months prior to the desired Practitioner 5 training. Enrollment preference will be given to applicants with greater training and experience, with selection input from Dr. Trager.

REFLEX RESPONSE CLASS

Milton Trager, M.D.,

with Marilyn Krueger and Gary Brownlee

This training has a new 6-day format, developed in response to feedback from previous students.

Nov. 12-19

\$750

Usual Class Size: 10 participants.

This 6-day class is designed to provide an introduction to Reflex-Response work and an opportunity to apply the regular tablework and/or Reflex Response skills to challenging subjects under Dr. Trager's supervision.

Reflex-Response work is a form of Trager work which is especially suited to the re-education of neuro-muscular difficulties. Learning Reflex-Response work requires a solid foundation of skill in the standard psychophysical integration table work.

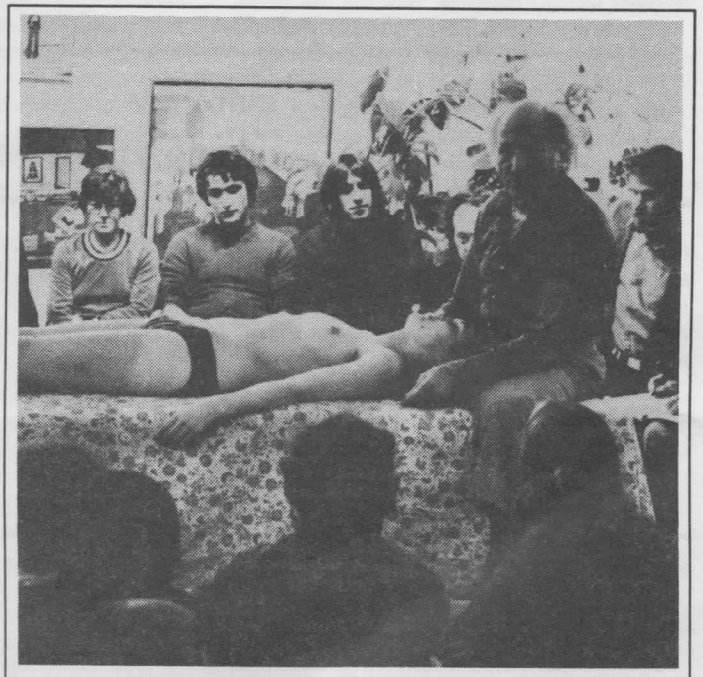
In this new training format, the first 3 days, led by Reflex-Response Seminar Leaders Marilyn Krueger and Gary Brownlee, will include hand-holds, client care and basic protocol for the use of the Reflex-Response work. Students will practice on each other. During the following 3 days, students will work in a team format with Dr. Trager and pre-screened subjects. There will be periods of observation, hands-on work, and discussion.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 3 Practitioner level trainings, including a Practitioner 3 (or 2 classes of the former Intermediate II level or above plus approval of the Seminar Leaders).

NOTE: There will be four (4) additional places during the first 3 days of the training for Reviewers who have already taken the Reflex-Response training and who wish to review the basic information. The fee is \$275 and Reviewers will be given preference as Logistics Assistants for the last 3 days of the training.

Application: To apply for this training, follow the registration procedures listed above. In addition, please type the following information and attach it to your application form:

1. State the nature of your Trager practice and whether or not you work with special problems requiring this type of training. Do you Trager full time? Part time? Do you practice other disciplines with Trager as a part? Be specific.
2. Say anything else you feel will assist the selection committee and Milton to know you and to understand your preparation, readiness and need for this kind of training.



ASSISTING INFORMATION

Assisting in trainings with Dr. Trager is an exciting way to further your experiences of the work. If you qualify for a given assisting position, according to the criteria below, please apply to the Institute for the training at which you wish to assist.

Class Tutors: Supervise flow of class, lead discussions and Mentastics, and intervene with corrections where necessary.

Logistics Assistants: Keep the classroom clean, launder sheets, run errands for the class and the Tragers and do whatever else it takes to help the class run efficiently. Not always in the classroom and must be able to walk or drive to get supplies. Must be available all the days of the training, from before the students arrive until after they leave.

Playmates: Attend to the Tragers' needs such as transportation, lunch, shopping, etc.

Making Your Application

To apply for these positions, send a separate application, by the class application deadline, to the Institute office. List your 1st, 2nd and 3rd choices. Practitioners can usually only assist at one training in any four-month period. Include your name, address, phone number(s) and the training and position you wish. List all Trager trainings in which you have assisted. You will be mailed notification as to whether or not you have the position on the class notification date.

PRACTITIONER 2 CLASSES

May 2-4, Mill Valley, CA

May 7-9, Mill Valley, CA

Aug. 14-16, So. California

Sept. 19-21, Montreal, Canada

Prerequisites:

Class Tutors: Tutor status.

Logistics Assistants: Practitioners who have taken the Practitioner 2 and who have assisted in Beginning and/or Intermediate trainings.

Needs: 3-4 Class Tutors, 2 Logistics Assistants, 1 Playmate

PRACTITIONER PRACTICUM CLASSES

Apr. 23-25, Mill Valley, CA

Aug. 14-16, Mill Valley, CA

Prerequisites:

Logistics Assistants: Practitioners who have taken the Practitioner 3 class and who have assisted in Beginning and/or Intermediate trainings.

Needs: 2 Logistics Assistants

PRACTITIONER 3 CLASSES

June 13-15, So. California

September 29-October 1, Montreal, Canada

Prerequisites:

Class Tutors: Tutor status plus experience as Class Tutor in Practitioner 2 training.

Logistics Assistants: Practitioners who have taken the Practitioner 3 class and who have assisted in Beginning and/or Intermediate trainings.

Needs: 2-3 Class Tutors, 2 Logistics Assistants, 1 Playmate.

REFLEX RESPONSE CLASS

Nov. 14-19, So California

Prerequisites:

Logistics Assistant: Practitioner who have already completed the Reflex-Response training or its equivalent. In addition to regular logistics duties, assistants will be responsible for greeting and assisting subjects. Preference for these positions will be given to reviewers of the seminar portion of this training and to those who have an active Reflex-Response practice.

Needs: Nov. 17-19: 6 Logistics Assistants

PRACTITIONER 4 CLASSES

July 11-13, So. California

Oct. 29-31, So. California

Prerequisites:

Class Tutors: Tutor status plus experience as Class Tutor in Practitioner 3 training.

Logistics Assistants: Practitioners who have taken the Practitioner 4 class and who have assisted in Beginning and/or Intermediate trainings.

Needs: 2 Class Tutors, 2 Logistics Assistants, 1 Playmate.

PRACTITIONER 5 CLASSES

March 27-29, So. California

Dec. 11-13, So. California

Prerequisites:

Logistics Assistant: Practitioners who have taken a Practitioner 5 training and who have assisted in Beginning and/or Intermediate trainings.

Needs: 1 Logistics Assistant, 1 Playmate.

SUPERVISED PRACTICE SESSIONS

Our sincere apologies to the Supervised Practice Session Leaders who sent in schedule listing for our January schedule, and found those listing missing from the schedule. This was our error, and we have created a new system to prevent that from happening again. Here are the omitted schedules:

A workshop conducted by an authorized Supervised Practice Leader. It is devoted to the practice of tablework and Mentastics at the individual Student's or Practitioner's level of skill. Correction and guidance is provided by not new material is presented. A fee is usually charged.

Mar. 9 New York, NY	Ken Wieder	\$35
NOTE: Gail Stewart will be teaching Mentastics. \$25 if paid in full by Feb. 10th		
CONTACT: Ken Wieder, 306 W. 92nd St., New York, NY 10025, 212-496-7546		

Apr. 11 New York, NY	Ken Wieder	\$35
NOTE: 9:45 AM-5:30 PM \$25 if paid in full by March 11th		
CONTACT: Ken Wieder, 306 W. 92nd St., New York, NY 10025, 212-496-7546		

May 2 Zurich, Switzerland	Antonia Faeh	TBA
NOTE: 80 Swiss francs		
CONTACT: Monika Sutter, Freigutstrasse 22, 8002 Zurich, Switzerland, 01-201-7211		

Aug. 29 Zurich, Switzerland	Antonia Faeh	TBA
NOTE: 80 Swiss francs Advanced pay discount		
CONTACT: Monika Sutter, Freigutstrasse 22, 8002 Zurich, Switzerland, 01-201-7211		

Oct. 10 Zurich, Switzerland	Antonia Faeh	TBA
NOTE: 80 Swiss francs		
CONTACT: Monika Sutter, Freigutstrasse 22, 8002 Zurich, Switzerland, 01-201-7211		

TRAGER T-SHIRT

AA
\$5.00

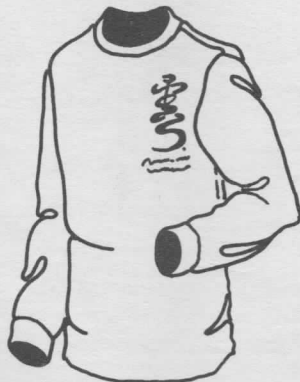


Turquoise
only

Style AA—Boys Crew Neck, 100% cotton. Boys XS, S, M, L. For small sizes & savings also see styles LL, CC & F200

CC
\$9.00

Limited Stock!



Taupe
Rust
Deep Red
Egg Plant
Teal
Electric Blue
Plum
Dusty Rose
Amethyst
Steele Blue
Maroon
Purple

Style CC—Crew Neck Long Sleeve, 100% cotton, pre-shrunk, runs small
Unisex: SM, M, L, XL Childs: 10-12

EE
\$7.00



Black
Peach
Pale Yellow

Style EE—Tank Top, With white trim and bow 100% cotton. Womens: S, M, L

FF
\$14.00

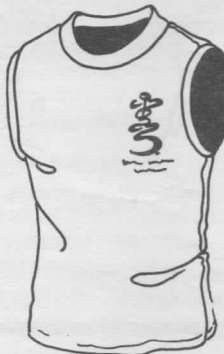


Small & Medium
Rose
Lt. Blue
Turquoise
Maroon
Black
White
Large, X-Large
Gray
Navy
Bright Blue
White
Turquoise
Lt. Blue

Style FF—Crew Neck Sweatshirt, 50% cotton, 50% poly
Mens: S, M, L, XL (see colors)

F100
\$7.50

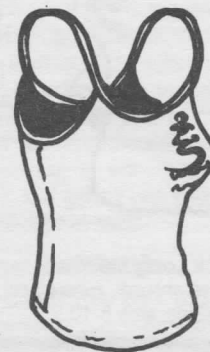
Limited Stock!



Medium
Lilac Only
Large, X-Large
Lilac
Bright Pink
Aqua
Jade

Style F100—Sleeveless Crew Neck, Cycling top. Unisex 100% cotton rib knit, runs small. Sizes: L, XL only, M.

F200
\$9.50



Turquoise
Yellow
Light Purple
Sapphire Blue
Coral Pink

Style F200—Camisole, Narrow shoulder straps and shaped neckline. 100% cotton, pre-shrunk, runs small, with raised ribs every inch. Womens: M, L, XL. SM (Girls 8-10.)

F300
\$8.50

Limited Stock!

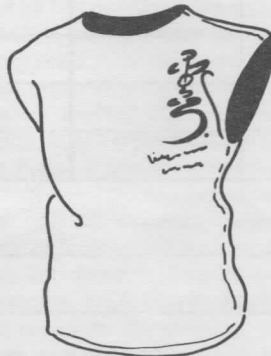


Lt. Purple
Bright Pink
Turquoise
Coral Pink
Deep Blue
Bright Yellow
Orange
Red
White
Large
Red only

Style F300—Sleeveless Lightweight V-neck, Unisex, 100% cotton, Large.

F400
\$11.00

Spring & Summer colors available soon!



Black
White
Butternut Yellow

Style F400—Square Body, Shallow scoop neckline, 55% rayon, 45% cotton
Sizes: M, only

GG
\$9.50



Med. Navy Blue
Wildberry
Turquoise
Royal Blue
Red
Black
Maroon
White
Lavender
Rose
Pink
Lt. Blue
Granite
Tan
Jade

Style GG—Short Sleeve Crew, 100% cotton, pre-shrunk. Mens: S, M, L, XL

HH
\$9.50



Lt. Blue
Pale Pink
Lavender
Turquoise
Peach
Yellow
Med. Navy Blue
Maroon
Black
Red
White
Royal Blue
Rose

Style HH—French Cut, 50% cotton, 50% poly. Womens: S, M, L, XL

JJ
\$9.00

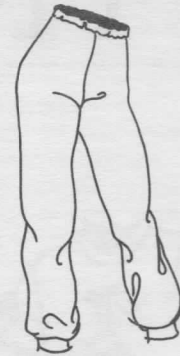
Limited Stock!



Amethyst
Teal
Taupe
Purple
Maroon

Style JJ—Turtleneck, runs small, 100% cotton, pre-shrunk Unisex: M, L, XL

K100
\$18.00



Black
White

Style—K100 Cuffed Pants, Covered elastic waistband. 100% cotton. Large fits 40" hip. Inseam to bottom of cuff 30". Sizes: S, M, L

LL
\$9.00



Turquoise
Lt. Mauve
Maroon
New Pink
Teal
Lt. Aqua
Amethyst
Taupe

Style LL—V-Neck Long Sleeve, 100% cotton, pre-shrunk, runs small Womens: M, L. Girls: size 8-10 S.

NN
\$7.00

Limited Stock!



Small, Med., Large
Black
Rose
Turquoise
X-Large
Black only

Style NN—Tank top, 50% cotton, 50% poly. Womens: XL only.

1985
\$7.00

Only a few left!



Mens:
Light Blue
Womens:
Aqua

Conference Shirt, 100% cotton knit. It's lovely. Sized to accommodate shrinkage. Womens: M, L. Mens: M, L.



TRAGER T-SHIRT ORDER FORM

PLEASE LIST 2nd & 3rd COLOR CHOICES. IF NOT LISTED WE WILL CHOOSE FOR YOU.

STYLE NO	STYLE NAME	1st COLOR	2nd COLOR	3rd COLOR	SIZE	PRICE

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

Sub Total

*Sales Tax (.06)

Postage & Handling

TOTAL

Send check or money order payable to the: Trager Institute
Mail to Attn: T-SHIRTS, Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1894
Allow four (4) weeks for delivery—*California residents add 6% sales tax.
Include \$1.75 for the first item & .75 for each additional item for postage & handling

CHECK CASH

PRACTITIONER TRAINING APPLICATION

(Applicants must be Certified Practitioners)

FOR OFFICE USE ONLY:

Prerequisites met: _____

Deposit \$ _____

Balance: \$ _____

Disposition: _____

Notification sent _____

NAME FIRST LAST

ADDRESS NUMBER AND STREET CITY STATE ZIP

HOME PHONE WORK PHONE

Please list level and date of training for which you are applying:

First Choice: _____ Second Choice: _____ Third Choice: _____

Current Statuses: IWL SPL Tutor Trainee Tutor Ment. Ldr.

If applying for any of the above statuses, state which ones: _____

(application on file in office) _____ (application in process of completion) _____

Check if this training is to fulfill your Continuing Education requirement for this year.

Check if you have been rejected from a Practitioner Training in the past year.
(excluding rejection due to late application or lack of prerequisites)

_____ state training level and date.

DO NOT WRITE BELOW THIS LINE



THE TRAGER INSTITUTE

10 OLD MILL STREET • MILL VALLEY, CALIFORNIA 94941-1891 • USA



FIRST CLASS—PLEASE FORWARD

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THE TRAGER BODY

A Guide to Form and Function for the Trager Student

a 120-minute color video tape
written, produced, and narrated by

Deane Juhan

camera and editing by
Paul Taminan

executive producer
Betty Fuller

This instructional tape is a study guide and review of Deane's "Trager Body" course, Part 1 and 2. Contained in this color video cassette are over 180 illustrations, demonstrations which relate the visual material to specific moves in a Trager Session, and narration which encapsulates the main points of interest to Trager students which are covered in the course. The two hour program is divided into six parts: The Neck, The Feet and Legs From the Front, The Belly and Chest, The Back of the Legs, the Shoulder, and the Lower Back and Pelvis. Each part is approximately thirty minutes long. They will put the principle details of "Anatomy for Trager Students" in your library. to be viewed again and again. the illustrations are taken from over a dozen anatomical textbooks, some of which are now out of print. No other bodywork institute of which we aware offers such a study tool to its students.

Who can purchase it?

This video is available only to current members in good standing of the Trager Institute who are on the professional Training Track. the information would undoubtedly be of interest and use to body workers of many kinds, but there is enough hands-on demonstration of the Trager Approach to make its distribution to the general public a sensitive issue. Rather than run the risk of its being misused by anyone not actively engaged in the professional Trager Training Track, it will be marketed only within our Institute.

May I obtain a copy by duplicating a friend's?

Absolutely not. The illustrations are used with the written permission of the original publishers, and in most instances a royalty fee was paid. The narration is copyrighted by the author. Any reproduction of any portion of this program without the author's written consent is illegal.

How much does it cost?

The cost of the complete two hour video cassette is \$90 U.S. plus a three dollars handling and mailing fee.

Where do I get it?

Copies can only be purchased by sending the order form below to Deane Juhan, Esalen Institute, Big Sur, CA 93920.

Note: This video tape alone does not satisfy the anatomy and physiology Training Track requirements for Trager Students.

Name: _____

Address: _____

Phone: _____

Trager Training
Track Status: _____

Format: BETA VHS

Contract:

I agree to limit the use of this tape for my own personal and family use and agree not to duplicate, sell, rent or loan this tape, or in any other way make it available to anyone for their personal or commercial use without the express written permission of the Trager Institute and Deane Juhan. The sole exception shall be that this tape may be made available to current members of the Trager Institute currently on the professional Training Track.

Signature: _____

Date: _____