

Trager® Newsletter

OCTOBER 1988

VOL. VII NO. 3

The Fifth International Trager Conference

Anna Marie Brinkman,
Chairperson

The Midwest states of Indiana, Illinois, Michigan, Minnesota, Ohio and Wisconsin have been selected to organize and host the 1989 International Trager Conference.

The conference will be held in the Fall of 1989, in Indianapolis, Indiana. Indianapolis is the 14th largest metropolitan area in the United States. It offers a unique blend of Midwestern agricultural beauty and classic and modern urban architecture. Indianapolis is the home of the world's largest children's museum and the nation's largest city-owned park, as well as the Indianapolis 500, Indianapolis Colts, and Indianapolis Pacers. "The Crossroads of America," Indianapolis is readily accessible by both land and air. However, it is the largest city in America not located on a navigable waterway. Consequently, canoe races will not be

a part of the 1989 conference.

Our vision of the conference is a larger event, expanded by the addition of many classes required for continuing education in the Trager Institute. These classes could include such training as: Practitioner 1 through 3, anatomy and physiology, Tutor trainings, etc. We will be scheduling these trainings both before and after the conference.

We have been presented with three facility proposals, and expect to make a final decision by November, 1988. We can assure you, however, that the accommodations will be superb. Your steering committee and the committee members' various responsibilities are as follows:

Anna Marie Brinkman Conference Chairperson Finance Budgeting	3460 W. 133rd St. Cleveland, OH 44111 216-251-1413
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Don Bowers Registration	3460 W. 133rd St. Cleveland, OH 44111 216-251-1413
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Beverly Cox-Eland Program/Printing Entertainment Publicity	5010 N. Winthrop Avenue Indianapolis, IN 46205 317-283-2551
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Ron Maire Entertainment Publicity	206 W. Kelsey Bloomington, IL 61701 309-828-1663/ 309-828-2965
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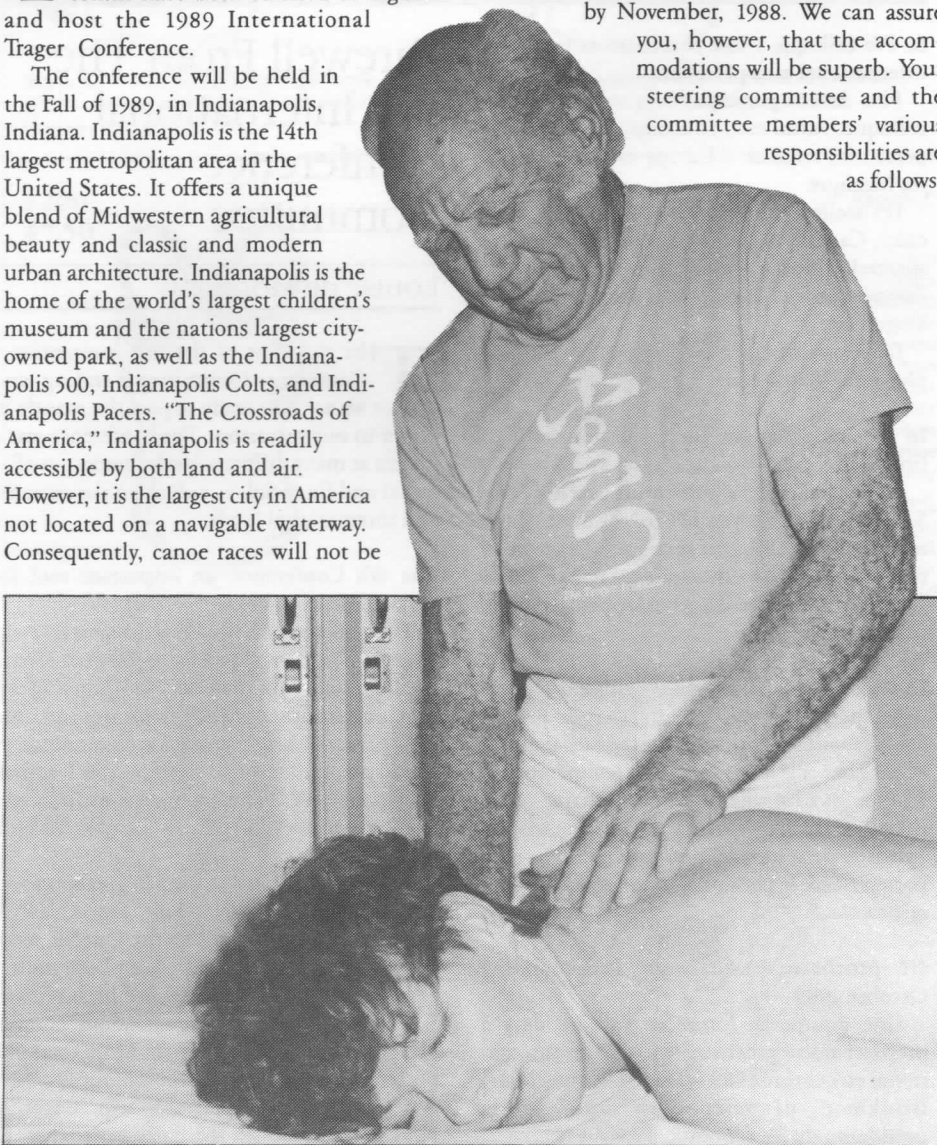
M.A. Bjarkman Facility/Logistics Audio-Visual T-shirts	6826 Chrysler St. Indianapolis, IN 46268 317-297-5733
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Betty Thomas T-shirts	10788 E. 166th St. Noblesville, IN 46060 317-776-1583
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We welcome all of your ideas and suggestions in these areas. Please contact us! We look forward to working with all of you, and seeing you at the conference!

Practitioners Renewal Alert!

1989 renewal forms have been included in the same envelope as this newsletter. In order to make for a smooth renewal process, please make sure you have received your annual continuing education tutorial, or have made a date to receive one so that you can get your renewal form in on time. Also, remember about receiving your four sessions from Practitioners—which can be done through trades. It would make it much easier if you would *completely* fill in the *back* of the renewal form when you send it in. To insure that you are included in the 1989 roster, please be sure to send your form to us by January 1, 1989. Whew, that's it for now!!



"The Trager Newsletter" is a periodic publication of The Trager Institute for Psychophysical Integration and Mentastics, a California, non-profit, educational corporation which supports and represents Trager® psychophysical integration and Mentastics® movement education, the innovative approaches developed by Milton Trager, M.D.

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IV e Colloque International

Montréal, Septembre, 1987

Louise de Montigny

Le mandat du comité du IVe colloque s'achève et nous sommes maintenant prêts à passer le pouvoir à nos successeurs. Le colloque fut une réussite à différents niveaux humain, professionnel et financier tant sur le plan régional que international.

Le IVe colloque: un outil important de développement régional

Le colloque a permis aux praticiens-nes, étudiants-es de notre région de se regrouper dans différentes activités — le brunch, les marathons (Québec, Montréal et Trois-Rivières) — et les nombreuses réunions — pour préparer ce projet. Les feedbacks sont unanimes: "Cette expérience a été nourissante à tous les niveaux et nous a permis de nous connaître".

Le colloque a favorisé une plus grande connaissance du Trager sur toute la côte Est, et particulièrement au Québec. Durant deux ans, téléphones, lettres et dossiers de presse ont rejoint près de 200 organismes, compagnies, média et professionnels. Plus de 600 posters ont été affichés un peu partout à travers le Québec. La presse écrite a publié trois articles majeurs: "Le Trager, pour retrouver la paix intérieure" dans le quotidien *Le Soleil* du 3 octobre 1987, "Moving with Milton" dans le *East West Journal* de janvier 1988 et "Léger comme un nuage dansant" dans le *Guide Ressources* de mars-avril 1988: L'événement a été couvert par l'émission radiophonique "Le Carroussel" de Radio-Canada, et finalement l'émission télévisée "Au jour le jour" a produit un reportage sur le Trager vu par 500,000 spectateurs à travers le Canada.

Les Trageristes du Québec de la côte Est et d'Europe ont eu accès plus facilement à des formations professionnelles avancées avec Docteur Trager et ont pu participer à des ateliers donnés par des ressources compétentes venues de tous les coins du monde. Chacun et chacune a pu trouver un ressourcement professionnel répondant à ses besoins et ainsi accroître ses compétences et ses habilités professionnelles.

Enfin, grâce aux marathons qu'on a organisé pour le public, une somme de 2.000\$ fut remise à l'Association Québécoise des praticiens et praticiennes en Trager "pour continuer ce développement régional".



Le IVe colloque : une rencontre et un succès international sans précédent

Plus de 220 participants-es sont venus à ce colloque. Parmi eux, au moins une dizaine de personnes venaient d'Europe et une personne du Mexique.

Les ateliers ont été animés par des Américains, Canadiens, Européens et Québécois. Le spectacle "Fantaisie internationale" a projeté à l'avant-scène les talents artistiques de nombreux Trageristes.

L'internationalisation du Trager a fait un pas de plus à ce IVe colloque.

Le IVe colloque: un succès administratif et financier

Le IVe colloque a généré un profit net de 5,000\$ ainsi que la journée précolloque. Cette somme de 10,000\$ a été remise au "Trager Institute". Le comité recommande qu'une partie de cette somme serve au développement de projets régionaux.

Le IVe colloque: un travail d'équipe

Les membres du comité du IVe colloque ont été le moteur et le coude de cette réalisation. Ils et elles ont mis leur savoir, leur compétence et leur temps au service de la communauté internationale de Trager. Autour d'eux ont gravité "plein de beau monde" pour les aider et les supporter. Aussi, le personnel fut présent dans tout ce processus.

Un prochain rendez-vous: Indianapolis, Octobre 1989

Une équipe se forme et s'affaire déjà à préparer notre prochain rendez-vous international en octobre 1989 — Madame Anna Marie Brinkman, praticienne en Ohio, est la présidente du Ve colloque.

Farewell From The 4th International Conference Committee

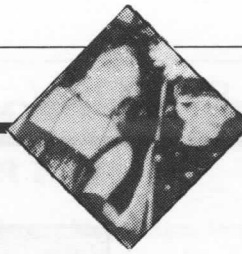
Louise de Montigny

The mandate of the 4th International Conference Committee is ending, and we are now ready to pass the mantle of power to our successors. The conference was a success at many different levels: human, professional and financial, as well as on the regional and international levels.

The 4th Conference: an important tool for regional development.

The conference allowed Practitioners and students of our region to come together in several different activities, such as our brunch meetings, our marathons (in Quebec, Montreal and Trois Rivières) and the many, many meetings we had to prepare for the conference. Our feedback was unanimous: "This experience was nourishing at every level and allowed us to know each other better."

The conference led to a much greater awareness of Trager on the whole East Coast of Canada, and particularly in the Quebec province. During the two years prior to the conference, telephone calls, letters and press releases reached more than 200 organizations, companies, media and professionals. More than 600 posters were distributed throughout Quebec. Three major articles were published: "Trager, To Find Inner Peace" in the daily newspaper, *Le Soleil* on October 3, 1987; "Moving with Milton" in the *East West Journal* of January, 1988; "Light as Dancing Cloud" in the *Guide "Resources"* of March-April, 1988. The confer-



ence itself was covered by the radio broadcast "The Carousel" of Radio-Canada, and also the television show, "From Day to Day", produced a special report on Trager that was seen by an audience of 500,000 throughout Canada.

The conference also facilitated access to advanced professional trainings with Dr. Trager for Trager Practitioners, from Quebec, from the East Coast and from Europe. Trager people from all over were able to participate in conference workshops given by competent leaders from all the corners of the earth. Everyone was able to find in the conference a form of professional development that responded to their own particular needs, and through this, to increase their competence and their professional capacities.

Last, but not least, for the Trager people of Quebec, thanks to the marathons that we organized for the public, the Quebec regional group earned \$2,000 to continue our own regional development.

The 4th Conference: An unprecedented international success.

More than 220 participants came to this conference, among them at least a dozen people from Europe, and even one from Mexico. The workshops were led by Americans, Canadians, Europeans and people from Quebec. The show "International Fantasy" showcased the artistic talents of many Trager people. The internationalization of Trager took a great a step forward at this 4th conference.

The 4th Conference: An administrative and financial success

The 4th conference generated a net profit of \$5,000, as did the pre-conference review day. This sum of \$10,000 has been sent to the Trager Institute conference fund. The committee recommends that a portion of this sum serve for the development of regional projects.

The 4th Conference: Teamwork

The members of the 4th conference committee were the engine and the drive shaft of this project. They put their knowledge, their competence, and their time to the service of the international Trager community. Around them gravitated lots of wonderful people to help them and support them.

The Next Rendez-Vous: Indianapolis, 1989

A team is forming and is already working to prepare our next international conference in October, 1989. Anna Marie Brinkman, Ohio Practitioner, is the chairperson of the 4th international Trager conference.

Announcing The First Worldwide Trager Contest!

Submit A Theme For
The 1989 International Conference
And Win
Dinner With Emily And Milton Trager
Along With
A Free T-Shirt To Be Presented At The Banquet

Entries should be submitted to: Midwest Region Conference Committee
3460 W. 133rd St. Cleveland, OH 44111

All entries must be postmarked by November 1, 1988, and become the sole property of the Midwest Region Conference Committee. All current members of the Trager Institute are eligible. Any taxes are the responsibility of the winner.

What Would You Like To Attend Or Present At The Conference?

If you have a particular interest and/or a workshop you would like to teach or attend, please complete and return to: Midwest Region Conference Committee, Program Coordinators (Beverly Cox-Eland/Ron Maier).

Workshop I would like to teach:

(Attach an abstract of the workshop.)

Workshops I would like to attend:

Beverly Cox-Eland, 5010 N. Winthrop Ave., Indianapolis, IN 46205
Ron Maier, 206 West Kelsey, Bloomington, IL 61701

The Capacity For Better Things

Jemma Macera

Trager Practitioner Rita Lustgarten of Trumansburg, New York, submitted this article by her client. Rita writes, "The following article is a written account of one woman's experience with Trager. She is a client of mine, diagnosed as a clinical depressive, and had been taking antidepressants regularly for 7 years prior to and up until our meeting. After her third Trager session with me she gave up the antidepressants and has not gone back to them since. It has been two years now. She wanted to write. She wanted people to know what Trager has been for her in her life. She wanted to share the deeply felt transformation of her self, and the quality of her life, with others. Here is her story.

Basta! 50 years was long enough to be ill. I had been silent long enough; I wanted to be well, not a woman of the shadows like all the other Italians I know. I wanted to be an Italian/American woman whose name was in lights and on everyone's lips. I wanted to make up for all the years, the lifetime my mother spent locked up in the miseria because she was woman born. And the same for my sad, enduring father who made certain his children were born here in the land with the golden doors. And his sister who spent 38 years in a mental hospital—depressed and mute.

But she could crochet anything.

I wanted to crochet words into people's ears and memories. When a local writer won a Pulitzer, I asked, why couldn't it be me? In order to do that, my mind and body had to function more than one hour a day. Ideas had to be able to make the leap from nerve-ending to nerve-ending. I had to be able to hold a pen, to break with the Italian tradition of not exposing oneself, not advancing oneself, not bringing attention to oneself. I needed life flowing through my body to think of fresh ways to say things, to stop being only a diarist and to become, also, a poet, an author.

Oh, how I had tried! I divorced, went into therapy, un-became female. I left the Church, furthered my education. I gave up custody of a child, improved my diet. I accepted a mood stabilizer and slept half the '80s away.

That was all incredibly helpful and worthwhile but, still, I was horizontal most of the time, unable to work, or be with my grandbabies or commit myself to a project. Changing my bed weekly was a major event that often

stretched to 9 or 10 days because I was too tired or I couldn't remember when I last changed it. And I wouldn't think of trying to go out for groceries on the same day. If I wanted to go square dancing, I rested for days to have the energy. Was I ever going to get over the learned despair?

Jacob Riis, a 19th century photographer said: "There is that about the Italian woman that suggests the capacity for better things." I had been living that belief a long time, knowing there are no absolutes, knowing if I just keep trying, a way would find me.

Must be it was that capacity that dialed the number, made the appointment for my first Trager session. All I knew is that my limbs would be manipulated, gently moved, and that it was "something." Didn't make sense but I was willing.

That was in late August, 1986. Two weeks and two sessions later, on September 4th, I had the notion to go to bed without the lavender circle of magic that kept me from crying uncontrollably, feeling sorry for myself, and worse.

I tried giving up the pills a month ago, I told myself; and six months ago and a year.

So try it again. Put the bottle and water on your night stand—just in case.

The next morning, when I awoke, I felt as though I had caught the wind and changed its direction. I'm continuing to feel so.

That hooked me. I didn't know how Trager

psycho-physical integration therapy works; only that it has. I knew I had to go weekly to get the reinforcement, the reeducation, the whatever it was I was receiving so that one day I would speak Health. It became very clear to me months before I ever heard of Milton Trager, that even though I understood what was wrong with me, I was stuck. I couldn't help myself any more than what I had already accomplished. I didn't have the energy.

That first day, while my body was being shook (as a friend recently put it) I "felt" myself being rocked in a cradle. Was Trager work picking up where my lonely mother left off? Was I reclaiming my infancy and childhood, this time in Health? I didn't have time to think about it because I next found myself in a "Primitive Society" listening to the drums and watching the dancing. Barefeet on bare Mother Earth. Is that the way early people kept themselves free of tension and stress? Did I do that in a former life? Was Trager work a modern adaptation?

Feminine Earth energy is protective and healing. Eventually my body felt it and responded in wondrous fashion. My arms discovered they could move around to express an idea I was talking about and not feel awkward or self-conscious or silly. My torso discovered music of its own making and I started dancing inside my skin.

Jokingly often referring to myself as good for nothing, how could the price improve. It did. My appetite had all but vanished, making it



Riding The Wave

Lia Zara Aurami, Ph.D.

A specially prepared reprint of five of Lia's previously published articles on practice development is available through the Institute's office for \$3.00. These articles, taken together, offer the Practitioner member a comprehensive approach to marketing your Trager practice, and we encourage all Practitioner members to keep this reprint on hand as a valuable resource in the ongoing development of your practice.

Are you riding the wave of all the recent wonderful national media attention on Trager? How can you, a Trager Practitioner "out there" take advantage of all these articles to build your own clientele?

Take heart, there are many ways. The first and most intangible is to allow your own pride, self-confidence, and sense of community and credibility to be buoyed up by all the terrific things being said about what YOU have chosen to do.

You might be feeling a bit "far out" for your

next to impossible to take me out to dinner. Concerned that one day I might look under the sheet and find I had either disappeared or turned into a toothpick, my practitioner calmed me by saying my body was seeking its own level. Remembering Italian genes are good for something, I relaxed and enjoyed all the stares—now that my days have lengthened and I am out more and more in the noon day sun, not to mention the evening.

With energy and vitality flowing through my mind and body, I am able to be out more which has created a most interesting phenomena—a loss of 4 or 5 female friends and a gain of 2 male friends. The cat no longer has my tongue; I speak out—politely—and I love it. Inch-by-inch I am becoming gayter than laughter.

Back under the sheet while my body cells continue to forget past, unpleasant, and painful experiences, and the resultant tension, I feel safe, secure, knowing no great harm will come to me. That's good to know, especially when I see a "you've got to be crazy look" in some questioning people's expressions when I tell them about my weight loss or why my eyes sparkle, my skin glows, and there seems to be this profound sense of inner peace in me.

Well, that helps, I smile back. It helps with writing poetry, why not with living poetry?

community; know that you are part of a larger community which respects Trager and takes it seriously. As you radiate this increased self-confidence, you will be more attractive to clients.

Ah, but what if you don't even know what's been published? Those who find articles, or are responsible for getting them published, need to make sure the Institute office knows about them, and gets copies of them. The Institute office passes the word along in the newsletter, so you can get your own copy of the publication. (See the article, "Trager In Print", in this newsletter. Official reprints of the article from *East-West Magazine* are available from the Institute's office.) Naturally, all copyrights are respected. However, if you do use photocopies, BE SURE THEY ARE GOOD QUALITY! Your image is at stake. Use colored paper, if possible.

Having a copy of the whole magazine is good because the second way to ride the wave is to display an issue in your waiting room, or otherwise make sure you clients and friends read them. You can then use the reprints for less expensive distribution of the article. Another way is to have the Trager journals available since they do contain high-quality reprints of articles from national publications.

When these folks know more about what you are doing, and have more anecdotes of results and more descriptive words to use, they'll be more inclined to talk about you and Trager. You'll gain credibility in local eyes when they "read about it" in national media.

Here are some other ideas. I hope you will create three more for each one here, and DO two of them! Write a letter to the editor of your local newspaper, radio, and maybe even TV station. List the national articles; enclose a copy of one or two. In a letter, indicate that you—or your group—are a local resource on this subject, and that you are available for their research, if they ever need to know about Trager in preparation for a story they might be running. This is a standard kind of publicity-seeking letter. It might even prompt them to DO a story. If you are a new Practitioner, make sure you do this together with a Practitioner who has more experience in making public presentations.

You can also write a "Letter to the Editor" of a local publication which has carried an article about Trager work—as quickly as possible after publication—challenging something in the article, or adding something of great interest. If your letter gets published, use that in your waiting room and show it to your network of friends, associates, and clients. If you live in a small town and are assertive enough, and have something "newsworthy" or of human interest going on in your practices, go right to your local media folks, get to know them, and suggest a story. Showing

them your collection of already-published stories in national media will probably impress them.

Big city media folks are besieged by story-seekers; they tend to write about people they know. If you have natural, comfortable ways of getting to know them, do it. They're just people. They won't feel "used" if you aren't using them. And they, too, will probably be impressed by your collection of articles. You might be thinking media people are interested only in scoops or exclusive stories. Not so. Often there is a "snowball effect". The more media attention something gets, the more it's "news" and the more interesting to media people it becomes.

If you are distributing brochures or flyers, you can put "As seen in . . ." I believe you don't need permission to refer to a well-known magazine this way. If you have access to the promotional video on Trager work, you can use the articles in many ways:

- Send them with a letter to clubs or groups to whom you want to give a talk and/or video presentation.
- Show them to clients and friends as you suggest a talk/video presentation to their club or group.
- Do not use the articles as handouts without permission. Check with the Institute office.
- Put article pages in plastic and show with video at fairs or booth exhibits or demonstrations.

This article is strictly about riding on others' publicity. Generating your own is a subject for another column. I realize that many of you are not "word people," and not the type to want to appear on the media or give talks. Perhaps it's time to lightly and freely explore going beyond your present limits.

Lia is a success coach for providers of services which aim to increase health and consciousness. Her articles on practice development are generously donated to us. Based in Seattle, Lia works with body, mind, and spirit: nutritional counseling, strategic and market planning, prosperity consciousness, business systems and organization, and income-building strategies. She offers channeled and "regular" individual consultations, and is a certified Wingsong Consultant on personal and business issues. She draws on 30 years' experience in psychology, education, and communication.

Lia offers workshops all over the country, and a number of inexpensive printed materials on practice-building. For a free list of inexpensive booklets, a description of her services, and workshop schedule, you may contact Lia at: PO Box 45664, Seattle, WA 98145, or call, 206-633-5737.

Mentastics With Children

Using Them In School

Bernard Baousson

Bernard is a Trager Practitioner from France. He submitted this piece as a written presentation at the Fourth International Conference in Montreal.

Each human being is a work of art, since life is creation . . . But man is often unaware of his wealth and realizes with difficulty the beauty of a body, the genuineness of a sensation, the magic of an emotion, the strength of a thought! This awareness is constantly renewed for me thanks to the practice of "Trager". I live it as the music of my body. Each part of my body, however small, is a particular instrument . . . Head-saxophone, legs double-bass, chest-accordion, belly-organ . . . which, in tune with the other instruments of the orchestra, plays the same music, the music of my life. If only one of these instruments is out of tune, the whole band goes wrong, loses tempo, beat and melody. It doesn't matter what is responsible for this disruption since the essential thing is to re-find the right note, to resonate in harmony, and "Trager" is a fantastic means to rediscover this essential thing, with the fun of a game, a game that erases tension, that recaptures creativity, that leads to liking ourselves and to like others better as well . . . A game of the body, of the mind and soul blended in harmony . . . And there is nothing more natural than a game, when it supplies to the world of childhood, a world in which I work professionally. Therefore, after a few basic precautions, I decided to initiate some of my pupils in Mentastics movement education, starting in October, 1986.

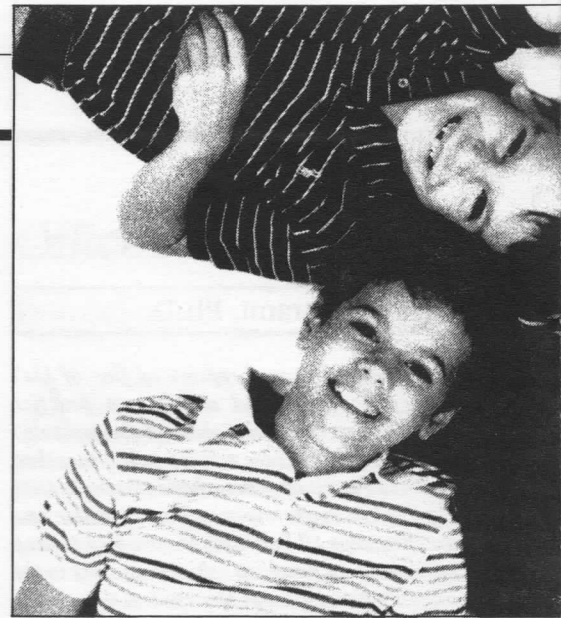
So throughout the school year, three times a week, for five minutes at the beginning of my classes, I put Mentastics into practice with a group of 29 boys and girls from eleven to thirteen years old; and, to follow them better into those "inner walks", I first tried to know about their real daily "school-life": getting up early, parents in a great hurry, a quick wash, a quickly-swallowed breakfast, a heavy schoolbag, waiting for the bus, whatever the weather, jostling in front of the school and on the playground—prefects, attention, punishment? Teachers, strain, sitting listening for one, two, three, four hours? Reduced space, breathing, obeying, lunch, canteen, noise, revising, prefects,

teachers, lessons, sitting, no moving, stress, school over, bus ride, home, tea, chattering, but . . . papers, lessons, dinner, television, tired, nervous, strained. What about some sleep? And what about tomorrow? Schoolbag, sports bag? Restless sleep . . . Nightmares? The alarm clock rings; this is the beginning of another day! . . . How will those children, although they are stable, live this new day? Will they have the chance to look after their bodies, their hearts, their souls? Are they nothing but brains that teachers feed with culture and knowledge? What fate is reserved for some of them, those who are unstable, maladjusted, disturbed, badly loved? What adults will they become? To accept this situation and acknowledge one's helplessness, to give up in face of what is insurmountable and to protect one's individualism lead all those who teach and who are taught to lose their faith, to become skeptical . . . Today, I am convinced that the practice of Mentastics can become a dynamics of a real humanistic education.

Concretely, I turned my consideration to two special fields of childhood: game (mime - body-language) and imagination (improvisations - tales - fables . . .). Then I proposed to the children a Mentastics "sequence" based on a "story" which will lead their imaginative process—this process will stimulate them to make their bodies play, and my part will be only to act as a narrator, a guide, an inducing medium—for every child starts his own adventure, following his own rhythm, his own ability. I take into consideration, of course, the requirements of the place, the brevity of time, their physical and emotional reactions of the moment.

Every session starts with a "prelude", required for the good development of the Mentastics. I invite the children to walk calmly into the room (calmness induced by simple mental pictures), to choose their space then to create their "magical bubble". This activity recenters and secures them ("They anchor their bubble, unlock the ropes from the top, blow it up several times, check their control tower . . . and hook it up to their personal cloud . . .). Then, the "Tragenauts" are ready to enjoy a new part of their Mentastics story (three lesson "openings" are connected to form a coherent "Mentastics suite" (or Mentastics "symphony"!)

More than a literary text, I conceive that story as a symphony of pictures, words and free sounds whose vibrations will reach the pupils' brains, their sensitivities, and free their imagination, and whose multiple echoes will spread all over their body and suggest the light movement I will sometimes guide. The words melody, speech rhythm, voice tonality are only supports for these children, who become artists of their own lives, of course. I bring in elements



from their everyday life they will use later on when they are alone, practicing Mentastics.

Then, I asked them, four or five times during the month of March, to write a sentence, a very short feedback, in order to know better their own feeling state after these Mentastics, and for your pleasure, I offer you the following examples: "After the Mentastics, I felt like I had become a different person", "I feel relaxed, I had a toothache and it doesn't hurt now", "It was a fantastic trip by boat with a white cloud above me, I was comfortable", "I love Mentastics, and it gives me ideas for art", "I feel free", "I love that because it makes me restful", "I feel like flying", "I feel less nervous, quieter, lighter, and each time I practice it, it's the same feeling".

These reactions need no comments and reveal these children's desire for well-being and happiness. But you can't measure happiness, you just feel it. Several parents have told me their satisfaction. A few colleagues are interested in my proceeding, but the criticisms of others won't prevent me from going on with this adventure next year with a group of the same age and even to enlarge it to teenagers (15 to 16) and the very young (5 to 7). Mentastics are part and parcel of education, since "happiness is the final objective of education. It's its only purpose. Education has to develop first the sense of happiness, that is to say a sort of attention, of perspicacity, paid to oneself and to life that tells us that only joy is important. But the sense of happiness isn't yet happiness itself. We have to excite the child to his own desire, since it's the only way to joy" (Robert Misrahi, education philosopher).

Mentastics contribute in their awakening. I believe in them and hope exists in my heart as a child who's alive.

For a sample of the type of story and movements Bernard used, send \$1.00 to the Institute's office. Specify French or English. European's may write to Bernard.



Les Mentastics et l'enfant

Approche en milieu collégien

Bernard Baousson

Tout être humain est une oeuvre d'art puisque toute vie est création . . . Or l'homme ignore souvent sa richesse et prend difficilement conscience de la beauté d'un corps, de la vérité d'une sensation, de la magie d'une émotion, de la force d'une pensée. Cette prise de conscience, sans cesse renouvelée, pour ma part, grâce à la pratique du Trager, je la vis comme la découverte de la musique de mon corps. Chaque parcelle de mon corps, aussi petite soit-elle, est un instrument particulier — tête-saxo, jambes-contrebasses, buste-accordéon, ventre-orgue . . . qui, en accord avec les autres instruments de l'orchestre, joue une partition commune, celle de ma vie. Que l'un de ces instruments vibre faux et l'orchestre se dérègle, perd sa mesure, son rythme, sa mélodie. Peu importe le responsable de cette discordance puisque l'essentiel est de reprendre la note juste, de résonner en harmonie et le Trager est ce moyen merveilleux de retrouver cet essentiel, dans le plaisir du jeu: un jeu qui efface les tensions, un jeu qui ressource la créativité, un jeu pour mieux s'aimer et mieux aimer les autres. Jeu du corps, de l'âme harmonieusement mêlés . . . Et rien de plus naturel que le jeu lorsqu'il s'adresse au monde de l'enfance, domaine où j'exerce mon activité professionnelle, aussi, après avoir pris quelques précautions élémentaires, j'ai donc décidé d'initier certains élèves aux mentastics à partir du mois d'octobre 1986.

Ainsi, pendant toute l'année scolaire, trois fois par semaine, cinq minutes au début de chacun de mes cours, j'ai pratiqué les mentastics avec un groupe de 29 garçons et filles de 11 à 13 ans et pour mieux les accompagner dans ces

"promenades intérieures", j'ai d'abord cherché à connaître leur réalité quotidienne de collégien : lever tôt, parents pressés, toilette rapide, petit déjeuner vite avalé, cartable lourd, attente du bus, par tous les temps ; bousculades devant le collège, dans la cour - Pion, attention, punitions ? Profs, tension, écouter, assis une; deux; trois heures ? Espace réduit - Respirer? Obéir? Déjeuner, cantine, le bruit - Revoir les leçons - Pions - Profs - Cours - Assis, ne pas bouger - Tensions - Cours finis/ Le bus - La maison - Goûter, bavardages mais . . . Devoirs, leçons - Dîner, télé - Fatigués, énervés, tendus. Dormir? Et demain? Cartable, sac de sports? Sommeil agité . . . Cauchemars? Le reveil sonne, une nouvelle journée va commencer . . . Comment ces enfants, pourtant équilibrés (!), vivront-ils cette journée? Auront-ils l'opportunité de prendre soin de leur corps, de leur coeur, de leur âme? Ne sont-ils que des cerveaux que des enseignants nourrissent de culture et de connaissances? Quel sort est réservé à certains d'entre eux, instables, inadaptés, perterbés, al ai, és? Quels adultes deviendront-ils? Accepter cet état de fait et reconnaître son impuissance, se résigner devant l'insur,ontable et protéger son individualisme, inclinent éducateurs et éduqués à la désespérance, au scepticisme et je suis convaincu aujourd'hui que la pratique des mentastics peut servir de dynamique à une véritable éducation humaniste.

Concrètement, j'ai orienté ma réflexion vers deux domaines privilégiés de l'enfance: le jeu (mimes - expression corporelle . . .) et l'imaginaire (improvisations - fables . . .). Je propose donc aux enfants une séquence mentastique dont la base aura pour thème une "histoire" qui animera leur processus imaginaire ; ce processus les incitera à faire jouer leur corps et mon rôle se limitera à être un conteur, un guide, un canal inducteur, car chaque enfant entreprend sa propre aventure, à son propre rythme, à sa mesure ; je tiens compte, bien entendu de l'exigüité du lieu, de la brèveté du temps, de leurs réactions physiques et affectives du moment.

Toute séance commence par un prélude, nécessaire au bon déroulement des mentastics : j'invite les enfants à entrer calmement dans la salle (calme induit par des images mentales simples), à choisir leur espace puis à installer leur "bulle magique". Cette installation la recentre et la sécurise ("Ils ancrent leur bulle, décrochent les cordages du haut, la gonflent plusieurs fois, vérifient leur tour de contrôle et k'accrigebt 0 keyr nuage personnel" . . . : alors les "Trageronautes" sont prêts à goûter un nouvel épisode de leur histoire mentastique (six "ouvertures" de cours s'enchaînent pour former un ensemble mentastique" cohérent.

Cette histoire, plus qu'un texte littéraire, je la conçois comme une symphonie d'images, de mots, de sonorités libres dont les vibrations vont toucher le cerveau, la sensibilité des enfants et libérer leur imagination, et dont les échos multiples vont se répandre par tout le corps et suggérer des mouvements légers que je guiderai parfois. La mélodie des mots, le rythme des paroles, la tonalité de la voix ne sont que des supports ludiques pour ces enfants devenus artistes de leur propre vie. J'y introduis, bien sûr, des éléments de leur quotidien qui leur serviront, plus tard, quand ils seront seuls; à pratiquer les mentastics.

Ensuite, pour mieux connaître leur ressenti après ces mentastics quatre ou cinq fois au cours du mois de mars 1987, je les ai invités à écrire une phrase, sorte de feed-back très bref, et, pour le plaisir, j'en reproduis quelques exemples : "J'ai senti après les mentastics d'avoir changé de corps" - "Je suis décontracté, j'avais mal aux dents et je n'ai plus mal") "C'était un beau voyage en bateau avec un nuage blanc au dessus de moi j'étais alaise" - "La mentastique j'adore, et cela me donne des modèles pour le dessin . . ." - "Je sens que je suis libre" - "J'aime ça parce-que cela me repose . . ." "J'ai l'impression de voler . . ." "Je me sens moins nerveux, plus calme, plus léger et, à chaque fois que j'en fais, c'est pareil . . ."

Ces réactions se passent de commentaires et révèlent surtout le désir de bien-être, de bonheur des enfants. Or le bonheur ne se mesure pas, il se sent : plusieurs parents m'ont manifesté leur satisfaction, quelques collègues s'intéressent à ma démarche mais la respectable contestation d'esprits chagrins ne m'empêchera pas de continuer l'aventure l'an prochain avec un groupe du même âge et même de l'élargir auprès d'adolescents (15. 16 ans) et de petits (5 à 7 ans). Les mentastics font bien partie de l'éducation puisque "le bonheur est la finalité de l'éducation. C'est son seul but. L'éducation doit développer en tout premier lieu le sens du bonheur, c'est-à-dire une espèce d'attention, de perspicacité, portées à soi et à la vie et qui indiquent que seule la joie compte. Mais le sens du bonheur n'est pas encore le bonheur lui-même. Il faut donc réveiller l'enfant à son propre désir puisque c'est lui qui mène à la joie" (Robert Misrahi, philosophe de l'éducation).

Les mentastics participent à ce reveil. J'y crois et l'espérance existe en moi comme un enfant qui vit.

Pour avoir une copie de l'histoire et les mouvements que Bernard a employés envoyer \$1 U.S. au bureau de l'institut. Les européens: écrire à Bernard.

Referred Pain

Michael Madrone

Working in a clinic, I sometimes get to work on some interesting cases. However, recently my own body proved to be an unusual source of information to me. I'd been troubled for a couple of years by pain in my pectorals on the left side and in my left deltoid. Of course Trager always relieved it, but in a day or two it always returned. Sometimes the pain was quite pronounced. Nothing seemed to provide lasting relief.

I told my story to Trager Practitioner and physical therapy professor Phil Witt and he suggested that I get my heart checked. He said that it was a long shot, but he did have a patient who had referred pain from a heart problem.

When my heart checked out fine, my doctor began questioning me about my esophagus. It turns out that an irritated esophagus can refer pain to the pectorals. And this is in fact what was happening. The pectorals were then causing a spasm in my deltoid. So the Trager would give relief to the symptom, but the cause was still there. What was the cause? My doctor questioned me about my diet. Did I drink coffee? I used to, but I quit. Tea? Yes. He suggested I quit for 3 months to give healing a chance. I did, and to my surprise the pain stopped the next day and hasn't returned.

Intrigued by all this, I began reading about referred pain. It turns out that an irritated esophagus can also refer pain to the upper back. Anybody out there ever have a client with upper back tension? I had been working on a client with upper back tension which was very similar to my deltoid problem. That is, Trager brought temporary relief, but the symptoms always returned. So I referred him to his doctor and sure enough, he was a heavy coffee drinker. He stopped the coffee and the pain went away.

Everyone knows that a heart problem can cause pain in your arm, but as bodyworkers it's good to know that there are other cases of referred pain. Rene Cailliet M.D. has written a series of books on different parts of the body, and one I found to be helpful is called *Shoulder Pain*. In it he says,

"Pain in the region of the shoulder can have its site of origin in a viscus, with the shoulder or scapula as the referred site. To be unaware of this and attribute all pain in the shoulder girdle region as originating from faulty scapulothoraco-humeral mechanism is to miss a potentially serious medical or surgical diagnosis."



"Conditions of the diaphragm can cause pain in the neck and shoulder; gall bladder disease can radiate to the shoulder 'tip'; gastric disease can refer between the shoulder blades; and angina pectoris or myocardial infarction can be felt in the shoulder, neck, and arm."

Of course this is not an exhaustive list of referred pain possibilities. But perhaps it will be a helpful start for other practitioners. I'm interested in hearing from other Practitioners about your experiences in this area. I have a new address since the roster was published: Michael Madrone, 2-1015 Gillespie Place, Victoria, B.C. CANADA, V8W 3K8. Thanks.

Bibliography: Cailliet, Rene. *Shoulder Pain*. Philadelphia: F.A. Davis Co. 1966.

Watch Your Words

Don Schwartz

A Trager Practitioner from an American state placed an ad in a local publication. In this ad the phrase "Trager Massage Therapy" was used. The ad was spotted by an investigator of the state board which governs the practice of "massage therapy". The investigator both called the Practitioner and sent them a letter threatening criminal prosecution. This action puts the Practitioner's practice of Trager in jeopardy, as well as the practices of all the Trager Practitioners in that state. We are hopeful that this situation will be cleared up, and that no trouble will follow.

However, it is a valuable lesson for all of us. Trager and Mentastics are forms of movement re-education. They are not massage, treatments, therapies, or healings. The use of these words to describe Trager work by any member of the Trager Institute, or any other person, organization, or publication is a mis-representation of Trager. Also, in states where these words are covered by licensure, any use of these words by an unlicensed person may be illegal. To elaborate further, here is section 3.B.4 from the Trager Handbook:

Terms of Reference: Be aware that such terms as patient, therapy, cure, diagnosis, and healing are not appropriate when used in reference to Trager work. Such terms suggest a relationship with the client that falls under the licensed purview of the medical community. Such terms also tend to take this work out of the educational context, which is so basic to the Trager approach. Our intention is to educate the client to better take charge of his or her own health.

We will soon have new service mark guidelines, and we encourage you to read and use them carefully when you receive them.

Trager In Print

Massage Magazine's August/September issue features a cover story about Dr. Trager. The issue includes a comprehensive interview as well as a separate article about the work itself. Our appreciation to Robert Calvert, the magazine's editor and publisher, for his generous coverage of Milton and the work. For more information, contact the magazine at: PO Box 1389, Kaulua-Kona, HI 96745.

Mentastics In Quebec

Gail Stewart

Gail is a Trager Practitioner and Instructor from Berkeley, California.

This has been The Year of Mentastics for the Institute, and nowhere have I seen the evidence of Mentastics' use and growth in the field more impressive than in Quebec! In a November visit to Montreal, I dropped in on two ongoing Mentastics groups. One was a morning group (led by Suzanne Laroque) attended primarily by the staff of a growth center. They were clearly using that hour of Mentastics as a way to bring themselves into hook-up at the beginning of their workday. The other was a weekly evening women's group (led by Louise Voissard.) This group, too, had the ambiance of a guided relaxation through easy movement—bringing a long day to a peaceful close.

I had the feeling in these groups of a long-established understanding of the potential of Mentastics; of its relevance to the life these people were living every day. The morning group members appeared balanced and enlivened at the end of the session—and they seemed to take that for granted! In the evening group, the result seemed more like relief, or refreshment. For me, being led through an hour of simple Mentastics in which I didn't have to think (for the leaders were not teaching us; they were guiding us) was easy-going, pleasant, and self-organizing: pure pleasure!

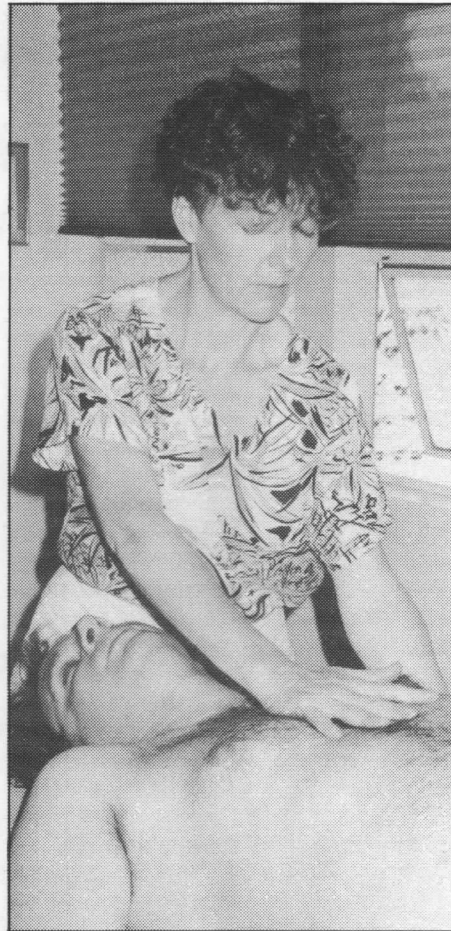
I learned a few new/old things from these groups:

1) That, as in Zen or yoga, the same simple Mentastics movements and processes can be used over and over again, group after group. So long as the leader—and I, the participant—are skilled in the practice of feeling the movement, we go to new and deeper places each time.

2) Mentastics *is* meditation, an hour of Mentastics has an effect on my mind similar to an hour of other forms of meditation—with body and mind reflecting each other.

3) If it's well-paced and organized, an hour of Mentastics can speed by, leaving me (the group member) feeling as if I have been taken on a ride, even though I've been standing on my feet the whole time.

During my visit, it dawned on me that these two groups were not unusual in Quebec. I was told of Mentastics being taught in at least two University classes (in Quebec City and Montreal) and have listened to Jacques Hebert and Denis La Fontaine talk about their Mentastics



groups with teenage boys. For years I have had conversations with Amrita Daigle and other Practitioners about their Mentastics classes and groups with their clients, colleagues and the public.

In the seven years that Trager has been taught in Quebec, there has been a special enthusiasm for Mentastics from the beginning. It's pleasant to speculate just what it is about that community that has made it—both students and the public—so receptive to this form of movement. Sometimes I've thought it was Roland's (Burgalieres) modeling: he was virtually the first student, and was always experimenting with Mentastics not only in trainings and sessions, but in his kitchen, in the bank line, wherever he was. Sometimes I've thought there is something in the vitality and ease of the Quebecois character that recognizes the rhythm of Mentastics, and has just taken it to heart.

For whatever reason, the "whole cloth" of Mentastics has been widely appreciated in Quebec; I see it being applied in its simplicity, without augmentation or flourishes. For me, being led in that simplicity was pure delight!

For International Members

Don Schwartz

With the growth of the Trager work in many nations outside the United States, we have initiated—and in many cases, completed—registration of our service marks, "Trager," "Mentastics," and the Dancing Cloud logo in virtually all of the nations where there are certified Trager Practitioners. The purpose of international service mark registration is to support our many international Practitioners. As an annually certified Practitioner, the Institute states publicly that your work measures up to at least the minimum standard of practice developed by Dr. Trager in conjunction with the Institute's teaching staff. Additionally, as a certified Practitioner you have worked long and hard to attain this certification, and you continue to devote your valuable time and energy to further learning in compliance with the Institute's continuing education requirements.

It is unfair to you as a certified Trager Practitioner if and when any person represents themselves as a Practitioner who is not one. The purpose of our international service mark registration is to support you in your practice.

It is also unfair to the public who has come to associate a unique and high standard of quality with Trager service marks to allow people to offer services that do not measure up to at least a minimum standard of practice quality. The public expectation must be protected in order to facilitate their seeking and receiving services of an authorized, certified Practitioner.

Please send any and all materials that you come across in which unauthorized individuals use our service marks. We will then follow up on what you send us. This is a very basic service that we can and do offer, but which requires your cooperation.

If you have any questions or if you have any materials making unauthorized use of our marks, send a letter, or the materials, to me at the Trager Institute's office.



From Linda Baker

I took the Intermediate training in February, 1988, in Vancouver, BC. At that time I was 6 months pregnant. I received and gave Trager sessions up until a month ago, and did Mentastics each day until I gave birth. On May 20 I gave birth to a healthy 7 pound, 4 ounce baby boy, Quinn Jordan. Doing Mentastics and receiving Trager sessions was terrific for me, and I'm sure the little one loved them, too. My thanks go to the Trager community.

Linda is a Trager Student from Calgary, Alberta, and sent the office this letter for the newsletter.

Congratulations To Sally Nye

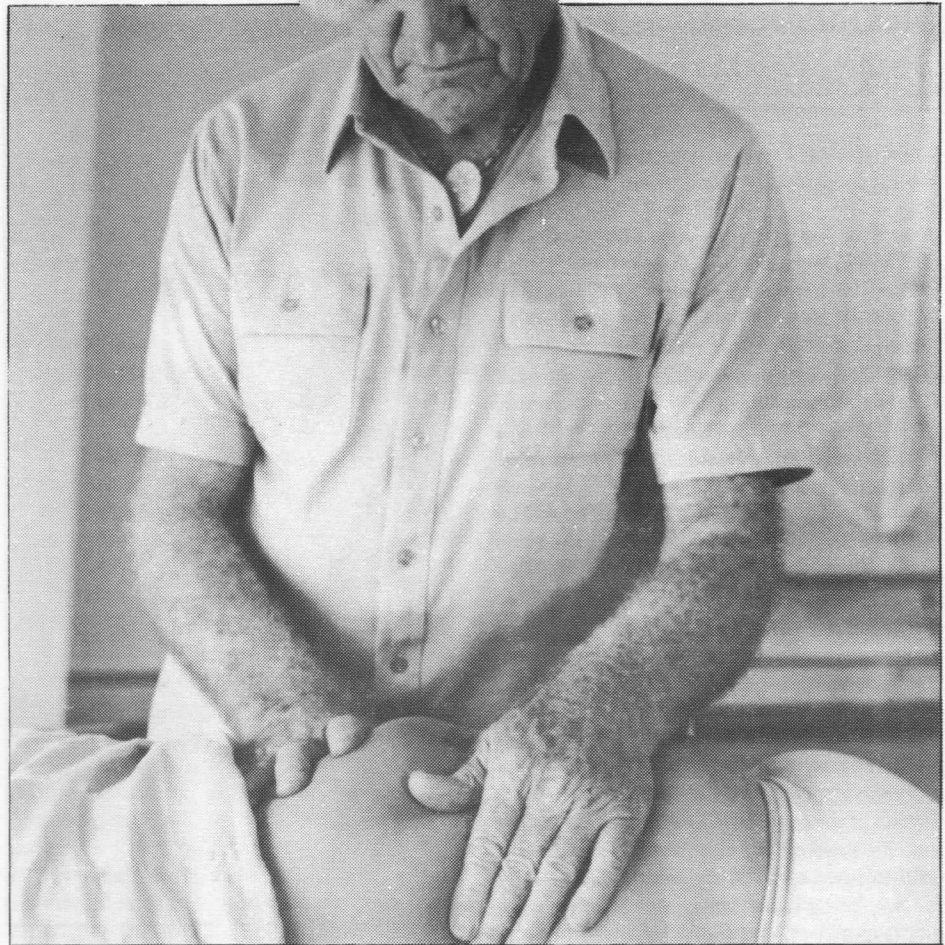
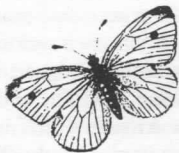
Our heartfelt congratulations to Trager Practitioner Sally Nye of Lexington, MA, on her marriage to Charles Sestokas, a senior software engineer at Digital Equipment Corporation, on June 11, 1988.

A Poem

Sarah Kendall de Haan

Sarah is a Trager Practitioner from Duncan, BC, Canada. The following poem appeared in the personal statement section of her Practitioner application.

letting
your skin
touch my hands
and teach me who you are
letting
my mind
touch your skin
and remind you of free and soft
letting
our hearts
open and smile



The Year of the Trager Babies

Don Schwartz

As the reader can readily read below, 1988 has clearly been the year of the Trager baby. Our hearty congratulations and best wishes go to the many Trager parents and their many children!

Congratulations to Trager Practitioner Marcey Di Caro and her husband, Paul, of Tucson, Arizona, on the arrival of their son, Michael Anthony, born April, 12, 1988, at 10:53 AM.

Trager Practitioner Kim Burg of Seattle, WA, gave birth to Adrina Orion Levine, a male, on November 14, 1987. Adrian weighed in at 7 pounds, 2 and one-half ounces. Kim described the birthing process as "THEE ULTIMATE TRANSFORMATION."

Trager Practitioner Carey FitzSimons gave birth to Allanna Brielle Fitzsimons-Lewten on April 16, 1988.

Benjamin Jakonah Matson Bell was born on

June 8, 1988, to LeAndra Bell Matson and Trager Practitioner Benjamin Bell of Minneapolis, MN. Baby Benjamin was born with strawberry blond hair, and weighed in at 7 pounds, 6 ounces. He was rated a "9" only minutes after birth; and is teaching his parents a new depth of Hook-up.

Trager Practitioner Monica Ammann-Sutter gave birth to a 3,000 gram little boy named Tobias Emanuel Ammann on April 16, 1988.

Calls Appreciated

Beth Wooten, a Student on the Training Track would appreciate hearing from any Practitioners coming through Atlanta, Georgia, who have time to give a session. Students who have time to exchange or receive sessions also please call Beth at: 404-627-7769.

Catherine Wheeler of Flagstaff, Arizona, is in the same situation. Please call her at: 602-526-6541 if you see that you'll be in her area.

New Special Status Members

Supervised Practice Leader

Sigrid Grosskopf
Roger Tolle
Michel Van Waeyenberg
Louise De Montigny

Tutor

Jan Andersson
Ola Hagg
Sherri Bellis

Introductory Workshop Leader

Maxine Guenther
Susan Sacks
Denis Lafontaine
Gina Von Staden
Michael Madrone
Margee Johnson
Judy Archer
Donna Walters

Mentastics Leader

Megan Eoyang
Michael Butler
Deborah Van Buren
Carlos Martin
Marianna Hartsong
Karen Hortig
Carolea Burgess
Amrita Daigle
Michael Madrone
Louise Voissard
Roger Tolle
Suzanne Laroque (Montreal)
Carolyn Mason
Claudine Bergamaschi
Jeannie Iams
Ru Wing
Robert Wing

Roster Corrections

In our last newsletter, Trager Practitioner Pamela Sharni of Mishmar Hayarden 10, Givatayim, ISRAEL, was listed as a "Student". This is incorrect, Pamela is fully certified—as well as a professional dancer!

Hedy Geimer, Practitioner
Damaschkeshase 25
1000 Berlin 31
West Germany 030-323-3264

Good News From Mexico

Sara Atri

A Mexican psychiatrist, Dr. Ernesto Lamoglia, invited me to his radio program entitled "The Doctor's Program" to talk about the approach of Dr. Milton Trager. The first interview aroused a lot of interest at the station as I related how I met Milton and experienced the value of his work. I emphasized the importance of the relaxation and peace that can be achieved through Mentastics and Trager work. Dr. Lamoglia and the interviewer understood what I was saying which deepened their curiosity as they invited me back for a second interview. I accepted and explained that for the next program I would prefer to give a demonstration. So three days later I brought my table to the radio station and gave a demo in the



cabin to one of the directors. There were many people watching through the glass divider, and they loved the feeling of "Hook-up." I talked for a while; however, the best part of the program was when the director spoke about his enriching experience from the session. Following the demonstration, thousands of people listening to the interview telephoned to obtain more information.

The confidence and satisfaction instilled in me by the success of reaching others in need of the Trager work continues to be projected in my tablework and in my life.



Musings From Minnesota

Nancy Harold

I am happy to report that despite this summer's heat and drought, Trager Minnesota is alive and well in our region! We continue to meet, share, plan, play, eat, work and learn together on a regular basis. There is a Hebrew word, "chevra," which always comes to my mind when I think of our community. No English word duplicates the meaning exactly, but roughly translated, a "chevra" is a fellowship, a comradeship, a mutual support system. It is the feeling which we bring to Trager work expressed interpersonally. It is Trager Minnesota.

In June, we again hosted a training—this time a Beginning training with Cathy Hammond. The nine students all became seriously infected with the "Trager bug" and are now enthusiastically practicing the work. Cathy also taught a Mentastics class which so inspired us that we have decided to start our quarterly meet-

ings 1/2 hour earlier than usual in order to do some group Mentastics.

Our July meeting was bittersweet. We bade farewell to Margee Johnson, Trager Practitioner and Introductory Workshop Leader, who is moving to Hawaii very soon. Margee (in conjunction with Marjorie Huebner) was instrumental in providing the impetus for organizing our group. Fortunately, Margee will return to Minnesota several times a year so our "farewell" was really only "au revoir."

Part of the money earned by Trager Minnesota through our trainings is being used to finance group advertising, a Trager phone number, and an answering service. We have a small line ad running weekly in our local alternative free newspaper, and in the monthly magazine of our local public radio station. The phone number given in the ad rings at an answering service. We have recently changed the way in which we are asking the service to handle our calls so that we can minimize the number of people who are given our home phones and thus, hopefully, can minimize the number of people who call looking for personal services other than bodywork. We have asked the service to not answer the phone after 8:00 PM, and to take the name, phone number, and area of the city in which the caller lives. Members of Trager Minnesota rotate monthly the responsibility of calling the service and referring the client to a Practitioner who lives in their area.

Finally, we are pleased that in the very near future, we will have a local Tutor, Sheri Bellis. We congratulate her.

Hook-Up In Tuscany The First Traeger Training In Italy

Elizabeth Ormyron

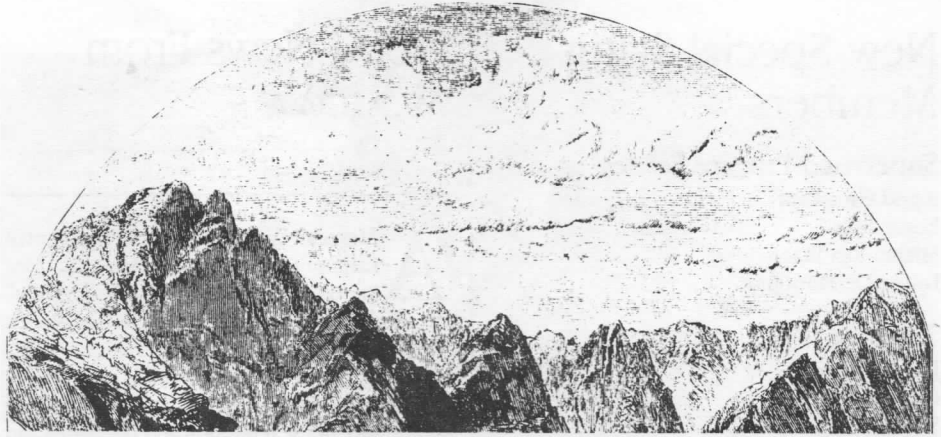
Elizabeth is a Traeger Practitioner from Geneva, Switzerland.

In mid-June, Instructor Bill Scholl, four assistants, and nineteen students shared a magical TRAGER week of fun, enthusiasm, laughter and tears in the Chianti country outside of Florence. Our 16th century farmhouse nestled in a huge patchwork of green vineyards, grayish olive groves, golden wheat fields, and dark cypress woods. Hook-up was everywhere.

The whole thing stemmed from Gabriella's TRAGER session with Bill two years ago in Texas; she apparently caught the "virus" and spread it around Italy. And speaking of Hook-up... Antonio wanted to do the training but he couldn't leave his farm and family for a week's residential course. He called anyway, and discovered that it was literally next door to his home! Marina lost a precious ring in the yard, and we searched for it without success. Next day, as we were doing Mentastics "with the eyes of children" it appeared in the grass. On Gabriella's 30th birthday the students drew lots for a minisession with the Instructor or an assistant. Guess who got Bill?! It went on like that all week, coincidence after coincidence, and Donnis noted that "coincidence is God's way of remaining anonymous".

This training was a major learning experience for me as an assistant. Going back once again to the beginning, seeing facets of myself in the students—the one who tries so hard, the one who is frustrated when "it doesn't work", the one who suddenly goes, "Aha! That feeling." Learning more about not knowing, and about flowing with whatever situation comes up. And, Bill's daily refrain: "When you lose your sense of Hook-up, stop, shake out, and look out the window." is still with me. Thank you Bill—True, that Tuscany window was special, but any window will do. "It's around us all the time, always has been and always will be..."

At this training there was so much heart, so much Hook-up, so much TRAGER. Thank you Milton, for sharing your work with us so that we can share it with others.



NW Regional Symposium Report

Michael Madrone

The Second NW Regional Traeger Symposium was held from June 3rd to 5th at beautiful Breitenbush Hot Springs and Healing Center in the Oregon mountains. 52 participants came from Alberta, British Columbia, Alaska, Hawaii, Washington, Oregon, California, Montana, Idaho, Nevada and N. Carolina (the Northwest seems to be getting bigger!).

Friday night Eliza Kaplan, a practitioner from Seattle, led an Aikido workshop and shared her experience and insights about movement and energy from an Aikido perspective, and on Saturday, the symposium was pleased to welcome Founding Director Betty Fuller. Betty shared her personal experience of the past 3 years and then led the group in her usual wild, weird, and wonderful workshops entitled "Thinking Body/Moving Mind".

North Carolina

Brenda Mountjoy and
Debbie Green

July marked the first Traeger training hosted in North Carolina. For N.C. Practitioners it was an exciting time to see the Traeger work spreading in our area, and we certainly welcome all the new Students into our Traeger community. We'd especially like to thank our illustrious leader, Carol Campbell, who "mentasticized" students to give a thorough taste of Traeger movement on and off the table, as well as Dwight Jessup for organizing the training.

As assistants it was a time of growth... hon-

Saturday we also saw 2 workshops given by special guest, Practitioner of the year award winner, Phil Witt, Ph.D. Phil is associate professor at the University of North Carolina medical school. He is also a practicing physical therapist at Piedmont Rehabilitation Services. Phil's first workshops were based on his research on the psychology of chronic pain. He shared his fascinating findings, and hopefully Phil can be persuaded to write an article for a future Traeger newsletter. Phil's second workshop was entitled, "Documentation of Traeger Work". It dealt with how to use the S.O.A.P. documentation system, which is the standard format used in the medical world.

On Sunday morning, Nancy Bonifield led Mentastics and this was followed by the NW Regional Symposium business meeting. A variety of topics was discussed and a report will be issued later upon compilation of findings. It was decided to revive the dormant NW Regional newsletter and to have the next regional symposium include an extra optional day for trades and tutorials. The next symposium will be held in May, 1990.

ing our skills and enjoying the "Hook-up" that developed so quickly in the training. It was also the perfect opportunity for area Practitioners to spend time together. It created a real sense of unity for us.

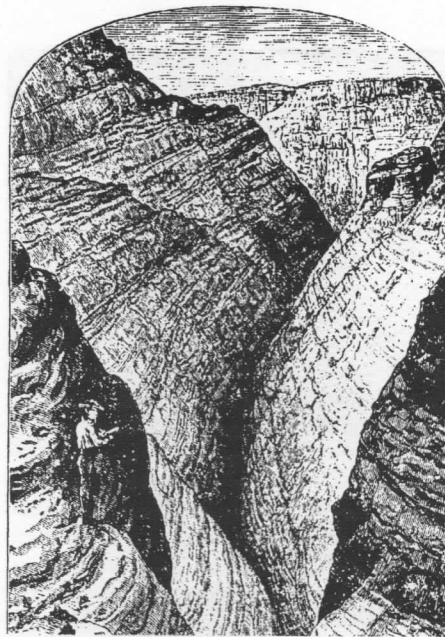
Further plans include a Practice Day in Raleigh on September 11, with Bodhi Rovner. Bodhi will also be available for sessions and tutorials September 7-10, in Raleigh. You may contact Debbie Green at 919-781-1588 for appointments. He will also be in Charlotte on September 15-18, and you may contact Brenda Mountjoy at 704-338-9660 for appointments. Roger Tolle will be leading a Practice Day later in the year. We are all looking forward to hosting another training in the near future.



Colorado

Harriet Katz

The big news from the Southwest is our first Colorado regional meeting, a weekend retreat at Shadowcliff, in the Rockies near Grand Lake, August 26-28. In order to plan the event, Winnie Boyle and Suzanne Wilner sent out questionnaires asking the Colorado Trager Community what we would like to see happen during the retreat. As a result, the weekend has been designed as a combination of structured workshops with generous amounts of free time for Mentastics, trades, educational videos and just hiking in the mountains. Local Trager Practitioners are lending their expertise in various areas to put together formal workshops. The issues: "How You Relate to Them or Don't" by Jo Mednick, "Building and Sustaining a Practice" by Nan Davis, "Letting Both Sides Feel, Letting Both Sides Dance - Playing With More of You" by Ru and Bob Wing, and "The Use of Rhythm in Trager work - An Experiential Exploration of the 'Drone' Rhythm and Syncopation" by Natasha Heifetz. Natasha, visiting us from California, is also conducting a Supervised Practice Day in Denver, on August



26. Winnie and Suzanne have done a terrific job planning the event, and it promises to be a wonderful learning and enriching experience for all. We are also delighted that some folks from New Mexico are planning to join us. Hopefully this event will mark the beginning of a strong Trager network in the Southwest.

South Western Ontario

Shelly Siskind

The London Trager community, better known as the Trager Practitioners of Southwestern Ontario, is filled with excitement and have much news to share. First and foremost - if you've read your latest Trager schedule, London is sponsoring a Beginning Training November 29 - December 4, 1988, followed by a Mentastics Training December 12 - 14. It feels like a real coming of age and we are celebrating our debut.

There is much group activity locally and a commitment to move Trager forward as a group. Hence, regular meetings are held and plans are underway for presentations to the medical and health care community. In addition, Trager people are joining local institutions such as the Chamber of Commerce to make our work more known. Further group action includes - printing of letterhead and joint advertising, and plans for a practice pod in the fall. This is a deliberate intent to concretize group action.

At the hands-on level, local Practitioners are

noticing the increase of clients with serious problems. The bad news is - it's pretty heavy duty - incest, sexual abuse, and self abuse cases, muscular dystrophy, anxiety, post polio syndrome, autism, and Aids are amongst the issues of clients. The good news is we are seeing results. Randy Herald reports that the T-cells of his Aids client have been up after the last two sessions in a series of twenty. His client's doctor is excited.

Nutan has had her second session with an autistic child who lasted ten minutes on the table during the first session, and after four months is able to last thirty minutes.

Helene, Shelly, and Betty have all been working with the sexually abused with fine results, and food disorders are also responsive. Lastly, the developmentally handicapped are hitting the tables. Anjali is seeing four people who ride horses and compete, and finds an interesting link between Trager and communicating the feeling to the horse.

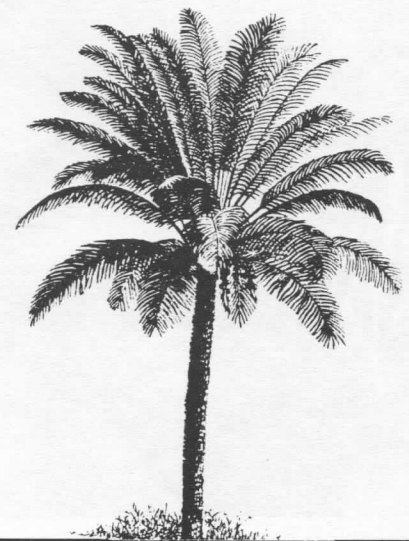
Last, but not least - our Trager members who've moved still keep in touch - such as Ann Cannon in Calgary.

That's it for London where Trager is alive and well and on the move!

Southern California

Harriet Katz

We have just completed another exposition - this time in Orange County. The expected audience was overestimated; however, we were busy, and planted seeds with a new market, mainstream Orange County. Also, we received press coverage with the possibility of another article to follow. We had a corner booth affording us two exposures, and I would highly recommend it to others considering doing expositions. You don't feel so closed in. We are attempting to track the response we receive, so please send either direct or indirect client referrals as a result of this (or other) exposition(s) to me. And we would like to keep the momentum going by getting a booth in the next Whole Life Expo which may possibly be in February, 1989. The Expo draws between twenty and thirty thousand people from L.A., Orange County, and San Diego County. If this sounds interesting to you, and you would like to join us in exposing our work to the public, please contact me. We need your support to continue the effort, and particularly the next one where we would like to have two booths, which means we need more of you to help out. And, by the way, it is lots of fun! You need only commit to 4 hours of participation or more. Please contact me as soon as possible so we can commit to a booth. Is there anyone who would be interested in coordinating the next one, or co-coordinating? Again, contact me at: 714-494-9984, or write me in Laguna Beach, my address is in the roster.



Board of Directors Report

Jan Stevens

In 1988, the Board's primary focus has been to initiate and complete the search for our new Executive Director, Carlo Rossi. Carlo is making regular reports on his plans and progress to the Board and to the Institute membership through articles in each newsletter. One task which we are addressing is expansion of the Board. Identification of needed qualifications and experience has begun and will be publicized to solicit candidate suggestions from the community and membership. This plan is to add two members before the end of the year, and two more in 1989.

Due to intense business commitments, Board member Conrad Knudsen has resigned as an official Board member, but he will continue as a friend and advisor. Conrad's position has been filled by Trager Practitioner Natasha Heifetz, the Board's first Practitioner-at-large representative. Please see Natasha's report elsewhere in this newsletter.

Ongoing issues before the Board include Institute finances, and the development of new service mark guidelines. Board members look forward to working with Carlo in the development of a long-term business plan in support of the Institute's growth and expansion.



From A New Board Member

Let Me Know What Your Needs Are

Natasha Heifetz

Natasha is a full-time Trager Practitioner, Supervised Practice Leader, Introductory Workshop Leader, and Tutor from Berkeley, California. She served as chairperson of the first Training Track Committee from 1983-1985; and has just joined the Board of Directors as a full-voting member.

I am delighted to announce my being asked to serve on the Board of Directors as a representative of the Practitioners-at-large. This Board position will be rotated every two years at the time of the International Trager Conference; and, this decision will be reviewed at the time of the next conference.

The Board's inclusion of a full-time Practitioner points to another new beginning in the history of the Institute. Although the Board's orientation has always been to serve the Practitioners, it was felt that this process would be more efficient if a full-time Practitioner served because this person would have direct experiences to share in their participation as a Board member.

In this new role, I am interested in being a conduit for input into the decision-making processes of the Trager Institute and working toward a long-term vision that is congruent with the needs of the membership and purposes of the organization. I would appreciate your support by letting me know what your needs are. My address is listed in the membership roster, and right here: 2830 Benvenue Avenue, Berkeley, CA 94705.

Instructors Committee

Gail Stewart

Institute members attending the Fall, 1987, International Conference in Quebec, Canada, envisioned what they wanted to see happen with Trager work and the Trager Institute in the next 5 years. They came up with ideas and issues which have been funneled to all working committees of the Institute. Of the requests which were referred to the Instructors' Committee, the three most mentioned were:

(1) Support in Mentastics

Specifically, video and audio tapes; generally, any support which would better equip Practitioners to reach the public with Mentastics.

What's being done: A video is in the very initial stage of development. This would be a companion piece to the *Trager Mentastics* book by Dr. Trager and Cathy Guadagno-Hammond. This is, as you probably know, a long process, with contracting a production team, creating a script, careful planning, and handling legal and service mark matters. Dr. and Mrs. Trager have suggested an in-house tape being edited and made available to members from already-produced tapes from his trainings. We are not working on an audio tape at this time. This idea will be discussed at our September meeting.

There is one pilot class—taught by Sheila Merle Johnson and Carol Campbell—and one proposed pilot Mentastics class which is being developed by Marianna Hartsong and Karen Hortig. These classes are intended to support Practitioners in the most basic way: by helping them develop and get their Mentastics across to their clients more effectively. As those of you who have been taking advanced trainings recently have noted, Dr. Trager is developing Mentastics into a still more simple and direct transfer of feeling in his own trainings.



Executive Committee

Jean Iams

Over the past three months the Executive Committee (EC) has completed what it can—including the committee-forming process—in response to the rich feedback generated at the regional meeting at last Fall's Fourth International Conference in Quebec, Canada. The addition of Carlo Rossi, our new Executive Director, to the EC has given us the final creative spark to support the completion of this long-term task.

The following list of committees summarizes our delegating efforts. Details of their individual activities can be found in past, present and future newsletters.

Training Track Committee.

Gae Henry has spiritedly resurrected the Training Track Committee in an attempt to deal with present-day issues of training requirements for the Training Track.

Conference Committee.

The Executive Committee has participated in the selection of the newly-formed Conference Committee chaired by Anna Marie Brinkman. This committee will be producing the Fifth International Conference in Indianapolis, Indiana.

Scientific Research Advisory Committee.

The former Scientific Advisory Committee has been transformed to this newly created committee chaired by Adrienne Stone. In a related decision, physician Michael Stulbarg has been named Medical Advisor—a position which he unofficially held for many years.

Promotion Committee.

Carlo Rossi is in the process of forming this committee. His hope is to include two members of the Executive Committee plus others to meet and develop promotional policy. The Brochure Committee has dissolved, and this project will be carried on by the Promotion Committee.

One additional position upon which we have been deliberating has gained some new clarity. The fate of the Regional Liaison, a most crucial role, has been suspended from our agenda until October. For the time being, Carlo is taking on some of the functions of the Regional Liaison. He hopes to travel to as many Trager regions as possible. Undoubtedly, his experience and insight will assist us in re-assessing this volunteer position.

(2) Help getting into advanced trainings more easily

Since trainings with Milton are necessarily limited, we can assist best with this one by clarifying the limits and how to be sure you have applied for the training you have the best chance of getting into, and applied on time. Aside from the eligibility requirements, which are clearly published, two main principles can help you predict your chances of getting into any particular class. First, if you have just had a class with Milton, you will have less chance of getting into another class with him right away. Second, if you have less experience and are applying early for a high level class, you will always get in after people who have more training and more field experience. End-of-the-year classes are particularly hard to get into because of members wanting to fulfill continuing education requirements by year's end.

If it is impossible for you to meet requirements because a class you are eligible for and have applied in advance for is full, our policy is generally to postpone that training requirement, if we cannot get you into that class.

(3) More options for advanced trainings

One option we have developed to meet the demand for advanced trainings is the Practitioner Practicum. There are two of these trainings scheduled for the Fall of 1988, and two for the Spring of 1989. We will be conferring with the Training Track committee about other options.

There were many other suggestions, requests, and issues, which we will respond to over the next several meetings, and report to the membership on in future newsletters. Some of these include:

A travelling Practitioners' Practicum.

The first two of these are being held in October, in Massachusetts, and in January, in Florida. We will base our future planning of such trainings on a review of these first ones.

Training in starting and maintaining a private practice. In our September meeting we will review what is currently taught in Intermediate and Practitioner 1 trainings, and discuss improvements in these classes. We expect to confer with the Training Track committee about possible auxiliary classes. This also relates to another request for . . .

More trainings by and for Practitioners. At least one pilot class, the sports training by Lynette Brannon, and one pre-pilot class, in Mentastics, are now in the works. The Instructors Committee has used these early trainings to develop a standard to evaluate classes, and a procedure of proposing classes so that they can be appropriately considered for authorization by

the Institute. We expect proposals for new classes to arise from the research being done by the Training Track Committee as well.

Increased and deformalized contact with Instructors. At last May's meeting, the Instructors considered this request and agreed that when possible they would arrive in town for a training in time to have some informal contact with Tutors, Practitioners, and Students balanced with the need for more structured contact—Review Days and Tutorials—as requested by the sponsoring group.

More rigorous standards for entry into Beginning Trainings and clear communication to Practitioners about those standards so they know on what basis to recommend applicants to Beginning trainings: These last two issues are on our September agenda. Others will be discussed at future meetings. (The full report of issues raised at the regional meetings of the 1987 conference is available from the Institute office.)

Committee Meeting Dates

Don Schwartz

Below is a listing of our three major committees and their future meeting dates. Letters, suggestions and other input for all of these committees should be mailed to the Institute office. Executive Committee input should in no later than two weeks before the listed meeting date. Instructors Committee and Board of Directors should be in no later than one month before the listed meeting date.

Generally, the Board of Directors meets every two months, the Executive Committee meets monthly, and the Instructors Committee meet biannually. For meeting dates beyond those listed, please check with the Institute office. If you have any questions, especially on the form of your input, please call me at the office any time between 10:00 AM and 4:00 PM, Monday through Friday.

Committee	Meeting Dates
Executive Committee	November 21, 1988 December 21, 1988
Board of Directors	December 5, 1988
Instructors Committee	April 14-16, 1989

Executive Director's Report

Carlo Rossi

It is not hard for me to believe that I have been here for almost four months already—time flies when you work hard and are having fun! We—the Institute staff, Board, and Committees—have had a very busy Summer, and the various activities are chronicled elsewhere in the newsletter.

First of all, a big thank-you to all of you who have called, written, and conferred with me. I am feeling “right at home” and have valued greatly the input I have received from our membership. KEEP IT UP!

In addition to the usual work with our administration, Board, and Committees, I have been focusing on the following areas:

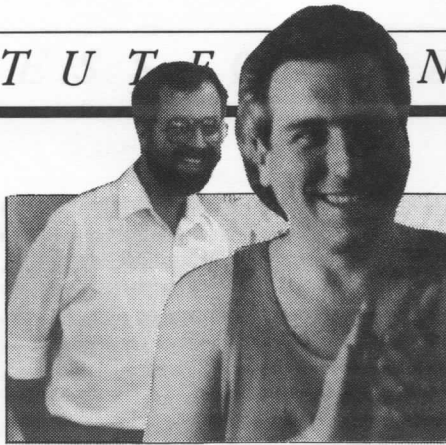
Long Range Planning: What will the Institute look like in three - five years?

Fund Development: Long term financial solvency.

Board of Director's Expansion: Adding two members to the Board of Director's.

Public Relations: New PR materials.

The critical area is the long-range plan—our map of the future. We have assembled a Planning Task Force made up of a cross section of Trager representatives—Board members, Instructors, staff, Committee members and Practitioner representatives. We will be developing a framework for the future of the Institute. I invite your participation in this process. Write or call me with your ideas and or comments; I



will relay your input on to the Task Force.

The creation of a fund development plan is another top priority. We will be looking at all funding sources, including grants and foundations, with a goal of assuring financial solvency for all future Institute programs.

The Board of Directors has decided to add two new members. We are looking for individuals with background/knowledge in Trager work, who are interested and willing to serve on the Board. Meetings are bi-monthly and subcommittee work is involved. This is a unique opportunity to work with the leadership of our Institute. Call me for further information.

A Promotions Committee has been formed to carry forward and expand the work of the recently disbanded brochure committee. This committee will work on a new brochure and other public relations materials. This is most important as we look to expand Trager work in the world.

I feel very fortunate to be connected with such an outstanding organization and the people who belong to it. The leadership of our Institute (Board, staff and Committees) are dedicated and caring people who have established a very solid foundation. I am looking forward to the future and to making Trager work successful in the world.

above mentioned products with the proper service mark indications included. Practitioner members wanting any of these printed products would use a special order form giving Pronto Press your name, address, and telephone number(s) which would then be placed on the template and custom printed.

The design and production of these templates would involve administrative expenses which we do not want to authorize unless we know that there is significant interest in these products on the part of our Practitioners. So, we need to hear from you to know if you are interested in purchasing these printed products for your practice. Please write or call me at the office. **WHETHER OR NOT THESE SERVICES ARE DEVELOPED DEPENDS UPON YOUR RESPONSE TO THIS ARTICLE!!!**

Office Activities

Don Schwartz

As you have seen, we have mailed out our Fall schedule, newsletter and renewal materials together in one money-saving package. The Fall is our annual renewal period. Each year we work at making renewal as smooth and efficient as possible. And, as usual, I encourage you to call or write right now if you have any questions about your renewal—especially the continuing education requirements. I heartily encourage you to renew early, avoid the late fee, help our office—especially Sandra—manage itself easily, and have your listing in the 1989 roster.

Having said “good-bye” to Trager Student Gayin Linx as our office person Friday who handles T-shirts and publications, we are now saying “hello” to Sue Darling whose background includes management consulting with the Fortune 500. We are happy and lucky, indeed, to welcome Sue on board.

Sheila Merle, Sandra, Marcia, Sue and myself are enjoying our work with Carlo Rossi, our new Executive Director, in examining and improving our administrative structures and functions. We see this as an ongoing process and look forward to continued improvements in our services to you. I simply cannot overemphasize how important it is for you to call or write us if you have any questions or problems. We're here, we want to serve you the best that we can.

We are in the pre-production process in developing a revised “Trager Handbook.” We'll keep you in touch with this project as it develops.

Now that we've hit a plateau in our office computerization, we are gradually improving and refining our systems. The next big leap will be when we are able to produce our schedule “in-house” with a customized desk-top publishing system. Sadly, it will still be a while until that system's in place. Our need is growing for a fourth terminal, that is, a 386 machine with a very large hard disk, and a sophisticated network. We are also in need of the hardware and software associated with high resolution, color monitors. At first, I thought these were a luxury; but, recently, I've learned they're also eye-saving—a worthy virtue! If anyone out there has direct access to a manufacturer, distributor, or retailer of hardware who might be willing to do the Institute a favor in terms of purchasing assistance, please call me!

Possible New Services For Practitioners

Don Schwartz

The administrative staff has initiated a dialogue between our graphic artist, our printer (Pronto Press) and ourselves regarding the offering of new services to Institute certified Practitioners. These new services would include custom printed stationery and envelopes, business cards, logos, and brochures. The way this would work is that our artist would design aesthetically pleasing “templates” which would be Institute-authorized designs for the

THE TRAGER INSTITUTE

MEMBERSHIP ORDER FORM

We are proud to offer several new products: Milton and Cathy's new book, **Trager Mentastics**, Deane Juhan's new book, **Job's Body**, and three new journals. One journal is a new edition of the 1982 journal containing four introductory articles on Trager. The second Trager Journal contains 6 articles on Trager, some of them new. The third is French language journal with four articles on Trager. We also now have the Trager logo pendant in gold.

The Trager Logo Pendant (14K gold only)	\$66.00*
The Trager Approach (Video Tape)***	50.00
Trager Mentastics by Milton Trager, M.D. with Cathy Guadagno, Ph.D.	16.95**
Job's Body by Deane Juhan, M.A.	25.46**
The Trager Journal I or II	2.00ea
10 Copies or More	1.75ea
20 Copies or More	1.50ea
La Revue Trager I (Francais)	2.25ea
10 Copies or More	2.00ea
20 Copies or More	1.75ea

O R D E R B L A N K

All foreign orders must be in international money orders, drawn on an American bank, in US currency. Canadian orders may use personal checks in US dollars. Checks should be made payable to the Trager Institute.

NAME: _____

ADDRESS: _____

NAME OF PRODUCT	QUANTITY	PRICE EA.	TOTAL
Trager Logo Pendant			
Trager Approach (Video)			
Trager Mentastics			
Job's Body			
Trager Journal #1			
Trager Journal #2			
La Revue Trager I			

Sub Total	
California residents only add 6% sales tax	
Shipping & Handling	
GRAND TOTAL	

Shipping Information—by surface mail		
	U.S. & Canada	Europe
1 Bk.	\$3.00 each	\$4.00 each
2-4 Bks.	2.50 each	3.50 each
Video	3.00 each	***
Journals	1.00 each	2.00 each
2-5	.75 each	1.50 each
6-10	.50 each	1.25 each
over 10	.25 each	.75 each

Allow four to six weeks for domestic delivery, six to ten weeks for foreign delivery.
 * price includes tax, shipping & handling
 ** price includes members 15% discount. Quantity discounts available from the publisher, Station Hill Press, Barrytown, NY 10011
 *** not available in European video format



The Trager Body

A 120-minute color video tape for the Trager Student—written, produced, and narrated by Deane Juhan.

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 Trager work, and narration which encapsulates the main points of interest to Trager students which are covered in the course. It will put the principle details of the course 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 are 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 of this program without the author's written consent is illegal.

HOW MUCH DOES IT COST?

The cost of the complete two-hour video cassettes is \$90 U.S. plus a three dollar 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.

Name _____

Address _____

Phone _____

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 _____

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

TRAGER T-SHIRT ORDER FORM

Please list 2nd & 3rd color choice. 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 _____

Check Cash

Send check or money order payable to the: Trager Institute ♦ Mail to Attn: T-SHIRTS, Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891 ♦ Allow four (4) weeks for delivery—*California residents add 6% sales tax. ♦ Include \$3.00 for the first item & .75 for each additional item for postage & handling ♦ Air Mail Europe \$10.50 first item. Add \$3.50 each additional piece. ♦ Surface Rate \$5.00 first item add \$2.50 for each additional piece.

TRAGER T-SHIRTS

<p>CC \$9.00 \$3.00</p> <p><i>Limited Stock!</i> <i>Special!</i></p>  <p>Taupe Rust Deep Red Teal Electric Blue Plum Dusty Rose Steele Blue Maroon Purple</p> <p>Style CC—Crew Neck Long Sleeve, 100% cotton, pre-shrunk, runs small Unisex: SM, M</p>	<p>EE \$16.00</p> <p><i>New Shirt!</i> <i>Available Now!</i></p>  <p>X-Large Sea Breeze Peach, White Lt. Blue, Red Large Khaki Lt. Blue, Red</p> <p>Style EE—Long Sleeve, Button Down, 100% cotton, pre-shrunk, runs small. Unisex: M, L & XL</p>	<p>FF \$14.00</p> <p><i>Limited Selection!</i></p>  <p><u>Small & Medium</u> Rose Lt. Blue Turquoise Maroon Black White <u>Large & X-Large</u> Purple Red Fushia Jade Slate Blue Black Maroon Pink Royal Blue Baby Blue Light Pink</p> <p>Style FF—Crew Neck Sweatshirt, 50% cotton, 50% poly. Runs small. Mens: M, L, XL</p>
<p>F200 \$7.50</p>  <p>Turquoise Yellow Royal Blue Coral Pink Lavender Orange</p> <p>Style EE—Tank Top, With white trim and bow 100% cotton. Womens: S, M, L. Style F200—Camisole, Narrow shoulder straps and shaped neckline. 100% cotton, pre- shrunk, runs small, with raised ribs every inch. Womens: S, M, L.</p>	<p>GG \$11.50</p> <p><i>Special!</i></p>  <p>Red Black Maroon White Lavender Rose Pink Lt. Blue Yellow Med. Navy Blue Lt. Gray <u>X-Large Only</u> Navy Blue Black White Red Gold Yellow Lt. Blue</p> <p>Style GG—Short Sleeve Crew, 100% cotton, pre-shrunk. Mens: S, M, L, XL</p>	<p>HH \$9.50</p> <p><u>Small & Medium</u> Lt. Blue Pale Pink Lavender Turquoise Peach Yellow Med. Navy Blue Maroon Black Red White Royal Blue Rose <u>Large, X-Large</u> Burgundy Black Light Blue Red Yellow Lavender Pink</p> <p>Style HH—French Cut, 50% cotton. 50% poly. Womens: S, M, L, XL</p>
<p>K100 \$18.00</p> <p><i>Limited Selection!</i></p>  <p><u>Small</u> Black <u>Medium</u> Navy Blue Coral White <u>Large</u> Navy Blue</p> <p>Style—K100 Cuffed Pants, Covered elastic waistband. 100% cotton. Large fits 40" hip. Inseam to bottom of cuff 30". Sizes: M, L only.</p>	<p>LL \$14.00</p> <p><i>New Shirt!</i> <i>Available Now!</i></p>  <p>White Black Lt. Blue</p> <p>Style LL—Drop Sleeve Rolled 100% cotton, pre-shrunk. Womens: M, L, XL.</p>	<p>TRAGER PENDANT</p>  <p>Approximately 1 inch, 14 karat gold, chain not included. \$66.00 TOTAL (includes sales tax & shipping)</p>



THE TRAGER INSTITUTE

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Promote Your Practice with "The Trager Approach" Videotape

An Effective Promotional Tool to Help Build Your Private Practice

This 18 minute professionally made documentary 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 presentations 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 her or his 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.

To order your tape, send US \$56. (includes shipping and handling) to the Trager Institute, 10 Old Mill, Mill Valley, CA 94941. California residents please add \$3.00 for sales tax. Your check should be made payable to the Trager Institute.

CREDITS

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Production Assistants: Marcia Koski and Sandra Rugoff
Typesetting: ProType
Layout: Crowfoot Graphics
Printing: Pronto Press
Mailing: The Trager Institute's Office Staff



East/West Magazine Reprint Available

An edited version of "Moving with Milton Trager", the article by Richard Leviton which appeared in the January issue of "EastWest" journal is now available from the Institute office. This reprint is professionally typeset and artfully presented with photographs on a conveniently folded 11" by 17" sheet. This article is the first separate reprint we are offering members. It is useful as an adjunct to your Trager brochure. And, like the Trager brochure, we are happy to announce that you will be able to order it directly from Pronto Press. Prices below include all shipping and handling charges.

QTY.	E. OF THE MISSISSIPPI	W. OF THE MISSISSIPPI	AL & HI
25	\$12.	\$11.	\$16.
50	21.	20.	26.
100	36.	35.	43.
200	63.	62.	75.

The prices above are for shipping by UPS. Unfortunately, the only way to get the reprints to Alaska and Hawaii in a reasonable amount of time is by UPS second day air. If the members from Alaska and/or Hawaii want to join together and order a minimum of 500 or more, we will get the package from Pronto Press and mail them by Printed Matter to save you some money on shipping. Also, we do suggest that all members consider pooling their resources in placing orders so that you can keep your price per piece down. To place an order make your check payable to, and mail it to: Pronto Press 3100 Kerner Boulevard, San Rafael, CA 94901

Contributions to this newsletter from members of the Trager Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness.