

“This Feeling...”

A Trager® session and commentary with Roger Tolle.

This video contains potentially hypnotic rhythms. For full enjoyment, please watch it in a safe, comfortable, and undistracted environment.

Human beings are uniquely designed to learn and re-learn through our whole lives. It is our birthright to cultivate continually new expressions of our unique life energy.

Dr. Milton Trager's work invites us to re-imagine living with less struggle; And to manifest this, by learning the feeling of freedom and ease through our body's movement experience.

Safety and comfort allow the body to trust and let go.

Softening the sweater of muscles around the torso allows for more freedom of movement and expression, and ease of breathing. Deeper breathing nourishes the body and calms the mind.

Bounces of weight and gentle waves help to enliven, organize and regulate the body's many interconnected systems.

As the body softens, movement can ripple uninterrupted throughout the organism, inviting the body to come alive deep down.

A freer foot will provide a more responsive and reliable platform for upright balance, posture and locomotion.

Releasing weight, over and over and over, yields a sense of freedom, lightness and delight.

As the efforts to sustain a self-image give way to real and pleasurable self-perception, the soft, natural elegance of the body can begin to take over.

In the ebbs of the waves, and in longer pauses in the flow, quiet spaciousness can blossom. Softening...giving in...allowing ourselves to be deeply touched...happens in layers.

Bounce and rebound gradually unravel long-held patterns of tightness and stress. Joyfully free movements, especially of the shoulders, flood the bodymind with a soup of anti-depressant chemical messengers.

Soft touch and hypnotic rhythms erode the personality's dominance over the body it inhabits, allowing a new, rich, inner landscape of sensation to emerge.

(breathe)...This feeling...