



Professional
Certification
Program

The Trager® Approach

Life at the most basic level is about movement and flow. I feel more joyously alive with the fluid, easy and playful movement of TRAGER.

Suzy, Reiki Master

My experience of TRAGER as a medical student opened me to a profound experience of the joy and health of being a much more integrated person. Taking the TRAGER training has given me tools to be a great help to my patients on a daily basis with many problems that western medicine is unable to address. Thank you Milton!

Mark, Physician, Past President,
American Holistic Medical Association

Within a half hour of meeting Milton Trager in 1978, I could feel my hands knew more than my head, and that my life would change forever. TRAGER opened my heart, my intuitive knowing, my trust in the dance of life. I am forever grateful. TRAGER now informs every aspect of my life.

Marianna, Ph.D., CMT

TRAGER changed the nature of my practice, giving me additional “tools,” not the least of which is more effective presence with clients.

Eileen, Physical Therapist

From the first touch, I knew this was my home. TRAGER is a wonderful way of making a living using all my movement skills.

Roger, Dancer, New York City

Over 20 years my process with the TRAGER Approach has brought me again and again to a beautiful experience of my most cherished value—freedom.

Betsy, Bodyworker

From my first introduction to the TRAGER Approach I was touched very profoundly. I knew then that TRAGER would be the means of personal growth and the vehicle of expression for something much deeper.

Marlena, former Medical Office Manager,
now TRAGER practitioner

TRAGER makes me realize that not only can my body feel fluid and at ease, but that I can work fluidly as well, having ease all the time.

Kirsten, Massage Therapist

Although only in my thirties, I felt hardened by life. TRAGER brought “soft” back into my heart, my body, and my being.

Nancy, Teacher and Bodyworker

**There is a way of being
Which is lighter
Which is freer
A way in which work
As well as play
Becomes a dance
And living a song
We can learn this way.**

**Milton Trager, M.D., founder
of the TRAGER Approach**

The TRAGER® Approach

There is both need and desire in today's world for an experience of quiet, centered wholeness. The TRAGER Approach to mind/body integration and movement education brings you into this state of being.

Through gentle, non-intrusive movements, such as rocking, elongating, and shimmering, you can bring back the playfulness and freedom you may once have felt as a child. Experiencing these feelings at a tissue level, rather than intellectually, is powerful and transformative.

You begin to discover, "What could be lighter? Freer? Softer?" As you learn to play with gravity, rather than struggle against it, TRAGER brings you closer to the possibility of an ageless body.

If you wish to pursue a new and rewarding profession, improve the quality of your life, or develop new depth in your existing work, the TRAGER certification program is for you!

TRAGER is a valuable modality for:

- Movement professionals (yoga, martial arts, dance)
- Massage and bodywork practitioners
- Nurses, physical therapists, occupational therapists and other health care providers
- Psychotherapists and other mental health providers.
- Osteopathic physicians and chiropractors
- Individuals seeking a new dimension of personal growth

Movement
Easy
Free

Fluid





*“Really a wonderful training ... beautifully organized ... clear, playful.”
Patience, Mother*

Program Overview

Your classroom experience immerses you in a feeling that Milton Trager described as a “vast ocean of pleasantness.” Classes are structured to maximize experiential learning, flowing from demonstrations to practice, from pausing to moving, from group discussion to individual explorations. You have opportunities in class to apply TRAGER principles, and during the fieldwork following each class level, you have time to integrate at your own pace. As you give and receive sessions and work with certified TRAGER tutors between class levels, you continue to develop greater freedom and feelings of lightness and ease in yourself, so you can cultivate these feelings in clients. As you progress through the three levels of coursework, the anatomy requirement, and classes focusing on MENTASTICS, you embody the work more fully. Intimate class sizes allow for close instructor/student contact, and fieldwork is customized to meet your specific learning needs. Because classes and fieldwork are complementary, you are continually inspired to apply what you learn on your own to the group experience, and vice versa.

Light
Curiosity Mentastics®



What You Can Expect to Learn

- How to recognize and deepen the alert meditative state Milton Trager referred to as “hook-up”
- MENTASTICS movement explorations to elicit and deepen feelings of grounding, suspension, lightness, ease, and freedom for your own personal practice and for use with clients
- A protocol for providing a complete hands-on TRAGER session, from intake interview to closure, and a sufficient repertoire of possible movements to encourage practitioner creativity and responsiveness to each unique client
- Techniques to maximize effectiveness while minimizing effort when working with clients
- Specific ways of applying TRAGER principles in tablework and MENTASTICS to meet the needs of a variety of client conditions
- Ways to create a successful, ethical, effective practitioner/client relationship

Pleasurable Playful

“A truthful, organic exploration of the work and its principles is ever-present throughout the training.”

Patricia, Past Life Therapist

“Superb Training. Teaching was inspirational. A coherent framework was maintained for the course, yet it felt that there was all the time in the world to explore. I have learned the genuine delight of inquiry.” Maru, Physician

Your Instructors

As adult learners, you expect a learning experience that is full, but not overwhelming, purposeful, yet flexible. You expect instructors who are experts in their field of endeavor, who are eager to share what they know, who respect your desire to learn—even more, whose joy is your desire to learn and their opportunity to teach. Meet your TRAGER instructors!

Regardless of your background and previous training, your instructors guide you on an exciting journey to professional status as a TRAGER practitioner. Their clarity of purpose is such that you may be amazed at how much you learn in class—without even trying. Modeling TRAGER principles in their classroom teaching by providing safety, gentleness, lightness and ease, they connect with you! Dr. Milton Trager said, “Learning the work is like catching the measles; you can only get it from someone who already has it,” and TRAGER instructors are very contagious!

Expansive

“The best teachers I’ve ever had ... for anything.”
Paula, Acting Teacher

Getting Started

Before embarking on your TRAGER certification journey, you’ll want to receive a series of sessions to develop receptivity, and to begin experiencing the potential and depth of the TRAGER Approach. To enter the certification program, you need to complete one of these options:

- Receive 2 TRAGER sessions from a certified practitioner
- Attend a TRAGER Introductory Workshop and receive one session
- Attend MENTASTICS classes and receive one TRAGER session
- Attend a TRAGER Elective and receive one TRAGER session

An application for the training program is waiting for you online at www.trager-us.org.

Classes in the U.S. are offered through the United States Trager Association. Upcoming Level I classes and program costs are listed on the enclosed insert. The most up-to-date listing of worldwide classes is available at www.trager.com.



*Connecting
Hook-up
Peaceful Soft*

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What participants have said about the TRAGER
Professional Certification Program ...

Delightful, spontaneous, and yet contained
within a parameter that allows safe growth.

There was a great flow from one activity to the
other ... it seemed seamless. A good balance
of sensing, feeling, and moving ... each piece
of information added to the next without
overwhelm.

A very easy way of learning ...

I so appreciate the clarity, richness, and great
skill in teaching ... I feel bathed in support and
encouragement to grow.

I have already gotten my money's worth on just
this first day!