



The Trager® Approach Retail Form

ORDER FORM FOR NON-TRAGER MEMBERS
Please allow at least 2 weeks for delivery

Contact us:

Phone: 440-834-0308

Fax: 440-834-0365

Email: retail@tragerus.org

PRODUCT See descriptions on back	ITEM PER UNIT	PRICE PER ITEM	QUANTITY REQUESTED	TOTAL \$
Trager® Approach with Milton DVD	1	\$15.00		
Mentastics® with Milton DVD	1	\$20.00		
Introduction to the Trager® Approach with Clifford Shulman (12 min)	1	\$15.00 VHS DVD		
Pathway to Presence CD by Audrey Mairi	1	\$20.00		
Moving Medicine	1	\$20.00		
Movement as a Way to Agelessness 1 st Edition-Reprinted	1	\$20.00		
Body reMINDER Cards - Walking deck	1 Deck	\$18.00		
		10 or more @ \$15ea		
Body reMINDER Cards - Sitting Deck	1 Deck	\$18.00		
		10 or more @ \$15ea		
Body reMINDER Cards - Driving Deck	1 Deck	\$18.00		
		10 or more @ \$15ea		
Card Deck Combo-pack (see description)	Must be 10 total 1	1-19 @ \$15.00		
Water Bottle	1	\$5.00		
Share the Feeling gift set (see description)	1	\$20.00		
T-Shirt – River Blue Extended Sizes	1	\$10.00		S, M, L, XL XXL & XXXL
		\$12.00		
T-Shirt – Yellow Extended Sizes	1	\$10.00		S, M, L, XL XXL & XXXL
		\$12.00		
T-shirt – Natural Extended Sizes	1	\$10.00		S, M, L, XL XXL & XXXL
		\$12.00		
Flip Flops	1	\$10.00		S, M, L
Bandana	1	\$5.00		
Post It Cube	1	\$8.00ea 10 for \$35.00		
“Ask me About Trager Button”	1	\$2.50		
Shipping Details: <ul style="list-style-type: none"> All packages are shipped US MAIL. Orders are processed Monday – Wednesday. <i>Please allow at least 2 weeks for delivery.</i> Items will be shipped when payment is received. 	~*Special S&H Fees~		SUBTOTAL	
	DVDs only	1-3	\$5.00	S&H-See special ← rates
	Body Reminder Cards only	1-5 Decks	\$5.00	
	Trager Buttons only	1-5	\$5.00	Sales Tax (Ohio Residents) 6.5%
	All other shipping is \$15 flat rate			
			Check Enclosed # _____	
			I will pay by Paypal. Please send an invoice to my email.	

Please fill in your information on reverse side



USTA Address:
13801 W. Center ST. Ste. C
PO Box 1009
Burton, OH 44021

Revised June 24, 2010



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Your Information- <u>PLEASE PRINT CLEARLY</u>		
Name		
Address		
City	State	Zip
Country		
Phone ()	Fax ()	
Email (only needed for Paypal payment)		

Ship To Information- <u>PLEASE PRINT CLEARLY</u>		
Same as Account Information		
Name		
Address		
City	State	Zip
Country		
Phone ()	Fax ()	

Product Descriptions

Trager Approach with Milton (made in 1986-20 minutes) This is a promotional video that interviews Dr. Trager and is mixed with testimonials from Practitioners, an Architect, a Real Estate Broker, a Media Cable Consultant and a coach. It gives background information on Trager and has a brief example of Milton doing Mentastics.

Mentastics® with Milton (made in 1989 – 1 hour long) In this video Milton discusses, teaches and demonstrates Mentastics. This is good to follow along with or for home study. This video does not certify you to become a Mentastic Leader or Teacher. There is a 10 minute morning routine in this video. This also gives background information about Milton.

Introduction to Trager with Clifford Shulman (made in 1995 – 12 minutes long) A demonstration by Clifford Shulman provided in an appearance on the cable TB program, "Alive & Wellness" on Americas Talking network. Dramatic results, as shown with before and after footage

Pathway to Presence CD by Audrey Mairi (approx. 70 minutes long) Soft music with informative talking similar to meditation

Moving Medicine-2nd printing (soft cover, 166 pages) Published by USTA. Author: Jack Liskin, This book is the authorized biography of Milton Trager, M.D.

Movement as a Way to Agelessness 1st edition Re-printed (soft cover, 174 pgs, lots of pictures) Cathy Hammond, PhD./ Milton Trager, M.D., This book explores Mentastics® Movement Education through use of pictures and prose.

Body ReMINDER Cards (Walking, Sitting and Driving deck) Developed by Roger Tolle. This deck of 52 Mentastics® Playing Cards can be used for your own development of Mentastics, for working with clients, or for gifts for clients or friends

Body ReMINDER Card Combo – buy at least ten decks of Body ReMINDER Cards and get them at \$15 each.

Trager Water Bottle (16oz) white bottle with blue Dancing Cloud Logo.

Share the Feeling gift set includes 1 clear glass 10oz mug, 1 post-it pad, 1 bandanna, 1 button. These come already gift wrapped for easy giving!

Trager T-shirt- comes in River Blue, Canary Yellow and Natural Each t-shirt is a unisex fit and crew neck. The *Dancing Cloud* logo is in color on the front of each

Flip Flops – Blue and Tan flip flops have the Dancing Cloud Logo cut out on bottom of flip-flop to it will leave an impression in the sand

Bandana - Royal Blue with White dancing Cloud pattern overall, 22" square, 100% cotton

Post it Cubes Every page printed with the dancing cloud logo, & the phrase "A lighter way of Being"

Ask me about Trager Button - 2 ½" diameter button – blue with white lettering and dancing cloud logo in the background

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