

The second aspect of the *Trager Approach*, called *Mentastics*, involves instruction in the use of self-care movements.

*Mentastics*

is taught both in private sessions and in group classes.

Dr. Trager developed these simple, effortless movements to encourage playful exploration of "what could be freer" for your body. Integrating *Mentastics* into your daily life will allow you to enhance and recall feelings of ease, freedom, flexibility and joy.

*Mentastics*

can become part of the way you take care of yourself and relieve stress and tension.



