



The *Trager* Approach helps release deep-seated physical and mental patterns and facilitates deep relaxation, increased mobility and mental clarity. Many people seek *Trager* sessions for personal growth or increased feelings of joy and wellness. The *Trager*

Approach has also been reported to ease or manage a wide range of conditions including:

- strokes and neck pain
- limited movement and pains
- back spasms
- depression
- physical/sexual trauma
- post-polio syndrome
- sparks and other injuries
- fibromyalgia syndrome

