

*I have studied Dr. Milton Trager's techniques and prescribe them frequently for my patients (medical and psychotherapeutic) and corporate clients. They are of great value in treating a large variety of ills, and have the added benefit of creating a high level of wellness and a sense of well being.*

-- Emmett E. Miller, M.D., Specialist in Psychophysiological Medicine and Stress Management

*I am most enthusiastic about Mentastics®. There is such a naturalness about the whole experience, a rhythm that reminds me of dancing. I am always left with a feeling of lightness and freedom of movement.*

-- Neil Sedaka, Performer/Composer

*The advantage of Trager® is that the athlete can stay more limber and loose, and thus freer of muscle damage.*

-- John Percy, President and Founder of the Greater Austin Track Club

*Trager® work is one of the least invasive forms, using gentle rocking and bouncing motions to*

*induce states of deep, pleasant relaxation. It helps facilitate the nervous system's communication with the muscles, so that it can be used as a method of rehabilitation especially by people suffering from traumatic injuries, post-polio syndrome, and other chronic neuromuscular problems.*

-- Andrew Weil M.D., Author of Spontaneous Healing, Director, Program in Integrative Medicine, University of Arizona, Tucson

*Trager® work is an invaluable aid for all singers. It relaxes the throat muscles and positions the larynx for extended range and better breath support. I rely on it.*

-- Linda Ronstadt, Singer

*As a dance/movement therapist and Trager® client I have found this gentle hands on technique creates a sense of openness and centeredness enabling one to explore and revitalize the connection between body mind and spirit.*

-- Kathy Cass, Dance Therapist

*Milton Trager's work will benefit anyone wishing to lead a healthier and more dynamic life.*

-- Deepak Chopra