

Region: Mid-Atlantic Trager® Association (MATA) □
[New Jersey, New York, Eastern and Western Pennsylvania, W. Virginia]

Photo to come:

I was introduced to TRAGER® over 30 years ago. The longer I use it for myself and others, the more I am grateful I am that it came into my life. I have seen in my clients and felt in myself profound changes for the better. Our organizational Motto: "Peace in the World - One Body at a Time" is really true. For many years I took the services that our organization provided for granted. About 7 years ago I was asked to step up to the plate and join the ranks of those who are helping our organization function. Since then I have been involved in regional, national, and international boards and activities. Being involved helped me see the many benefits we receive for our membership and how hard our staff and volunteers work to support our practitioners and clients. I have met many wonderful dedicated people and deepened my experience and appreciation of the *Trager Approach*. I truly believe that as more people become active in our organization, our enthusiasm and commitment will help people worldwide to enjoy the benefits of our wonderful *Trager Approach*!

Irene

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