

Renewing the *Trager*® Training Program Prototype project

Members of this prototype group : Naoyuki Sekino, Avi Bahat, Marita Melzer, Cindy Popp-Hager, Anna Marie Bowers and Amrita Daigle

Our prototype

Our piece is about renewing the *Trager*® training program. Our first prototype is a vision of three different open pathways to enter the *Trager*® world.

1. A professional Practitioner certification program (already in place, format could be broadened or reviewed).
2. A program offered to general public to improve aspects of personal and professional daily life, on a personal level (the least developed path in current organization).
3. A program tailored for health professionals to include *Trager*® in their existing practice, without becoming a *Trager*® Practitioner (current Immersion Intensive *Trager*® program – needs to be renewed).

We are aware that many other items were given to us in Bettenburg. As looking at everything all at once seemed overwhelming, we decided to begin with addressing a small piece of pathway # 1 and fleshing out the pathway # 2. We are offering you the first draft of our two prototypes:

- 1. The « Back moves repertoire prototype » is about pathway #1.*
- 2. The « Trager® for daily life class » lives in pathway #2.*