

Trager® for daily life – Foundations of the Trager® Approach Prototype

Possible content	<ul style="list-style-type: none"> • Attitude of exploration and inquiry, concepts of elongation, support, weighing and ease of movement for both giver and receiver • Quality of touch, listening with your hands and your eyes – pausing to “harvest” information – understanding the difference between trying to “fix” something and moving within the range of pain-free movement • The importance of asking if there are medical restrictions in movement • The importance of listening to how the movement feels to your partner and responding to that feedback appropriately • The importance of finding comfortable positions for working with each other – sitting, standing, lying down • Simple practical and useful movements and ideas that will make daily life easier, both for the person taking the class and for family member or loved one – some examples: help child sleep (rocking), less back pain with daily activities (how to shift the manner of doing physical work by sensing how the body feels), better balance (shifting weight side to side and front to back) • Additional practical ideas for people confined to wheelchairs or beds • How to discover your own ways of moving through life with more ease (self-care) • Concept of discretion – being delicate with personal information
Content NOT included	<ul style="list-style-type: none"> • Demonstration or instruction of complete Trager® session • Permission to charge money for using the techniques and concepts that are taught • Permission to teach this work to others and claim to be teaching Trager® • Permission to use the Service Marks (“Trager”, “Mentastics” or the Dancing Cloud Logo) • Formal in-depth anatomy training • Pre-requisites or requirements other than a desire to learn simple techniques to share with self, family, friends, loved one, etc. • Continuing Education credits – certificate of attendance could be offered for classes of 1-3 days • Distribution or studying the Trager® Handbook • Formal practice follow-up

Who's teaching ?	All Practitioners	Class Leaders
Context and format	<ul style="list-style-type: none"> • During a <i>Trager</i>® session • In health fair and congress settings • During demonstrations or lectures • Up to one full day classes • Personal accompaniment (example: going shopping with someone afraid of crowds and teaching them to breathe, feel their weight...) 	<ul style="list-style-type: none"> • During a <i>Trager</i>® session • In health fair and congress settings • During demonstrations or lectures • 1, 2 or 3-day classes • Personal accompaniment (example: going shopping with someone afraid of crowds and teaching them to breathe, feel their weight...)
Teaching skills, criteria and supervision	<ul style="list-style-type: none"> • Currently active Practitioner status • In order to teach 2 or 3 day classes, Practitioners need to have their teaching skills evaluated under current Elective classes criteria and process (no need for any evaluation of the class content by anyone UNLESS this person ALSO wants to create a <i>Trager</i>® Elective) 	Currently active Introductory Workshop Leaders, Core Curriculum Instructors, Elective, Anatomy and <i>Mentastics</i> ® Teachers
Documentation and administration	<ul style="list-style-type: none"> • No % to TI or NA • Documentation to NA if a person wants to count the class as a pre-requisite for entering training program • Participants receive a certificate of attendance and it can count as a prerequisite to enter the <i>Trager</i>® Certification Program if at least 1 day class (replacing the Introductory Workshop pre-requisite) 	
Clientele	All public people – family, friends, couples, colleagues, hobby partners, school teachers, artists, active people (dancing, practicing sports...), business people, movement teachers, leaders of all kinds, people working in elderly homes...	