



What is *The Trager® Approach?*

The *Trager* Approach is a form of movement re-education, which combines tablework and self-care movements. During the tablework, practitioners use gentle rocking, swinging and stretching movements to lull the body into a progressively deeper state of relaxation. This communicates a feeling of free, effortless movement to the nervous system, enabling the body/mind to let go of chronic holding patterns.

Who is Judy Rose Seibert?

Judy Rose Seibert is a *Trager* practitioner & tutor, and Introductory Workshops Leader. She has taught dozens of *Trager* classes in the Washington, DC area. Judy Rose's joy of teaching extends back to years of teaching dance classes. She has a special skill of being able to clearly break down, articulate and demonstrate *Trager* movements. And she like to have lots of fun during class!

From Gilbert Gallego:

I see *Trager* as a very valuable adjunct to Reiki and the healing arts. There is a synergistic effect of combining the physical work of *Trager* with the energy work of Reiki. I see Judy Rose as the epitome of a *Trager* practitioner & teacher, and she is also certified in Reiki Level 3 Jin Kei Do. If you wish to add to your Reiki practice, or to your tools for self-care, I highly recommend taking Judy Rose's workshop.

Information on the Web:

www.trager.com
www.tragerbyjudyrose.com



Introductory Workshop

Saturday, March 31, 2012

10:00 am - 5 pm

(6 NCBTMB CE Hours for Massage Therapists)

at the home of Julie Thomas
Mclean, VA

Taught by Judy Rose Seibert

Cost \$100 if registered by Mar 17
(\$120 after Mar 17)

To register: call 301/949-4145
or e-mail mizjudyrose@msn.com

In this hands-on workshop we will explore the principles of *Trager* bodywork and self-care movement, and how to integrate it into a Reiki session.

We will learn relaxing, rhythmic movements...that invite the body to let go into fuller & freer movement & deep relaxation.

We will explore using our whole bodies to create this movement, allowing our hands and arms to stay as relaxed as possible, and thus transmitting the fullest feeling of relaxation to the client.

We will explore meditation in motion, both with a partner on the table and during our own self-care movements, as we continue to ask..."What could be freer than that?" "What could be easier than that?"..."Hmm, how could it be?"