

T R A G E R®
Movement Education and
Body / Mind Integration

Level 1 Training
With Kate Rose
17 – 22 March 2012
Mullumbimby. N.S.W



What is Trager®?

*There is a way of being
Which is lighter; which is freer.
A way in which work as well as play
Becomes a dance, and living, a song,
We can learn this way.* **Dr. Milton Trager**

Trager® is a pleasurable, gentle and effective approach to movement education and mind/body integration. It combines gentle, relaxing manipulation of the body called tablework with self-care exercises called Mentastics.

Kate Rose has been a Trager® instructor for 25 years. She is based in the south of France and is also a trained classical ballerina, a story teller and musician. With her gifts of empathy, patience, and humour, she understands how each individual learns and has total faith in their ability to discover themselves in an ever deeper way.

For further information about the training, contact:
Udita Simon, Trager practitioner, Mullumbimby.
Mob. 0414216283 – email: uditasimon@yahoo.com.

Visit: www.trager.com for more information about Trager or to find a practitioner in your area.