

# Trager

Taught By David Haines

The Trager® Approach is an innovative form of movement education and mind/body integration. Trager® incorporates both passive and active movement to help release deep – seated physical and mental holding patterns. In this workshop participants get a thorough introduction to the principles of Trager® through detailed explanation, demonstration and practice, participants will explore how rhythmic motion, sensitive observation, and a curious, questioning attitude can be applied to their work their lives. Fee: \$100.

Check us out at  
[www.synergymassage.edu](http://www.synergymassage.edu)

- April 18<sup>th</sup> 10am 'till 5:00pm
- 6 hours NCBTMB Continuing Education Credits

Synergy Healing Arts Center  
& Massage School, Inc.

13593 Monterey Lane  
Blue Ridge Summit, Pennsylvania 65432  
Phone (877) 372-6617 (717) 794-5778

[www.synergymassage.edu](http://www.synergymassage.edu)

email: [massage@synergymassage.edu](mailto:massage@synergymassage.edu)

Near the BRS Library



**A non-refundable deposit of \$25 will guarantee your spot in the class**

**All fees must be paid in full by April 1, 2010. Please make check payable to and mail to Synergy**

## Hours

Monday through Saturday: 9 A.M. to 5 P.M.

Call us 24/7

877-372-6617