

THE TRAGER® APPROACH
Trager® Elective With Deane Juhan

Princeton, NJ • October 21-23, 2011

24 Credit hours through NCBTMB

**Freeing the Neck and Shoulder Girdle
Resistance and Release Work**

In my experience as an early student, as a practitioner and as an instructor, both the neck and the shoulder girdle have presented special challenges—the neck because it is so vulnerable and complex, and the shoulder girdle because it involves so many extensive muscle groups. We will use slides for anatomy review, questions and discussion, and the fruits of my 35 years of practice and growing repertoire of approaches to these areas to augment your effectiveness in these functionally interdependent areas.

RESISTANCE/RELEASE WORK

The work that will be presented in this workshop is an innovative addition to the scope of your practice, developed by Deane Juhan based upon his direct observation of the rehabilitative techniques of Dr. Milton Trager.

Functionally, we are really one muscle that is divided up by the connective tissue structures into different compartments in order to provide specific vectors of motion and coordination among extensive groups of muscles. It is difficult for individuals to free up and re-coordinate restricted movement patterns without actively engaging the muscle groups that have become stuck in habituated patterns and that are causing discomforts and limitations. This engagement is not simply a matter of “relaxing,” but of lengthening some muscle cells, contracting others, more effectively recruiting motor nerves and their motor units for coordinated action, and establishing both increased strength and ease.

The resulting reorganization provides a more evenly distributed action throughout extensive muscle groups and an immediate experience of less effortful and more effective movement.

Resistance/Release work is designed to re-coordinate our musculature as a whole and to train more efficient and effective recruitments of muscular contractions and lengthenings involved in any position or movement, from feet to head and from sleeve to core.

The work also bridges the gap, felt by many practitioners and clients, between the active giver and the passive receiver, the "expert" and the "problem." It establishes a dynamic relationship in which both parties are participating and learning together. No two repetitions of resistance and movement, and no two sessions are ever alike, opening the door to a fertile and creative exchange and an ever-evolving mutual growth for both parties involved. It is the end to repetitive protocols and routines for the practitioner, and an opening of never-ending possibilities of exploration and self-development for the client.

***Deane Juhan** is the author of the classic **Job's Body: A Handbook for Bodywork, and Touched by the Goddess: The Physical, Psychological and Spiritual Powers of Bodywork**. He was a practitioner and teacher in residence at Esalen Institute from 1974-1992, and practitioner and instructor of the work of Dr. Milton Trager for the past 28 years. He has developed his own Resistance-Release Technique, and has taught workshops and lectured in the U.S., Canada , Europe and Japan. His official website is www.jobbody.com.*

Tuition fee: \$375. To register: Please send a \$100 deposit before September 15, 2011 to P.O. Box 234, Princeton Jct., NJ 08550. Make check payable to Betty Post.

For additional information, please call or e-mail:
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