

Intro to Trager® Approach

with Dr. Silvia Casabianca

LMT: MA32919

Certified Trager Practitioner & Intro Leader



Bonita Schools - October 26- 9 a.m. - 5 p.m. - 8 FL CEUs
Cebroker Provider #50-625 - Course #20-382654

The Trager® Approach was developed by Dr. Milton Trager. It combines a special modality of manual therapy with soft movement for self-care: Mentastics®. The practitioner mindfully explores the body with the goal of helping the receiver's body restore optimal communication between the nervous and the muscular system. Mind and body reconnect through movement and touch. Trager contributes to muscle relaxation by using undulating movement, soft traction and elongation and joint mobilization. The proprioceptive system is stimulated and this leads to the body self-correcting restrictions that're no longer needed and contractions that serve no purpose. The result is an improvement of range of motion (ROM), and relief of pain and limitation. The Trager practitioner invites the client to experience lightness, freedom, softness, and effortlessness, contributing to self-awareness.

This class also teaches principles of biomechanics that prevent practitioner's burnout. The Trager principles can be incorporated to any massage session.

BONITA SPRINGS SCHOOL

FOR MORE INFO CALL: (239) 495-0714

<http://www.bonitaspringscareers.com>

THE INSTRUCTOR

Silvia Casabianca is a LMT since 2000. She became a Certified Trager Practitioner in 2002. After practicing medicine in Colombia, she became a psychotherapist and currently has a practice as a mental health counselor in Naples. She is a holistic practitioner and as such, very much interested in the mind-body unity. She has carefully studied the anatomy and the physiology of movement and finds Trager to be very helpful to patients who suffer from pain and limited ROM. She was the director of the EYES WIDE OPEN holistic center in Bonita Springs. This class is one of the pre-requisites to start the Trager certification.

To know more: www.tragerus.org

**\$107 if paid before Oct 10
and \$119 thereafter**

**www.EyesWideOpenC.com
(239) 948-9444**