

## TRAGER® for Daily Life Promotional Video Links

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### 1. TRAGER for Daily Life

By itself : [youtube.com/watch?v=ZkK9l13WnpA](https://youtube.com/watch?v=ZkK9l13WnpA)

As embedded in the playlist : [youtube.com/watch?v=ZkK9l13WnpA&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=1](https://youtube.com/watch?v=ZkK9l13WnpA&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=1)

### 2. TRAGER au quotidien

By itself : [youtube.com/watch?v=OSsgLWGjzJs](https://youtube.com/watch?v=OSsgLWGjzJs)

As embedded in the playlist : [youtube.com/watch?v=OSsgLWGjzJs&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=2](https://youtube.com/watch?v=OSsgLWGjzJs&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=2)

### 3. TRAGER i det vardagliga livet

By itself : [youtube.com/watch?v=mZMAXjwoOkY](https://youtube.com/watch?v=mZMAXjwoOkY)

As embedded in the playlist : [youtube.com/watch?v=mZMAXjwoOkY&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=3](https://youtube.com/watch?v=mZMAXjwoOkY&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=3)

### 4. TRAGER apuna arjessa

By itself : [youtube.com/watch?v=36HxvbWCZSU](https://youtube.com/watch?v=36HxvbWCZSU)

As embedded in the playlist : [youtube.com/watch?v=36HxvbWCZSU&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=4](https://youtube.com/watch?v=36HxvbWCZSU&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=4)

### 5. TRAGER para la vida cotidiana

By itself : [youtube.com/watch?v=gk7yPX20Yww](https://youtube.com/watch?v=gk7yPX20Yww)

As embedded in the playlist : [youtube.com/watch?v=gk7yPX20Yww&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=5](https://youtube.com/watch?v=gk7yPX20Yww&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=5)

### 6. 日常生活のための トレガーラ プローチ®

By itself : [youtube.com/watch?v=Q150aSRitN8](https://youtube.com/watch?v=Q150aSRitN8)

As embedded in the playlist : [youtube.com/watch?v=Q150aSRitN8&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=6](https://youtube.com/watch?v=Q150aSRitN8&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=6)

### 7. TRAGER per tutti

By itself : [youtube.com/watch?v=H-WNzu2xXH8](https://youtube.com/watch?v=H-WNzu2xXH8)

As embedded in the playlist : [youtube.com/watch?v=H-WNzu2xXH8&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=7](https://youtube.com/watch?v=H-WNzu2xXH8&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=7)

### 8. TRAGER im Alltag-Kurse

By itself : [youtube.com/watch?v=\\_d5L7rYKwTE](https://youtube.com/watch?v=_d5L7rYKwTE)

As embedded in the playlist : [youtube.com/watch?v=\\_d5L7rYKwTE&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=8](https://youtube.com/watch?v=_d5L7rYKwTE&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=8)

### 9. Трэгер в повседневной жизни

By itself : [youtube.com/watch?v=c7ZMTbWtQWk](https://youtube.com/watch?v=c7ZMTbWtQWk)

As embedded in the playlist : [youtube.com/watch?v=c7ZMTbWtQWk&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=9](https://youtube.com/watch?v=c7ZMTbWtQWk&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla&index=9)