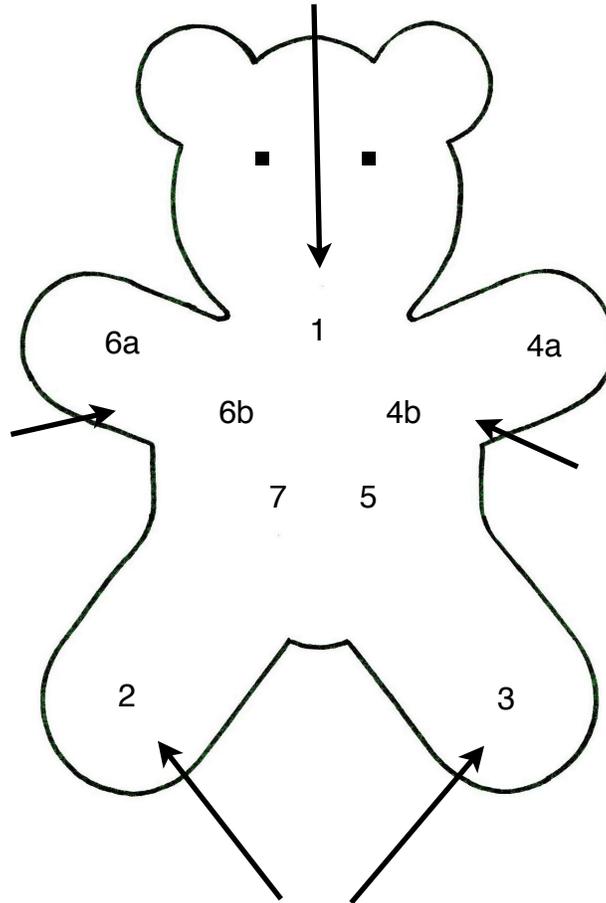


Trager Level 1

Supine Position Face Up

1 - NECK

hello shoulders (cat paws)
elongation (chin down)
weigh the head
head rolls (cradle)
side stretch (swan neck)
butter thumbs on brow (closure)



6-7 Belly / chest

6a Arm

Sculpt Arm, weigh with elongation/
traction - soft hands/
Step up - arm swing at 90 degrees
shimmer biceps

6b Pectoral stretch

Arm down/ ribs in & down (pinwheel).
Principle of belly and chest integration

7 - Belly

soft presence sculpt
sink into tissue feel and rock

4-5 Belly / chest

4a Arm

Sculpt Arm, weigh with elongation/
traction - soft hands
Step up - arm swing at 90 degrees
shimmer biceps

4b Pectoral stretch

Arm down/ ribs in & down (pinwheel).
Principle of belly and chest integration

5 - Belly

soft presence sculpt
sink into tissue schlurp feel and rock

2 - 3 Front of leg:

End of table: -

Sculpt Leg, Hello Leg,
weigh knee, hip rotation (Waggle Waggle) and Hello Leg (traction and
thigh bounce)

1st sitting position: Facing out:

Rocking leg from hips (legs rest on your thigh)
Ankle flexion with palm
Lean out to Heel Swing - avocado sandwich/bell clapper
Mini Coffee Grinder of toes using thenar prominensce

2nd sitting position:

Tooth Paste Tube, foot play - washing socks, bounce ball of foot with ankle
flexion

side of table

leg rocking
foot wobble
knee roll (simple framing the knee with two hands),
thigh bounce and/or shimmers/ souffle'

Trager Level 1

Prone Position Face Down

6 Arm Shoulder Hip/Back

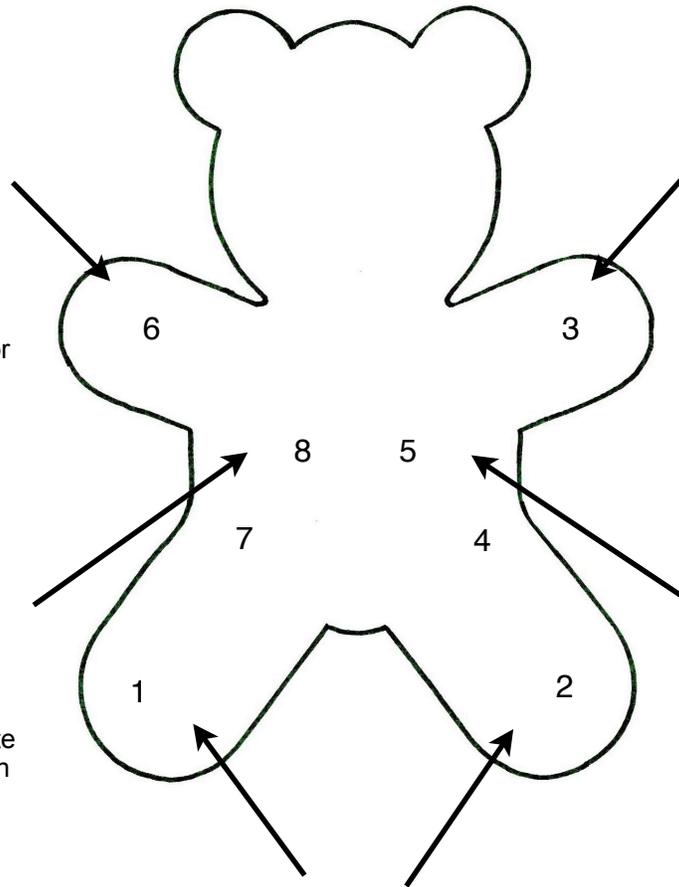
Shoulder - Standing
sculpt and feel tissue of the back
(painting)
compressions
weigh arm
pendulum
arm toss (Jackie Gleason)

Arm softly bent on table:
shoulder circles (dealing cards) or
vertical bounce
Perch Position:
shimmer triceps and deltoids
bounce shoulder

3 Arm Shoulder Hip/Back

Shoulder - Standing
sculpt and feel tissue of the back
(painting)
compressions
weigh arm
pendulum
arm toss (Jackie Gleason)

Arm softly bent on table:
shoulder circles (dealing cards) or
vertical bounce
Perch Position:
shimmer triceps and deltoids bounce
shoulder



7-8 Hip/Back

Go away leg
Simple rock at the waist opposite
Hip rock (nibble tush) integration
of the back as a whole
(shoulders and lower back)
Recall

4-5 Hip/Back

Go away leg
Simple rock at the waist opposite
Hip rock (nibble tush) integration
of the back as a whole (shoulders
and lower back)
Recall

1-2 Back of Leg:

End of table: -

Hello leg
Achilles stretch
Foot shake
Toe rattle
Play the bass addressing gluteals &
Hamstrings (shimmer)

1- Supine Neck Closure

Repeat Neck

