

**Trager Level 1, 2-3 Review with Michael Lear**  
**Session 1 - July 28, 2020 - Homework Suggestions**

This is a most auspicious and opportune time for humanity, albeit somewhat of a curious time too. But, a perfect time to leverage the “crack in the societal/cosmic egg,” and its sizeable pause, to reflect, weigh, dance and ponder life as we know it or had created it, and by conscious choice, emerge from that familiar structure, into a radically new expression - or even just a mildly tweaked next iteration. Either is a next step forward. The prize being the unknown, perhaps more possibility, even greater ease, peace, fluidity, lightness and, if especially fortunate, more chocolate.

Some questions for you to explore this week. Please take some inventory and write down what comes to mind. In some cases there is more than one answer. If any of these catalyze musings, jot those down too. There is no formal structure here to start, just some prompting to loosen the dirt so to speak.

How could I incorporate more embodied movement/dynamic mindfulness (Mentastics) into my present day activities?

When I do, what new movements can I explore that are different from my default explorations? How do those make me feel? What evokes my curiosity?

What areas of my life or in which activities do I naturally pause, keep light, allow space for flow and don't judge?

What areas of my life or in which activities do I tend to push, effort, work hard with little or no space, lightness, or tend to not experience flow and joy yet persist anyway? How do you feel during and after these activities? What would it be and feel like to re-imagine my approach to these activities; to enjoy these more too?

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What would you say is out of your comfort zone in terms of table-work and personal or shared Mentastics? What areas could you explore to expand your possibilities? Do you have practice partners to help you with this?

If sharing some work is available to you, step out of the CZ a little. How did it feel? What was your practice client's experience?

**Some thoughts we'll explore about Mentastics/Embodied Movement Exercises next time...**

**Types:**

Body part specific

Principle specific

Emotion, image or mindset initiated

Repetition (comfort zone) ...**just stay there story...**

ROM (Range of motion) small to large to small... bell

**Ways to Convey:**

Modeling, Mirroring, Broadcasting

Random Exploration, Music inspired

Tone of voice

Dosing/Pacing

How do you know if they're getting it

Eyes open

**Roger Tolle - application ideas...**

- Meditative, embodied experience - ease, peace
- Athletic lens - to build new and more expansive movement patterns, quicker more powerful movement skills, responses, organize recruitments
- Health - enliven and balance tissue, emotion states, mental clarity
- Artistic - enhance, authenticity, elegance and beauty in personal expression - finding grace;
- Leadership - posture, carriage, presence, voice tone
- Professional Development for Bodyworkers- hand contact, personal presence, effective movement facilitation with clients