The Trager® Approach

What’s possible for you?

Having suffered years of pain in my lower back due to an injury and subsequent numbness in my leg and foot, I started to believe that pain was inevitable. It felt like someone had drawn a box around me in black magic marker, the ceiling always visible. It became such a part of me that I started to change my life around the pain and made choices by it.

And then, I had a moment of freedom from pain. A glimmer of possibility.

This feeling of freedom came to me through the hands of a Trager® Practitioner during my first Trager session. It was then I realized I had a choice moving forward: I could either feed the pain or the possibility; the limitation or the freedom.

New to Iowa City and the Washington Street Wellness Center, the Trager® Approach is a form of movement education and mind/body integration that uses gentle rocking and lengthening movements, rather than compression, to create and foster freedom, ease in motion, and lightness in the body. Easy movements communicate positive sensory signals to the body and mind that release muscle tension and restriction, increase range of motion, balance and mobility, and reduce stress. Through hands-on tablework and self-care movements learned during sessions, the Trager Approach helps to identify movement patterns causing dysfunction, while introducing new, more positive movement and muscle patterns that support improved function and harmony in the body. Because the work is gentle, never engaging resistance or forcing movement, Trager cultivates openness, while facilitating a deep relaxation and mental clarity.

If you are looking for relief from chronic pain, the Trager Approach helps to interrupt pain signals by introducing new, positive feeling experiences and re-educates the body with movement patterns that support function and freedom from pain.

If you experience rigidity, instability, or imbalance in movement, Trager sessions increase communication with your nervous system, integrating and coordinating your body as a whole and helping your body feel lighter and movement easier.

If you are looking for ways to enhance your yoga and/or meditation practices, the Trager Approach offers the tools and space to discover a deeper awareness and mind/body connection, while supporting flexibility, posture, and whole body integration.

If you are wanting to increase your athletic performance, Trager helps you learn how to use your body more efficiently and release unneeded tensions and restrictions that are keeping you from reaching (and surpassing!) your goals.

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To schedule a session, please call the Washington Street Wellness Center at 319-466-0026 and receive 50% off your first Trager session if scheduled by the end of March!

If you have questions about the Trager Approach or would like to discuss how it can help you, please call Amber Thunell, Trager Practitioner, at 319-432-9880. For more information on the history of the Trager Approach, specific benefits and to view video clips of sessions, please visit www.amberthunelltrager.com. “Like” my page on Facebook at www.facebook.com/amberthunelltrager and stay up to date on lectures, workshops and specials, and have access to quotes and ideas that inspire and self-care movements that support and further integrate the work you receive in your sessions.

Looking forward to possibility!

~ Amber