

"Tight muscles could be caused by many things but the pattern of the tightness is all in the mind."

Milton Trager MD.

Founder of the Trager® Approach



Trager Sessions with Kathy Jennings, CTP



What is the Trager® Approach?

The Trager® Approach is the innovative approach to movement education, created and developed over a period of 65 years by Milton Trager, M.D. Utilizing gentle, non-intrusive, natural movements, the Trager® Approach helps release deep-seated physical and mental patterns and facilitates deep relaxation, increased physical mobility, and mental clarity. These patterns may have developed in response to accidents, illnesses, or any kind of physical or emotional trauma, including the stress of everyday life.

What to expect from a session...

A Trager session includes both tablework (lying on a massage table while fully clothed) and also Mentastics®, which are self care movements that are given as "homework" to be integrated into one's daily life.

Who does this work benefit?

"Milton Trager's work will benefit anyone wishing to lead a healthier and more dynamic life." -Deepak Chopra
The Trager® Approach has been reported to ease or manage

- stress
- back and neck pain
- Parkinson's disease
- carpal tunnel syndrome
- physical/emotional trauma
- headaches

"I have studied Dr. Milton Trager's techniques of bodywork and prescribe them frequently for my patients (medical and psychotherapeutic). They are of great value in treating a large variety of ills, and have the added benefit of creating a high level of wellness and a sense of well being."

-- Emmett E. Miller, M.D., Specialist in Psychophysiological Medicine and Stress Management

"Our Issues are held in our Tissues"

Approach new possibilities of change with the Trager® Approach

Please call or email Kathy Jennings: 828.216.4002 or kj@kathyjennings.com

