



Education

Trager Therapy





„I feel like a dancing cloud.“

said Chungliang Al Huang,
Tai Chi master, philosopher and calligrapher
after a treatment by Dr. Milton Trager.

He thanked him with the calligraphy,
which he named „Dancing Cloud“ ..

Trager Therapy training at the Kientalerhof

The Trager training is suitable for personal development and for people with an interest in health and mindfulness. It can be completed on a part-time basis.

- provides in-depth preparation for the profession of Trager Practitioner/Therapist
- enables EMR/ ASCA registration
- leads to a degree as a complementary therapist with a federal diploma (OdA KT) if desired

The first level of training to become a Trager Practitioner takes about 2 1/2 years and includes 10 levels of 4 class days each (250 h) plus an internship.

After successful completion as a Practitioner, it is possible to work professionally with clients and, if desired and with an additional 150 hours of medical basics, to obtain recognition at the registration offices of the health insurance companies EMR/ASCA.

For the title „Trager Therapist“ and the industry certificate „Complementary

Therapy“, a further 10 levels (250 h) of Trager courses (approx. 2 1/2 years) and a recognized professional or baccalaureate degree are required. With this degree it is possible to work at health institutions (rehabilitation clinics, hospitals, etc.). More information: www.oda-kt.ch.

What is Trager Therapy?

The memory of peace itself

As a child we move naturally, joyfully, in light and loose ways. Trager therapy is a method which gives our body and mind the stimuli to experience such feelings of lightness and freedom again.

It is a relaxing, highly developed form of integrative touch and movement exploration that reaches the unconscious patterns of tension in the body and mind. The organism's ability to self-regulate is supported.

Trager works especially at the level of the fascia and the nervous system. Through soft and clear touch, rocking movements and light compressions, clients are invi-

ted to experience relaxation, elasticity and freedom of movement. Unconscious blocks, holding patterns and tensions, which often cause pain, can be released.

This is done in a combination of work on the treatment table and a special kind of gentle self-directed movements that Milton Trager called „Mentastics“ (mental gymnastics), which involves effortless movement, a play with gravity.

History of Trager

Dr. Milton Trager (1908-1997) began developing his work at the age of 18 and continued to refine it in private practice over the next 40 years. In 1974 he was invited to the Esalen Institute (www.esalen.org, California) to present his work. Betty Fuller, a student and teacher of Moshe Feldenkrais was so enthusiastic that she convinced him to share his experience. So, in 1975 he began to teach his work. Trager Therapy has been taught and practiced in Switzerland since 1985.

What do we learn in the training?

We learn the following attitudes and principles to help clients see themselves as whole. The techniques described below only work in conjunction with these principles:

Empathy

The ability to be value-free with what is. It gives clients the opportunity to feel into themselves. When clients are in pain, we can witness that; we can allow ourselves to become calmer and quieter; we can touch through our presence.

Curiosity

The sincere interest in and with our clients brings us into a partnership at ever deepening levels. We explore by asking questions and letting the answers lead us to the next question, the one after that, and on and on.

Playing with gravity

We are born into gravity and live our whole lives in it. By feeling our own weight and physically taking on the weight of a



client's body part, the client's Autonomic Nervous System is invited to let go of the tension involved in holding weight. We begin to play with gravity.

The power of less

Rarely in life are we asked to do less. This question creates a space where more can be felt. Questions like, „Can you move with half the effort?“ create new neuromuscular connections. These often have both a clear physical and an emotional impact.

The client can begin to let go of the intertwining of tension and pain that keeps him/her trapped in an unhelpful pattern. Lightness and effortless movement are often the result.

Self-care

We learn

- We are enough as we are
- To be lighter and freer, both in body and in thought
- To recognize what is good for us and what is not
- To be gentle with ourselves

We teach our clients to support themselves in a variety of ways. They gradually learn to take greater responsibility for themselves.

To teach self-care, we as therapists must first learn and practice it ourselves. Only then is it authentic. We know it works because we have experienced it ourselves in our own bodies and minds.

Hook-up – Presence

In the training we practice working in a state of awake presence, which we call Hook-up. In this meditative being and doing, we are more deeply connected. It enables us to be in value-free dialogue and movement with ourselves and our clients.

A dance

With the use of one's own body and the qualities mentioned above, the work becomes a playful dance. We learn to explore in a mindful, rhythmic way with the waves and qualities of the muscles and tissues. In this way we convey lightness. Our work becomes a dance, beginning

from our feet and eventually in full connection with our client.

Recall – Remember

Our body is capable of recalling an experience, bringing it to consciousness. In this process, a great chemical, neurological and muscular interaction is activated, and the body reproduces the muscle tone, movement, feeling, temperature and pressure of the remembered situation. Trager therapy helps us to recall positive experiences. This state can be re-experienced and integrated into everyday life at any time.

Techniques

These techniques are effective when combined with the attitudes and principles described earlier:

Mentastics

Movement experiences guided by us, but primarily carried out independently by the clients. They help to deepen a feeling perception and to experience changes in

dealing with oneself with more ease. These feelings can be recalled and applied in everyday life and deepen the ability to perceive. Once learned, the client can take these movements into daily life, using them to recall feelings of ease and freedom as a regular practice.

Treatment on the table

Compressions

Compression of the tissue by means of sinking in with the hands to give space so that structures can be released and elongated more easily and in a more organized way.

Lengthening

Create space (relaxation), feel connections.

Rocking

Has a calming effect on the nervous system. As with a small child, rocking releases tension in the body and mind.

Sculpting

Making the shape of the body part being



touched perceptible to the client, in order to stimulate proprioception (self-awareness). For the therapist, sculpting gives feedback (an inner picture) of the patterns of tension in the tissue.

Taking out Slack

A preparatory measure before starting to move the body. The surface tissue is grasped with the hands with moderate pressure and tightening of the skin layer. This addresses the connective tissue matrix of the entire system and creates a holistic body feeling.

Exploring waves

The weight of the body parts is moved in waves, the rhythm is perceived and adapted to the change. This addresses the parasympathetic part of the autonomic nervous system.

Shimmer

The tissue is vibrated by smaller and more localized waves (as opposed to rocking with larger explorations).

Reflex Response

Verbal guidance with active movements (in contrast to the passive posture in the other therapy phases). This results in a transition from unconscious to conscious perception in the sensory system. Through active participation, the client is encouraged to consciously engage with patterns of movement and holding. Passive and active phases may alternate in a treatment, relaxation and alertness are thus brought into harmony. Reflex Response can be integrated into Mentastics or applied on the table. This work is often used to support greater range of motion.

The same qualities that we teach the clients, we learn to develop for ourselves in the training. Through these experiences we are able to work with pain, movement limitations or other problems and discomforts. We also learn to see our clients as whole, no matter what they bring.





Structure and contents of the training

Graduation as a Trager Practitioner

- 250 h of specialized instruction in 10 training levels (approx. 2 1/2 years)
- 220 h Internship between training levels

Internship between the courses means to train the techniques and perceptions learned in the course through practice and to deepen and integrate the contents of the previous level. For this purpose, the students give 10 treatments between the levels and record a large part of their experiences and perceptions in reports. Between each level there are supervised sessions (1 tutorial between each level 1 - 9), observances (observe a treatment, 4 from level 2 to 10), supervision days (2) and a mentorship.

After successful completion as a practitioner, it is possible to work professionally with clients and, if desired, to obtain recognition at the registration offices of the health insurance companies EMR/ASCA.

See informations at:
www.emr.ch or www.asca.ch

Graduation as Trager Therapist with branch certificate KT

additionally:

- 250 h of specialized instruction in 10 training levels (approx. 2 1/2 years)
- 200 h internship
- 340 h Tronc Commun:
 - 180 h medical basics
 - 104 h social science basics
 - 56 h job-specific basics

After at least 2 years of supervised professional practice, it is possible to obtain the Swiss Federal Diploma in complementary Therapy by taking the Higher Professional Examination.

Federal Funding

After completion of the Trager training and attendance of the 'Höhere Fachprüfung KomplementärTherapie', 50% of the course costs (max. CHF 10'500, calculated back 7 years from the HFP) can be applied for as federal funding for reimbursement.

Trager Practitioner Training (Level 1 - 10)

Level 1

„One step further than relaxation lies peace.“ Milton Trager

We explore listening, presence and connection

We learn in this first course to use the postures and principles of Trager Therapy such as curiosity, gravity/weight and the pauses as experiential tools. We learn to slow down and be better in the present moment. We learn a simple routine that addresses all areas of the body with Trager postures and techniques. We learn how to improve our own mindfulness in everyday life.

- The process of hook-up: directing attention inward, physically, holistically (meditatively) and opening all the senses allow us to become aware of our interconnectedness with everything.
- The most important basic skills (grounding, orientation, connection, Mentastics, pauses, inner and outer attitude) in contact with oneself and with other people
- The concept of orientation to the

healthy and whole in life.

- Guided exchanges of experience with the contents of the hand postures including directions of movement in each body region, in the supine and prone position.
- History of Trager Therapy

Level 2

„To jump high, it takes strength. It's exhausting. Landing softly means asking yourself questions like this: What is softer, and what could be softer, than this? What is easier ... and easier still than this? This process is the basis of Mentastics.“ Milton Trager

Ease in work

What is lightness? To work lightly is to know what lightness is. How do we know what lightness is? We can simply ask: What is easier? Asking a question is very different from knowing exactly what to do! So by asking the question, we come to a place of curiosity. We will explore the differences between feeling and touching. In this class we will explore waves and rhythm and the dance that comes with it.



- Differentiated body perception and training of self-awareness
- Theoretical background, observation and own experience of movement and posture patterns
- Mentastics and the ways it can be used to change habits
- Further exploration and practice of hand postures with directions of movement in each body region, supine and prone
- Fascia network/ biotensegrity and the interconnections in the body („taking out the slack“ understanding)
- The principle of the questioning attitude
- Theory and experience sharing on Reflex Response principles
- The principle of recall (re-evoking pleasant bodily sensations)

Level 3

„We can only approach the ideal state in the body. There is no such thing as perfection.“ Milton Trager

Questioning attitude and feedback

By not intending to „fix“ the tension we find in ourselves and in others, we invite

the memory of something softer and freer. In this way, we reach out to the autonomic nervous system. Our willingness to experiment and work with pausing supports this process. The pause is the creative space where integration, reorganization and deep connection with a sense of wholeness are made possible. The pause is a place of dignity where client* and practitioner can come into their own power, into self-determination and into self-movement (empowerment).

- Embody and convey an open and questioning attitude
- Awareness of one's own state of being
- Guided experience sharing for alternative positions and the expanded repertoire of hand postures
- Deepen communication; with our practice partners during treatment and in relation to ourselves
- Applying the Recall Principle
- Apply reflex response principles and find linguistic formulations for them
- Internalize and teach Mentastics

Level 4

„The intent of my work is to resolve sensory and mental patterns that inhibit free movement, cause pain, and thus limit normal function.“
Milton Trager

Basic Anatomy

In this course the anatomy is made visible and perceptible. This gives a deeper understanding of how and why we move our clients and what affects Trager in the different body systems such as muscles, connective tissue or the nervous system. The anatomical images give necessary insights into the body and can sharpen our focus and deepen our understanding of what is being addressed inside the body during Mentastics and table work. It increases the efficiency of the work, strengthens our competence in the conversations with clients and other professionals. Together we will explore the wonder of the body in all its aspects.

- Theory and practice of the effects of Trager movements in anatomy and physiology with specific reference to Level 1-3 learning content

- Body systems (muscles, connective tissue, nerves, organs) and their functions
- Information systems (nervous system, hormones, etc.)
- First pathologies of widespread complaints

Level 5

„What could be easier, what could be freer?“ Milton Trager

Perception training

In this course we deepen the ability to respond to the needs of the client. Whether it is in the non-judgmental observation of their movements during Mentastics or during table work. We refine the feeling for the basic skills and the quantity of stimulation that each person needs individually. The holistic nature of the human being encompasses diverse, even contradictory experiences (feelings, thoughts, attitudes, etc.). This complexly structured holistic form of human experience cannot be understood and influenced by analysis and rational procedures alone. Awareness of this complexity is a basis for shaping



the therapeutic relationship and Trager's therapeutic intent.

- Observation of movement patterns in clients* and training of the corresponding suggestions
- Targeted application of Mentastics
- Different perceptual systems
- Training of balance, mindfulness and self-awareness
- Understanding of the partnership approach to the client and how to deal with resistance
- Expanded repertoire of Trager movements in each body region
- Expanded repertoire of Reflex Response
- Ethics in the therapeutic setting

Level 6

„What is softer? Softer is, ... well? You don't just give up or struggle to be soft. Be soft before you even start.“ Milton Trager

Deepen perception and technique

The principle of introspective empathy combines autonomy with connectedness. The attitude of resting empathy refers to another person as well as to situations,

emotions and actions. In Trager Therapy this means that we always pay attention to our own body and find the quality of freedom and relaxation within ourselves. In this course we deepen our self-awareness and the ability to transmit this quality with feeling, touch and awake presence and to find the dance. We begin to understand and practice what it means to lead groups.

- Deepened perception training in oneself and in relation to the client
- Training of the quality of movement in one's own body
- Deepening the expanded repertoire of Trager movements in each body region
- Working with feedback in Trager therapy
- Deepening communication skills
- More ease with Mentastics and integration in one session
- Mentastics guidance in groups

Level 7

„This experience is not just for the moment. It will last for the rest of your life. People will be different - because of the experience they have had.“ Milton Trager

Advanced Anatomy

This course is both an expansion and a deepening of our understanding of what we feel under our hands. Through it, we will reach a new level in our body therapy expertise. The latest scientific principles of Trager Therapy will be taught.

- Fascia and biotensegrity
- Neurology of interoception and exteroception
- Importance of touch in Trager therapy for the neuroendocrine system
- Polyvagal theory (modalities of attachment, flight or fight, death reflex)
- Physiology of reflexes
- Diverse forms of mobility (e.g., hyper- or hypomobility)
- Contraindications in Trager work

Level 8

**„Hook-up is the most important element of transformation.“
Milton Trager**

Communication and recall

This course is about exploring the depth of this work and combining what we have learned so far into a unity. We will continue to practice leading groups. We will explore alternative uses of Trager in the seated position, as well as in the lateral position. Through active and passive movement we will create the space for a more differentiated body awareness and training of self-awareness. Listening and empty, receiving hands allow for new and fuller experiences of one's own aliveness.

- Deepening of communication, especially for taking findings and questions concerning the medical history
- Deepening the ability to communicate verbally during treatment
- Deepening the use of recall to support integration into everyday life
- Deepening the understanding of the movements and their quality in each



body region

- Alternative treatment positions

Level 9

„Mentastics is an art; and as in any other art, practice leads to beauty and form.“ Milton Trager

Advanced Course Technique and Postures, Mentastics for Groups

In this course we are looking for positive changes that can manifest in very individual ways. As Trager therapists, we provide the space in which these changes can unfold. We support the awareness, evaluation and appreciation of these changes. We learn that it can happen that we have difficult clients. How do we deal with that? How do we communicate respectfully and effectively? Successful integration embodies positive experiences and changes in self-image and contact.

- Practice maintaining hook-up with difficult clients* throughout the Trager session
- Deepening and understanding of the movements learned with greater mind-

fulness in one's own body

- Integration of Reflex Response in a Trager treatment
- Self-assessment about strengths and weaknesses and plan for further action
- Preparing the final course for Trager therapists in a fun, creative way. Visio-ning the practice of your dreams.

Level 10

„You'll know when to move on. You will know.“ Milton Trager

Final course for Trager practitioners Diploma

This course provides further elements for completion, order and deepening. We explore what it means to be a lifelong learner. Upon completion of this course, you will receive the Trager Practitioner Diploma. Now you can register with EMR or ASCA, provided you have completed the medical basics and have the necessary practical experience.

- Guiding groups; Trager presenting, Mentastics, and table work
- Give full treatment including interview,

Trager Therapist Training (Level 11 - 20) or as continuing education

Mentastics and table work

- Preparation for own practice

Level 11

„Be aware of what you want to focus on. Every movement, every touch is focused on that!“

Milton Trager

Alternative and lateral positions

In this course you will learn to use Trager in different positions as well as to give a complete Trager session in which the client lies carefully supported on the side with pillows. In the side position the spine swings freely and there are (almost) no limits to your play with the body weights.

We will also have time to work with the client in a seated position, both with table work and Mentastics. We will explore creative ways to expand the possibilities in standing.

- Alternative techniques for standing, sitting, and lateral positions on the treatment couch
- Connecting movements with basic

principles (feeling weight, feeling connections, lightness, freedom)

- Experience three-dimensionality of Trager Therapy through the use of these different positions
- Theory of when alternative positions can/must be applied
- Understanding of the human being as a unity of body, mind and soul (or as Trager names it: body, heart and spirit), which interacts with the environment (professional profile KT)

Level 12

„Tension originates in the mind. The body reflects the degree of tension that exists in the mind.“
Milton Trager

Communication in speech and touch

This course explores and deepens the four areas of practitioner development: attitude and communication, Mentastics, table work, and professional behavior. Time will be devoted to further developing both sincerity and compassion in your self-assessment and talking and writing about the work. The goal is to find ways to break unwanted habits,



especially related to using your body, relating to clients, and presenting yourself professionally.

- Perceptual exercises physical, cognitive, spatial
- Giving and accepting feedback, deepening
- Exchange in theory and practice to learn what the client needs and how this need can be met
- Marketing for the Trager practice: how do I appear, what is effective?
- Theory and practice to see the uniqueness of each person (KT job description)
- Training in understanding how people are involved in a community and what this means for the therapeutic approach and evaluation (professional profile KT)
- Preparation for the case studies

Level 13

„You can be very soft and light. You have to must feel this inside yourself to be effective. We bombard the mind of the patient with stimuli. Until the mind is stimulated, nothing happens.“

Milton Trager

Reflex Response 1

In this class we will learn to promote awareness of a specific area, emphasize a feeling, or facilitate balance between antagonistic muscle groups. Tense areas can be released. In the case of paralysis, this work is effective in eliciting a sense of activity, that is, stimulating a feeling of what it would be like if the person had active movement in that particular area. This work requires specific touch related to quality and quantity, sensitivity, timing, and precise verbal cues. This prepares the source of information and input to evoke a feeling experience that must be imprinted in the client's subconscious. In this case, it is usually about movement, strength and/or balance.

- Training of Reflex Response with all the basics
- Practical work to integrate subtlety, softness and gentleness in the work with reflexes
- Communication exercises that make the connection between brain, nerves and muscles more aware and clear
- Mentastics and Reflex Response to raise awareness and facilitate changes in posture and gait
- Theory and practice for a Trager treatment with Reflex Response
- Theory and practice for the understanding of the striving for balance in the human organism (homeostasis) and how Trager Therapy can support this (professional profile KT)

Level 14

„We can only pass on to others what we have experienced within ourselves.“ Milton Trager

Advanced Mentastics

In this class we will do explorations with movement, touch and table work and expand our experience with Mentastics through questions like:

How does my self-perception change when I play with weight, inquire about lightness and freedom, and try different rhythms? How do I create and maintain new space in my body and mind? How can I change the unconscious patterns I live in as I explore? How can I embody the newfound freedoms and spaces in my mind so that they enable my exploring deeper levels?

- Leading groups with Mentastics
- Theory and practice for own body awareness and evaluation of needs
- Elaboration of strategies for personal development
- Perceive and describe qualities of movement and states of mind
- Theory and practice of ways to improve natural movement
- Exercises to deepen the states of lightness, aliveness and the inner balance
- Discuss and reflect on the extent to which humans are subject to change, stressors and fateful influences and what response options are available to them (professional profile KT). They can be with the „conditio humana“, empathize with it and respond to it empathically without necessarily



having to bring in possible solutions (heterostasis).

Level 15

„Being ageless is not youthfulness. Youthfulness is about children. An ageless body is a free, open body that feels good.“ Milton Trager

Three-dimensional understanding

In this class we will gain a deeper understanding of the connections „across“ the body. We will work with Mentastics and exchange at the treatment table. We will explore more possibilities and deepen our understanding of the mind-body connection.

- Training in the competence to analyze three-dimensionally and design action competencies
- Theory and practice related to the role of the connective tissue network and how to effectively interact with it through movement
- Expanded repertoire for more ease and range of motion in the client's body
- Theory and practice of how to work

with weight and larger movements without effort

- Discuss and reflect on the core goals of KT as strengthening self-regulation, promoting self-awareness, and enhancing recovery skills, and develop an independent attitude toward them (Fundamentals of KT)

Level 16

„Don't try. Trying is effort, effort creates tension. If you feel tension, the easier you must be.“ Milton Trager

Reflex Response 2

In this class we can explore deeper listening and application to specific situations and particular needs of our clients* - e.g. spasticity, balance and lack of stability, spinal issues. We incorporate Reflex Response in a variety of positions that are appropriate for treatment: Lateral, Sitting (as appropriate for wheelchair or less mobile clients), Kneeling, Standing. We illuminate the use and reason for compressions (e.g., in hypermobility: loss of sensory structure). We explore Reflex Response in Mentastics for better

balance and stability, communication of the process and show the value for the client.

- Functioning of different muscle groups
- Balancing the tone, decreasing or increasing it depending on the situation
- Theory and practice for one's own improved balance and stability and how to communicate that to the client
- Appropriate integration of reflex response into treatment
- Theory about the understanding of the human being as an independent shaper of his or her life who develops his or her potential (professional profile KT)

Level 17

„You know, there's nothing wrong with you. Yes, you have something that could be better, but there's nothing wrong with you at all.“
Milton Trager

Trager Clinic

This course is designed to support you when working with people who have limited mobility or live with a range of

chronic conditions. It is an in-depth study of all the Trager Therapy skills needed to work in clinical settings as well.

- Apply and integrate understanding and application of reflex response in a variety of situations for individuals with pathology and special needs with increased competence and confidence
- Theory and practice of perception of physical resistances and dysfunctions
- Discuss and reflect on the KT understanding of health as subjective experience, continuum health/illness, dynamic events, self-regulation and develop an independent attitude towards it (basics KT)
- Theory and practice of the KT action phases of encountering, processing, integrating, and transferring in the Trager therapeutic context (Fundamentals of KT)
- Theory about cooperation with the client's reference persons and interdisciplinary with specialists (basics of KT)



Level 18

„Know the image you want. Every movement, every touch is directed toward that image!“ Milton Trager

Leading groups

In this course we deepen the skills to lead Mentastics or introductory courses with groups. We use Trager feedback to provide mutual support.

- Leading groups
- Theory and practice of how simple table work and the Trager principles is taught in introductory courses
- Preparation of small group courses
- Information about the diploma examination and the Federal Advanced Federal Diploma Examination in Complementary Therapy
- Discussion and reflection on the design principles of Complementary Therapy as Relationship, Dialogue, Positive Experience, Solution Orientation, and Process and how they relate to Trager Therapy (Foundations KT)

Level 19

„What are you thinking about Milton? Are you thinking: What could be freer? What could be easier?“ asked Gail Stewart- „No. Even that is too much.“ Milton Trager

Scientific findings

In this course we will share the latest findings that can enrich Trager Therapy according to the current state of science. These can be areas from trauma work, neuroscience, biotensegrity or mindfulness training.

- Theory and practice regarding the latest scientific findings concerning touch and movement
- Integration into the Trager treatments
- Evaluation of a Trager treatment
- Discussion and reflection on the core concepts of complementary therapeutic action, the appreciation and support of resources, resilience, coherence, self-empowerment, and the development of knowledge, skills and attitudes in this regard, in general and in a tragerapeutic context (Fundamentals KT)

- Discuss, evaluate and integrate professional action: Acting in accordance with professional ethical principles, educating and developing ourselves personally, networking, committing ourselves profession, and being able to professionally manage a practice

Level 20

„There was the prompting, „Take a deep breath.“ I did it, this was the beginning of myself. For the first time I could really feel myself, it was a wonderful feeling.“

Milton Trager

Diploma course

Professional demeanor - In this course we demonstrate the ability to work in a professional manner both individually and in groups.

- Demonstrate confidence and expertise in hands-on work, both with individuals and groups
- Demonstrate the ability to discuss Trager Therapy with a variety of individuals and groups, from individual clients to medical professionals to groups with diverse interests
- Demonstrate the ability to examine ourselves and clearly acknowledge both our expertise and what we do not know
- Demonstrate a willingness to hear and acknowledge difficult feedback and take responsibility for our role in the process



Teachers Trager Therapy



Bill Scholl (USA/CH)

Trager Instructor. Bill started his journey with Trager in 1981. He was able to learn directly from Dr. Milton Trager for 16 years and has been teaching the Trager Approach since 1986. He comes from the USA, has lived in Zurich since 2006 and is a dual citizen.



Gabriela Scholl (CH)

Trager Instructor. Gabriela has been in contact with Trager since 1994. She has been interested in movement and gentle strengthening of the body for 30 years. She has a commercial background and has been an adult educator (SVEB 1-3) since 2015.



Evamaria Willach (D)

Trager practitioner since 1992, Trager anatomy teacher since 1995, Trager instructor since 2007; in her first professional life (1973-1991) high school teacher English/Spanish; several psycho- and body-therapeutic trainings and state examination as non-medical practitioner in 1992; Since then self-employed in her own practice in Hamburg and Cologne.



Peter Fankhauser (CH)

Trager Instructor. Peter got to know Trager in 2007. He runs an Aikido Dojo in Uster together with his wife Julia and has the 4th Dan. He brings a lot of clarity, joy and calmness to his teaching. He originally trained as a psychiatric nurse and is a qualified naturopath.



Tekeal Riley (CAN/CH)

began her journey with Trager in 1991. She is a Trager Instructor and Tutor in Bern. Her work draws from a wide range of experience in contemporary dance, yoga and somatic movement. Tekeal comes from Canada and is a dual citizen.



Further Useful Information About Our Educations

At Kientalerhof we currently offer the following training courses (as well as method-specific further training in most of these methods):

- Shiatsu KT
- Craniosacral Therapie KT
- Trager Therapie
- Tronc Commun
- Esalen Massage
- Tibetan Cranial Therapie
- Geistiges Heilen
- Systemische Aufstellungen
- Desbloqueo
- Rosen-Methode
- Lernen vom Tier

In addition, we offer a wide range of cross-method training courses at the Campus Kientalerhof, which are generally open to therapists of all methods and are mostly EMR/ASCA recognised: www.kientalerhof.ch/offenfueralle

Our educations and graduations

Health insurance recognition: Many of our training courses are recognised by health insurance companies (EMR/ASCA) and entitle you to be invoiced via complementary medicine supplementary insurance.

Complementary therapist with federal diploma qualification and federal subsidies of up to CHF 10'500: In some of our training courses, a federal qualification can be obtained (cf. abbreviation KT above). In this case, the federal government grants training subsidies of up to CHF 10'500.

Further information on the different types of degrees:

www.kientalerhof.ch/abschluss

Around the Kientalerhof

Looking for time out?

Our 4.5-month **workstudy programme** around the Kientalerhof starts in spring and summer. The participants work 4 hours a day in the business (e.g. kitchen, housekeeping) and explore the world of body therapy as well as the nature of Kiental during this time..

kientalerhof.ch/workstudy



Perma culture

The Nature farm. It is a place to live, work and learn in equal measure. The place is additionally enlivened by the courses in the seminar room there. Further information, also for interns and volunteers.

kientalerhof.ch/naturhof



Cures/treatments

In the Holz100 house **ChieneHuus**, we have been applying what we teach in the Kientalerhof since 2018. This is because cures (Ayurveda, fasting) and courses take place there on a regular basis and individual treatments can also be booked. Holiday guests are also very welcome.

chienehuus.ch





Kiental and Wetzikon: Our Course Rooms

For over 30 years, the Kientalerhof has been offering training and further education in body therapy. The main venue has always been the Kientalerhof campus in the Bernese Kiental. In the main building and other buildings in the vicinity there are numerous course rooms in various sizes. And here we also have a large pool of materials and equipment for various forms of therapy.

We have another beautiful course room in Wetzikon. It takes only 20 minutes by S-Bahn from Zurich main station to Wetzikon and a few minutes on foot to the course room. Training and further education in the field of body therapy also takes place here on a regular basis.

We are also happy to rent our course rooms to external course providers, subject to availability.

www.kientalerhof.ch/kursraum

course room Wetzikon



room Oak at Kientalerhof



room Dojo at Kientalerhof





Kientalerhof: The personal Campus - Since 1985

Training and further education in body therapy and personality development

The Kientalerhof in the middle of nature is a safe space for many people. A place where they can develop without hiding themselves and their feelings. This gives people the opportunity to be themselves again.

Once you have experienced the journey to an undisguised self, you desperately want to make it possible for other people as well. And that is exactly what good therapists do in our eyes.

You can explain a lot, but experiencing is better. This is true for the place as well as for the method. That's why we regularly hold general and method-specific familiarisation days including taster treatments (in the Kiental and in our also very beautiful course room in Wetzikon):

[kientalerhof.ch/kennenlernen](https://www.kientalerhof.ch/kennenlernen)



The Kientalerhof has Eduqua certification as a training company.

Kientalerhof AG
Griesalpstrasse 44
CH-3723 Kiental
+41 33 676 26 76

Kientalerhof Wetzikon
Zürcherstrasse 29
CH-8620 Wetzikon
+41 78 850 40 84

www.kientalerhof.ch
info@kientalerhof.ch