



Education

Trager Therapy



What could be easier, what could be freer?

Dr. Milton Trager

Trager Therapy – A Body work for Today's World

Modern living conditions make it increasingly difficult for many people to relate to their own bodies. As children, almost all of us move naturally, joyfully, easily and loosely. In the course of our lives, often people lose this feeling of lightness and freedom. But body awareness can be learned, and mobility can be nurtured.

Trager Therapy is an ideal method for achieving this. Some people come for treatment because they want to do something good for their body; others to do something about their difficulties. This is for young and old, for sick and healthy people. It is an experience and learning process of great pleasantness!

What Is Trager?

Trager is a highly developed form of touch that begins with this remarkable idea: it is possible to teach anyone to experience themselves as healthy and whole.

As the Trager therapist, we learn to read the clients habitual movement patterns and to teach them how to easily shift to a more comfortable and efficient way to move through space. We learn to do this with a remarkable honesty and gentle touch that can recall for the client the memory of a child being cradled and rocked by a parent. We are able to work with clients standing, sitting and lying on a massage table.

How Was Trager Therapy Developed?

Through a simple question, the American Dr. Milton Trager (1908 - 1997) discovered the therapeutic approach that was later named after him. It was the answer to his brother's question that suggested which of them could jump higher. Dr. Milton Trager responded as if led by an intuition: „Instead, let's see who can land softer.“ Such questions were from now on decisive for his life. He was always fascinated by the grace of a movement and always on the lookout for even more harmonious

movements. He called these movements Mentastics (mental gymnastics). For years he experimented with questions like „What would be easier? What would be freer? What would be softer?

Milton Trager had been trained as a doctor, physiotherapist and naturopath. His genius was his understanding that nothing long lasting happens until the patient feels the changes in his tissues and is taught to return to this feeling state through conscious practice.

The Path to Lightness Begins With the Therapist

During their training, the therapists learn to develop the same qualities for themselves that they would like to pass on - to an extent that is not usual in therapeutic work. „It's the way I touch,“ said Milton Trager, „not the technique that is important.“

How Does Trager Therapy Work?

Physical reaction patterns are created by environmental influences and experiences. These can be positive or negative. Often a person maintains reaction patterns that were once necessary to maintain body balance or even to survive, out of a need for safety. Such a movement holding pattern also has consequences on a physical and mental/emotional level. Emotions such as fear, anger or grief produce characteristic reaction patterns with physical counterparts. Such muscular tension patterns can lead from discomfort to pain, loss of elasticity and balance to malfunctions of the musculoskeletal system and the organ systems. Only those who have felt something different themselves can discover a new and more helpful way of moving. As soon as a better feeling has been experienced, there is also the possibility to return to it. Through gentle touch and movement, connections can be made between emotional states and bodily functions.



The more consciously the feeling can be integrated, the sooner new and more natural movement patterns can develop.

The Basic Aspects of Trager Therapy

Feeling weight

Perceptually experiencing the feeling of weight is an art, which offers the possibility of shifting awareness from old patterns of holding tension within one's own system into something much more open, much more free and easy. It is always a matter of degree.

Wave movements

During the course of a Trager session, there might be two or three thousand individual movements initiated by the practitioner. Each of these movements sets a wave in motion or responds to the wave that has been previously set in motion. The wave movement continues through the whole body and creates an experience of wholeness. A new feeling of balance can be experienced.

Quality of touch

The practitioner's hands are soft and questioning. A dialogue occurs, in which the practitioner asks and receives information about the client's tissue. The practitioner uses her own body weight for many movements. This allows for effortless treatment.

Asking questions and listening

During the treatment the practitioner asks herself questions like „what would be easier, what would be freer“ and listens to the answers of the client's body. She also is asking these same questions of her own body. These questioning touches address the autonomic nervous system directly.

Hook-up – deep presence

„Hook-up“ is a coined expression that Milton Trager used to describe a state of presence. He wanted to express that we are connected to everything that surrounds us. This state of calm presence is an important part of the Trager treatment.

Recall

Our body can remember and bring an experience into consciousness. This activates a great chemical, neurological and muscular interaction and the body reproduces muscle tone, movement, feeling, temperature and pressure of the remembered situation. Trager supports positive memory. We can remember this positive state whenever we want and integrate that into our everyday life.

Reflex response

Verbal instruction to move actively (as opposed to passively in other phases of therapy). This results in a transition from subconscious 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 are alternated in a treatment, relaxation and wakefulness are thus brought into harmony.

Mentastics

Mentastics are simple, effortless movements. We explore them with our clients before, after or during a treatment. The perception of weight is of central importance. How heavy or light is an arm, a hand, a finger? How can I use my weight economically to experience ease of movement? How can I learn to trust gravity, relax and remain alert at the same time? Mentastics can be extended, changed or adapted by the clients themselves anytime and anywhere. They become an important part of daily wellbeing.

Table Work (Working on the Massage Table)

The Trager Therapist sees table work as an opportunity to create a new feeling experience for the client in a complete resting position. The therapist' method of contact is constantly informed and adapted by the client's tissue response. These gentle, listening movements allow a deep relaxation in which many body systems come into balance.



The Process of a Trager Therapy Treatment

It is useful to see the entire treatment as a conversation. We use the process of inquiry to support our client in finding a more comfortable presence in body and mind.

From a calm presence, through looking, asking questions and touching, we collect impressions from the first moment on. These impressions determine the course of the treatment. We work in lying, standing and/or sitting positions. Through integration at the end, an even deeper internalization of the new takes place. A treatment lasts between one and one and a half hours.

Trager Therapy Education

Trager education is suitable for personal development and for people with interest in medical, therapeutic, pedagogical, social, sport and other professional fields. It can be completed part-time. It lasts between 2 1/2 years (Trager Practitioner) and 5 years (Trager Therapist). Classes are all taught by internationally recognized instructors. The individual levels follow each other and should usually be attended in this order. The class cohesion also guarantees a safe and supportive training environment. Each level is booked and paid individually.

You can complete this training regardless of prior medical knowledge. The primary prerequisite is joy for practical work with people and with one's own potential. We highly recommend that you receive one or more Trager treatments in advance and/or attend an introductory course.

Trager Practitioner

- 10 levels of 4 days each within 2 1/2 years, 250 contact hours in total
- Independent internship between levels

Graduation:

Certificate Trager Practitioner, recognized by Trager School Switzerland, Trager International and by the registries of the health insurance funds (EMR, ASCA) (with additional proof of 150 hours med. basics)

Trager Therapist

In addition to Trager Practitioner:

- 10 levels of 4 days each within another 2 1/2 years, a total of 250 additional contact hours
- Independent internship between levels
- The Tronc Commun (Common Basis) Complementary Therapy

Graduation:

Diploma in Trager Therapy



Practicum

The practicum integrates the knowledge and skills acquired in class into an independent embodiment of what has been learned through supervised practice units. It is carried out between the levels and in total consists of:

Trager practitioner:

- 4 Observations (student observes a Trager treatment) _____
- 1 Mentorate (student treats a practice client and a Trager tutor/mentor gives feedback) _____
- 90 Recorded sessions on own practice clients _____
- 2 Supervision days (accompanied practice) _____
- 3 Feedback treatments (to teachers or mentors/tutors) _____
- 7 Tutorials _____

Trager therapist:

in addition

- 2 Observations (student observes a Trager treatment) _____
- 4 Mentorates (student treats a practice client and a Trager tutor/mentor gives feedback) _____
- 3 Case studies _____
- 5 Feedback treatments (to teachers or mentors/tutors) _____

Level 1

„People will forget what you said, people will forget what you did, but people will never forget how you made them feel.“ Maya Angelou

The meaning of touch: We explore listening, presence and connectedness

During our four days together, we will use the principles of Trager Therapy as experiential tools to slow down and let the „noise“ of our daily lives fade into the background. Trager principles include gentle movement, feeling for weight, the art of pausing and more. By beginning to experience these principles, it is possible to release (within ourselves and our patients) long-lasting tension patterns that can possibly manifest as chronic pain, functional limitation, and rigidity of thought and body structure.

- The process of hook-up: moving the attention inwardly, physically, holistically (meditatively) and opening all the senses enable us to become aware of our interconnectedness with everything.
- The most important basic skills (grounding, orientation, connection, Mentastics, pauses, inner and outer posture) in contact with oneself and with other people.
- The concept of orientation towards what is healthy and whole in life
- Guided exchange of experience of hand postures with Directions of movement in each region of the body
Supine and prone postures
- Introduction to the feedback loop
- Introduction to the possibilities of communication, what Trager therapy is, and the history of Trager therapy
- Discussion of contraindications; suggestion to work on ‚healthy‘ people as learners in order to develop a basis for ‚normal‘
- Accompanying the individual and group processes
- Discussing the next steps and the practicum part
- Discussing the recordings of the practice sessions



Level 2

„To jump high, you need strength. It is strenuous. Landing softly means asking yourself questions like these: What is softer, gentler and what could be softer, gentler than this? What is easier and easier still than this? This process is the basis of Mentastics.“ Milton Trager

Lightness in work

What is lightness? To work lightly is to know what lightness is. We can simply ask ... What is lightness? Asking a question is very different from knowing exactly what to do! So by asking the question, we come to a place of curiosity. With curiosity, anything is possible! We begin to feel instead of just touching.

- Differentiated body awareness and training of self-awareness
- Theoretical background, observation and own experiences of movement and posture patterns
- Mentastics and the possibilities to change habits with it

- Interview and communication process during the session
- Guided exchange of experiences for expanded repertoire of hand postures with directions of movement in each body region Supine and prone position
- The connections for compounds in the body („taking out the slack‘ understanding)
- The principle of the questioning posture
- Giving and accepting feeling feedback with practice partner
- The principle of recall (bringing back pleasant body sensations)
- Mentastics for oneself and for clients and the concept of being with oneself during treatment
- Ethics in the therapeutic setting

Level 3

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

By not intending to „fix“ the tension we find in ourselves and 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, reorganisation and deep connection with a wholeness are made possible. The pause is a place of dignity where client and practitioner can come into their own power, self-determination and self-movement (empowerment).

- Embodying and communicating an open and questioning attitude
- Guided exchange of experience for expanded repertoire of hand postures with directions of movement in each region of the body Supine and prone postures with expanded skills of diagnostic mindfulness
- Deepening communication for clients and interested parties
- Applying recall principle
- Apply Reflex Response principles, find language
- Internalising and communicating Men-tastics

- Experiencing alternative positions in exchange

Level 4

„The intention 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, Trager Therapy is made anatomically perceptible. This gives the Trager student 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 nervous system. The anatomical pictures give necessary insights into the body and can deepen our focus and ideas in mentastics and table work. There is a greater efficiency in the work, a stronger competence in the conversations with clients and other specialists. Anatomy in the Trager context is really fun as 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 for the front of the body
- Body systems (muscles, connective tissue, nerves, organs) and their functions
- Information systems (nervous system, hormones etc.)
- Pathology of common ailments

Level 5

**„Tension arises in the mind. The body reflects the degree of tension that is present in the mind.“
Milton Trager**

In this course we deepen the ability to respond to the needs of clients. Be it in non-judgemental observation of their movements during Mentastics or in table work. We refine the feeling for the basic skills and the quantity of stimulation a particular person needs.

- Observation of movement patterns in clients and training of appropriate suggestions

- Specific 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 responses
- 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 begin.“ Milton Trager

The principle of resting empathy combines self-reliance with connectedness. The attitude of dwelling empathy applies to another person as well as to situations, emotions and actions. In Trager Therapy this means that we always pay attention to our body and find the quality of freedom and relaxation within ourselves. In this course we deepen our self-awareness

and the ability to pass on 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 for oneself and for the clients
- 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
- Instruction of Mentastics in groups

Advanced anatomy

This course is both an extension and a deepening of our understanding of what we feel under our hands. It will take us to a new level in our body therapy expertise. The latest scientific principles of Trager Therapy will be taught.

- Fascia and biotensegrity
- Neurology of intero- 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
- Various forms of mobility (e.g. hyper- or hypomobility)
- Contraindications in Trager work

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



Level 8

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

Milton Trager

This course is about exploring the depth of this work and connecting what we have learnt so far into one. We will continue to practice leading groups. We will also explore alternative ways of applying Trager while sitting and working with the client in the lateral position. Through active and passive movement, we will create a space for differentiated body awareness and self-awareness training. Listening and empty, receiving hands enable new and more comprehensive 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 understanding of movements and their quality in each body region

Level 9

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

In this course we look for positive changes that can manifest in very individual ways. As Trager therapists we offer spaces in which these changes can unfold. We support their awareness, evaluation and appreciation. We learn what it is like to have difficult clients. How do we deal with them? How can we communicate respectfully and effectively? Successful integration embodies positive experiences and changes in self-understanding and contact.

- Practice in maintaining hook up with difficult clients throughout the Trager session
- Deepening and understanding the movements learned with greater awareness in one's own body
- Integration of Reflex Response in a Trager session

Level 10

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

Intermediate Practitioner Examination

This course provides further elements of completion, order and deepening. We explore what it means to be a lifelong learner. On completion of this course you will receive a certificate as a Trager Practitioner. Now you can register with the EMR, provided you have completed the medical basics and the necessary internship. Registration with ASCA is also open to you.

- Guiding groups; Trager presentation, mentastics and table work
- Giving whole treatment with interview, mentastics and table work
- Preparation for own practice

Level 11

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

Alternative positions, lateral positions

In this course you will learn to use Trager in different positions as well as give a complete Trager session with the client lying on their side with pillows finely positioned. In the side position the spine swings freely and there are (almost) no limits to your play with the body weights. We will spend time working with the client in the seated position, both with table work and mentastics, as well as exploring creative ways to expand the possibilities in the standing position.

- Alternative techniques for standing and sitting positions as well as in lateral position on a treatment couch
- Connecting movements with basic principles (feeling weight, feeling connections, lightness, freedom)
- Experiencing three-dimensionality in Trager Therapy by using these different positions
- The human being as a unity of body, mind and soul (or as it is called in Trager: body, heart and mind), 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 language and touch

This course covers and delves into the four areas of practitioner development: attitude and communication, mentalastics, table work and professional behaviour. Time is spent on further developing both sincerity and compassion in self-assessment and talking and writing about the work. The aim is to find ways to break unwanted habits, particularly in relation to use of the body, relationship with clients and professional presentation.

- Perception exercises physical, cognitive, spatial
- Giving and accepting feedback
- Exchange in theory and practice to learn what the client needs and how to meet it
- Marketing for the Trager practice - how do I appear, what is effective?

- Theory and practice to see the uniqueness of each person
- Training to understand how people are integrated in a community and what this means for the therapeutic approach and evaluation (professional profile KT)

Level 13

„You can be so soft and light. You really have to be this to be effective. Develop a consciousness that is so fidgety! We bombard the mind with stimuli. Until the mind is stimulated, nothing has happened.“

Milton Trager

Reflex Response 1

In this class we learn to bring awareness to a specific area, emphasise a feeling or facilitate balance between antagonistic muscle groups. Tense areas can be released. This work requires specific touch including quality and quantity, sensitivity, timing as well as precise verbal cues. This prepares the source of information and input to evoke a feeling experience

that needs to be imprinted in the client's subconscious.

- Reflex Response training with all the basics
- Practical work to integrate subtlety, softness and gentleness in the work with reflexes
- Communication exercises to 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 understanding the striving for balance in the human organism (homeostasis) and how Trager Therapy can support this (professional profile KT)

Level 14

„You can learn more about a person in an hour of play than in a year of conversation.“ Plato

Advanced Mentastics

In this class we will do explorations with

movement, touch and table work and expand our experience of Mentastics through questions such as: How does my self-perception change when I play with weight, explore lightness and freedom and try different rhythms? How do I create new space in my body and mind and how can I maintain it? How can I change the unconscious patterns I am trapped in when I am exploring? How can I embody the newfound freedoms and spaces in my mind so that they enable my exploration at even deeper levels?

- Leading groups with Mentastics
- Theory and practice for own body awareness and evaluation of needs
- Perceiving and describing movement qualities and states of mind
- Exercises to deepen the states of lightness, aliveness and inner balance
- Discussion and reflections on the extent to which human beings are subject to change, stressors and fateful influences and what response options are available to them (professional profile KT). They can be with the human con-



dition, empathise with it and respond to it without necessarily having to offer solutions (heterostasis).

Level 15

„Creativity is a kind of learning process in which teacher and pupil are found in one and the same individual.“ Arthur Koestler

Three-dimensional understanding

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

- Training in the competence to analyse three-dimensionally and to design action skills
- Theory and practice for the role of the connective tissue network and how to interact with it effectively through movement
- Expanded repertoire to achieve more

ease and range of movement in the client's body

- Theory and practice of how to work with weight and larger movements without effort
- Discussion and reflection on the core goals of KT as strengthening self-regulation, promoting self-awareness and strengthening recovery competence and develop an independent attitude towards this (basics 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 look at deeper listening and application to specific situations and particular needs of our clients - e.g. spasticity, balance and lack of stability, spinal problems. We incorporate Reflex Response in a variety of positions suitable for treatment: Lateral, Sitting (suitable for wheelchair or less mobile

clients), Kneeling, Standing. We look at use and reason for doing compressions (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.

- Balancing tone, decreasing or increasing depending on the situation
- Theory and practice to find better balance and stability yourself and how to communicate this to the client.
- Theory about the understanding of the human being as an independent creator of his or her life, who develops his or her potential (professional profile KT)

Level 17

„Know the image you want. Every movement, every touch is directed towards that image!“ 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 a consolidation of all the knowledge of Trager Therapy required to work in clinics 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 awareness of physical resistance and dysfunction
- 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 (basics of KT)
- Theory of cooperation with the client's attachment figures and interdisciplinary cooperation with professionals (Basic KT)



Level 18

„There’s a wonderful mythical law of nature that says the three things we crave most in life - happiness, freedom and peace of mind - are always achieved by giving them to someone else.“

Peyton Conway March

Leading groups

In this course we deepen the skills of leading Mentastics or Introductory classes with groups. We use Trager feedback to give support to each other.

- Facilitating groups
- Theory and practice of how to teach simple table work and Trager principles in introductory classes.
- Preparation of small group courses
- Information for the diploma examination and the federal higher professional examination in complementary therapy
- Discussion and reflection on the design principles of complementary therapy as relationship, dialogue, positive experience, solution orienta-

tion and process and their relation to Trager Therapy (Basic KT).

Level 19

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

Scientific knowledge

In this course we will share the latest findings that are current in science that can enrich Trager Therapy. This may include areas of trauma work, neuroscience, biotensegrity and mindfulness training.

- Theory and practice of the latest scientific findings on touch and movement.
- Integration into Trager treatments
- Discussion and reflection on the core concepts of complementary therapy in valuing and supporting resources, resilience, coherence, self-empowerment and developing knowledge, skills and attitudes to these in

general and in the Trager therapeutic context (basic KT).

- Discussion, evaluation and integration of professional action: act according to professional ethical principles, educate and develop personally, build a network, commit to the profession and are able to manage a practice professionally.

Level 20

Diploma course

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

- Demonstrate confidence and expertise in practical work.



Teacher 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 Aiki-do 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 Practitioner and Tutor in Bern and currently an Instructor Trainee. 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 Therapy KT
- Trager Therapy (KT in process)
- Ayurveda Therapy (KT in process)
- Tronc Commun
- Esalen Massage
- Tibetan Cranial Therapy
- Spiritual Healing
- Systemic Constellations
- Desbloqueo

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.

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