

# Basic Reflex Response I

Princeton, New Jersey  
Saturday May 25<sup>th</sup>- Sunday May 26<sup>th</sup> –  
Monday May 27<sup>th</sup>

**Instructors:**  
**Adrienne Stone and Katriona Shawki**

Join Us for this rare and special opportunity to have the wisdom and experience of 2 well-seasoned Trager Practitioners/Instructors in one place, teaching together!!!



**Reflex Response** is an integral component of Trager work where an active response is sought from the client. This may be achieved voluntarily or reflexively. By imparting a feeling experience to the client, the connection between the body and the mind is awakened. It is integrated into the table work in a manner that will stimulate responses without fatigue. In this class we will begin this exploration on each other, learning how to feel, observe, and integrate on a deeper level; focusing on the resting quality of tissue, "hook-up", and tissue response.

**This class will include:**

- Basic Principles and Application of reflex response
- Going deeper with hook-up and *Mentastics*.
- Feeling and finding restriction and dysfunction in "healthy bodies".
- Taking the work off the table onto our feet and into our lives.
- Integration of reflex response into a Trager session.
- Feeling balance in ourselves and facilitating it in others.
- Working with feeling weight and shifting weight.
- Integrating RR practice to self-care
- Refining the language of Reflex Response
- Basic physiology of the Reflex Response

**About the Instructors:**

**Adrienne Stone**-Adrienne began working with children with cerebral palsy and muscular dystrophy at a summer camp for several summers beginning when she was 15. This experience sparked her interest and desire to become a physical therapist. She has been a PT for 50 years and a Trager Practitioner since 1982.

She worked extensively with Milton Trager over a 14-year period including weekly sessions for him following his stroke, co-taught Reflex Response classes, as well as a weekly Mentastics class in his retirement community. Currently Adrienne is involved in her private practice in NY and teaching. She brings her deep experience with the essence of this work to share.

**Katriona Shawki**- Katriona's curiosity with Trager and Reflex Response began in 2000 when she received a session from a Trager Practitioner and was amazed at the results in such a short, dynamic and magical way. She was eager to know more about it and became a Reflex Response Teacher in 2014 and Trager Instructor in 2022. Her clinical background is in physiotherapy, from the UK, since 1974. She has lived and practiced in Cairo, Egypt, for the past 48 years where Katriona has a full practice at her Ki Studio. Her special interest groups are working with seniors and women pre and postnatally.

**Pre-Requisites:** Practitioner Level or Completion of Level III (with Instructors Recommendation).

Come for the first time; come as a reviewer if it has been a long time, and you have /or you have not been using Reflex Response and need a good review.

**Fees:** \$575 before April 25<sup>th</sup> - \$625 after \$350 reviewers

For additional Information-

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