

Basic Reflex Response II Expanded Application and Practice

Princeton, New Jersey
Friday May 31st- Saturday June 1st-
Sunday June 2nd



Photo: Susan Shanti Gibian

Instructors: Adrienne Stone and Katriona Shawki

A second rare and special opportunity to have the wisdom and experience of 2 well-seasoned Trager Practitioners/Instructors in one place, teaching together!!! **Providing fertile ground for exploration.**

Taking it Further...class to include:

- Review of Basic Reflex Response Principles with Deepening Integration and Practice.
- Exploring balance through *Mentastics* and Touch.
- Explorations and integration of RR in alternative positions of Sitting, Kneeling, Side lying.
- RR considerations when there is Spasticity, Hypermobility, Rigidity.
- Applications for RR in special groups like athletes, musicians, singers, where there are strong holding and movement patterns.
- Being playful, creative, and having fun with RR as it is integrated in a session.

An opportunity to deepen the whole of your Trager experience and explore your unanswered curiosities and questions.

Pre-Requisites: Trager Practitioner Status- Completion of Basic Reflex Response I (with time for practice and practical integration following the class).

Fees: \$575 before April 25th - \$625 after \$350 reviewers

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.

For additional information-

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