

TRAGER® Approach Teaching Skills Coaching Training

With Amrita Daigle, International Instructor
Québec City | April 19-22, 2019



Milton's ingenious creation's effectiveness lies on surprisingly simple principles paired with a rich context of diverse educative strategies. The participants are exposed to crystal clear explanations of how TRAGER works and of what makes it profoundly transformative. They deepen, consolidate and expand their current leading skills in an ongoing supportive environment, and they boldly grow in their educator role. Their private practice becomes more focused and effective, and they build the needed competence to bring their work into the world. They can then choose to share their knowledge in one-on-one situations or/and in group settings through TRAGER for Daily Life workshops, MENTASTICS® classes, TRAGER demonstrations, health fairs, etc. Taking this class is a powerful way to progress towards the Certification Program trainings Teacher/Instructor statuses as well.

During the whole training, personalized coaching provides the participants with clear and direct guidance — self-confidence grows as a result of this deeper inner clarity. The content is tailored to meet the students' different levels of development — beginners and experienced TRAGER leaders have felt as nourished from Amrita's customized accompaniment. This class can be taken more than once, with great benefits.

During this training, participants will learn to...

On a personal level

- Contact and sustain Hook-up in diverse situations
- Develop adaptation abilities and shining qualities
- Welcome feedback with flexibility, integrity and openness
- Broaden variety and deepen inner understanding of personal MENTASTICS

In their Practitioner Role

- Broaden and deepen their understanding of the TRAGER philosophy, basic principles, and strategies
- Develop vocabulary, ease, and greater confidence in talking about TRAGER to potential clients and students, colleagues, prospective collaborators, family and friends
- Practice the art of co-creating TRAGER sessions with clients

As Leaders

- Develop the specific skills needed to effectively lead inspiring TRAGER classes or demonstrations
- Identify and expand their unique individual leader's style
- Develop personalized educational material
- Lead a TRAGER presentation in Hook-up
- Plan, improvise and co-create the content of a class with other participants, in the moment
- Maximize the use of expression and vary leading paces to support the group's energy, interest and learning experience
- Supervise the learning of the TRAGER principles at the table and in MENTASTICS
- Present theory elements in an interesting way
- Manage unexpected events and stay calm while meeting a difficulty or facing a "not knowing" moment

Prerequisites : one of the three following options

1. Active Practitioner status + at least some teaching experience in TRAGER or in other modalities
2. Current Tutor, Tutor Trainee, Instructor, Instructor Trainee or Anatomy Teacher status
3. Active Practitioner status + an instructor's recommendation

Details

- April 19-22, 2019 – Easter weekend
- A 30-hour Approved TRAGER Elective class
- 8 participants maximum
- Master class format
- \$ 750 CAN | \$ 700 if registration completed before March 15th
- Great rate advantage for people coming from Europe & the USA
- Class taught in English only, this time around
- Beautiful French flavour town
- Affordable accommodation available

Participants will co-lead a TRAGER class with guests students on the last training day, under Amrita's supervision



Amrita has worked in the field of somatic education for 39 years. She studied with Dr. Milton Trager over a period of 15 years, and has maintained an ongoing private practice in Québec City since 1983. As a yoga teacher and a TRAGER instructor, she favours a joyful and creative pedagogy. She has trained TRAGER practitioners, tutors and instructors in the Middle East, in Europe and in North America.

Information and registration
info@amritadaigle.com | 418.659.7907