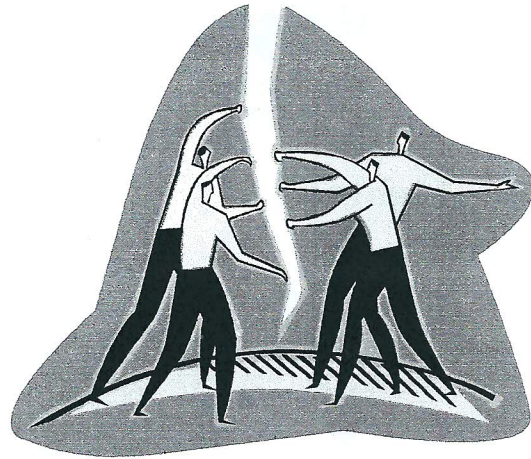


Movement is Life

Guidelines for Using the *Trager*^{®1} Approach for Relapse Prevention in Aftercare Groups



Aims

- **Pausing** to become still and present (Being here.....NOW)
- **Relaxing and feeling** more at ease in your body
- **Feeling your body at peace**.....to stop worrying about past or future
- **Focusing on pleasant feelings** in your body so you can avoid negative thoughts
- **Releasing tension** and bottled up energy
- **Practicing healthy habits**

Some Key *Mentastics*[®] Practices

- Pausing (all exercises 7.1- 7.3)
- Breathing (7.1.1)
- Checking all parts of your body for sensations (7.1.1)
- Feeling balance and coordination (7.3.1)
- Using Movement to create good sensations in the body
 - Feeling weight of body parts (7.1.2, 7.3.5)
 - Feeling lightness (7.3.3/4)
 - Feeling easy (effortless) movement (7.3.2/3)
 - Feeling playful (7.2.1/2, 7.3.3)
 - Feeling freedom (7.3.4)
 - Feeling stretching (7.3.7)
- Changing negative moods with pleasurable movements (7.3.3/6)
- Using your imagination to experience ease (7.3.7)

¹*Trager*[®] and *Mentastics*[®] are Registered Service Marks of Trager International

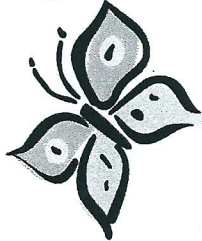
Move and Feel Sensations of:



Weight



Lightness



Breath



Stretch



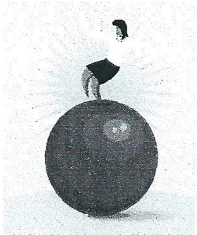
Playfulness



Freedom



Balance



Coordination



Ease



Imagine!



Change mood!

