



**Audrey Mairi: Finding Presence In The Body Using The Trager Approach**



Audrey Mairi is a Trager Practitioner, tutor and teacher, and author. Discover seven practical tools for finding presence in your body-mind that you can use a thousand times a day.

**TOP EMBODIMENT TIP:** Pause. Learn to pause. Everything else can fall from that.

Presence: **Connect to Energetic Source**

- This is self-care, an inner exploration of the Trager Approach.
- Seven tools for coping with anxiety, depression, uncertainty.

Pausing: **The Space Between Breaths**

- It is difficult to pause in heated discussion. Notice pause between breaths. Stillness is there and brings you back to centre.

Visualization: **To Assist**

- Umbrella breathing to assist in expanding one's breath.
- Sky hook to assist in giving you loft.
- A tail to assist in giving you a supported sense while standing, a tripod.

Weight: **Feeling and Shifting**

- You can always feel weight in your body, but also in everyday life like the plates you're washing or the book you're reading.

Questioning: **Open Ended Questions**

- When you're in a situation and decide that you want to have a different experience.
- What would it feel like if... (e.g. if my chest was wide open)?
- Be curious and inquisitive and not the kind of question that will scare your uncurious mind into fight or flight.
- Trust that when you ask a question it will be tailor made for you and will be right for you.

Finding Your Own Rhythm:

- The pace at which you do things is unique to you.

Resources

- ❖ **Books:** *Pathway to Presence: The Trager Approach as a Way of Living*
- ❖ **Social:** [Facebook Audrey Mairi](#)
- ❖ **References:** The Trager Approach



## All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, [EvolveMovePlay.com](http://EvolveMovePlay.com)



**Rafe Kelley** and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.

🌳 Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

### Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



#### Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



#### Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



#### Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



#### Learning lists

Bite-size lists to help structure and guide your learning.



#### Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)