



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.

<u>Resources</u>

- Sooks: Pathway to Presence: The Trager Approach as a Way of Living
- Social: <u>Facebook Audrey Mairi</u>
- References: The Trager Approach





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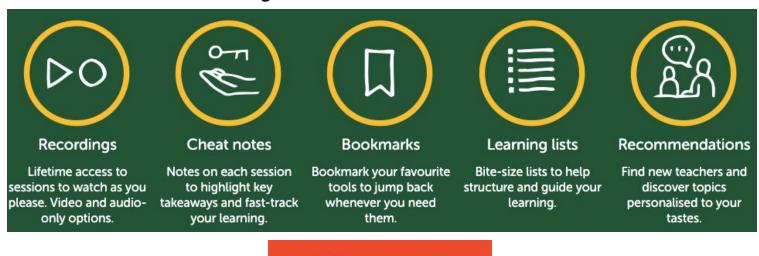
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Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

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.

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