



December 3, 2009



## Using the Trager approach to relieve stress

### Using the Trager approach to relieve stress

Tell us about your business, including types of services and/or products you feature.

Trager is a gentle and effective approach to movement education. Some people even call it Touch Therapy. Trager is a feeling experience that breaks through patterns of stress, holding, weakness and tension allowing new, more useful patterns to be established. Forty-minute (\$35) and 75-minute (\$60) sessions are available. Gift Certificates make wonderful gifts. House calls are available for an added travel expense depending on your area. I also speak at seminars, offer Trager at parties and conduct movement classes for groups.

How did you first decide to open your business?

While competing as a nationally ranked runner throughout the 1990s, I overused and injured my body. As the years passed I found myself trapped in a body that was uncomfortable, tense and stressed. Trager has allowed me to reduce excess tension and move more fluidly, with less effort with the result that I'm once again enjoying the physical activities I love. I became certified in Trager specifically so I can share this work with others and offer them the benefits Trager has provided me.

Why did you choose this area for your business?

Since I live in Northville, it was the perfect and logical choice for me.

What makes your business unique?

The Trager approach is unique among many varied and different physical modalities. My passion for sharing this incredibly simple and therapeutic approach makes my business truly unique.

How has it changed since you opened?

I've met more people in the Northville and surrounding area and find them to be delightful.

How has the recent economy affected your business?

The current state of the economy has people feeling stressed about money, their jobs and their housing situations. My business is to help people relax and feel more comfortable. I'm intentionally keeping my prices low so that the cost of therapeutic relaxation won't add further stress to already strained budgets. I hope more and more customers will realize the value they can receive from my services.

What's in store for the future of your business?

The Trager approach is appropriate for all ages from children to adults. I foresee my business including clients of all ages. Children and teens in sports, dance and gymnastics can recover more quickly from injury and can dissolve holding patterns before they became entrenched. Adults can

learn to relax, release tension, stress and holding patterns and move more freely and easily. I look forward to my continued growth in this practice.

## Additional Facts

### Details

Business Name: Nancy Cassel Comfort Sessions

Address: Eight Mile and Taft roads, Northville

Your Name/Title: Nancy Cassel/Certified Trager Practitioner

Your Hometown: Northville

Business Opened When: Third quarter 2009

Number of Employees: One

Hours of Operation: 11 a.m. to 5 p.m. Monday-Friday with evening and weekend hours as needed to meet customers' schedules.

Your Business Specialty: Trager Comfort Sessions

Phone: (248) 380-6685

Website: [www.casselhome.com](http://www.casselhome.com)

---