

Why Gentle Works

*Understanding sensation,
ease, and the nervous
system through the Trager
Approach[™]*

Barrie Robbins Bodywork, Trager Approach, Bend, Oregon

How the nervous system learns

Your nervous system is always listening to your body. The somatosensory cortex helps your brain sense where you are in space, how much effort you're using, and whether it's safe to soften or stay alert. Somatic bodywork like the Trager Approach leverages this mechanism of change.

Why gentle, easeful sensation matters

When sensation is slow, gentle, and non-threatening — and when it also feels comfortable, easeful, or quietly pleasant — the nervous system becomes more receptive to change.

Sensations that feel supportive or interesting help the brain pay attention in a positive way, supporting learning and neuroplasticity.

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Why the Trager Approach is different

The Trager Approach works respectfully with the nervous system's protective intelligence.

Through effortless movement, mindful touch, and the steady, supportive presence of a Certified Trager Approach practitioner, the nervous system is offered new sensory information — experiences of ease, support, curiosity, and choice.

Within this supportive relationship, trust and attunement are not ideas to analyze, but felt experiences — often sensed as settling, clarity, or a quiet sense of being met.

What you may experience

- A sense of lightness or ease in movement
- Reduced holding without consciously trying
- Changes in breathing
- Improved body awareness or coordination
- Emotional shifts such as calm or relief
- Subtle changes that continue after your session