



**Feeling a little tense?
How is your stress level?
Experiencing anxiety, chronic pain,
discomfort, poor sleep?**

TRE® can help.

TRE (Tension and Trauma Release Exercises)

- is a series of exercises designed to release stress, tension and trauma in our system
- safely activates a natural reflex mechanism of shaking or vibrating that releases deeply held muscular tension
- help regulate our autonomic nervous system, and can restore harmony and balance
- is an innovative, physical approach to letting go of the tensions we accumulate through life's ups and downs
- is effective with the full spectrum of stress from daily stress to PTS
- is adaptable for all body types, fitness levels, and mobility challenges
- is designed to be taught professionally and then used independently by individuals and groups.

Trauma is a fact of life but it doesn't have to be a life sentence.
Peter Levine, PhD author of *Waking the Tiger: Healing Trauma*

TRE Individual Sessions	Workshop:
-60 minutes -Brief introduction to TRE -Instruction in TRE exercises and one tremor session -Debrief Cost: \$60 for individual session	- 4.5 hours of instruction including: - Two education components that explore: <ul style="list-style-type: none"> ● how and why the body responds to tensions and trauma ● how the body is designed to handle and grow from trauma ● types of trauma and tension ● intergenerational trauma ● recognition of trauma in self and others - Two TRE sessions -Debrief Cost: \$125 per person

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