



Mission Statement

At the service of the church and one with the *Missionary Oblates of Mary Immaculate* whose mission is that of Jesus Christ sent to announce good news to the poor, freedom to captives and new vision to the blind (Luke 4), Queen's House is primarily committed to the renewal of the people of God with special regard for the alienated and the suffering.

A place of hospitality, beauty and quiet, Queen's House welcomes all peoples in their unique life experiences. They come to pray and worship, to seek healing and human dignity, to grow in knowledge of self, the world and God. With risk and daring Queen's House responds to these needs through creative programs and collaborative ministry.

Embracing its own need for conversion, Queen's House looks to the day when all may love tenderly, act justly and walk in truth with one another and with God (Micah 6).

Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

To register please call **306-242-1916** or
email: receptionist@queenshouse.org

For details on all programs:
www.queenshouse.org

Queen's House

A sacred place to stimulate your mind
and nourish your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Biblical Learning & Engagement
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Refuge
- ◆ Yoga & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Fellowship, Celebration, Worship

MAKE YOURSELVES AT HOME

WITH US

*"Come away to a deserted place
and rest for a while ..."*

(Mark 6:31)

Tension and Trauma Release Exercises

Saturday March 18
10:00 a.m. - 5:00 p.m.



Marie Graw

Jackie Maloney

**Queen's House
Retreat & Renewal Centre**

A Home Away from Home

TENSION AND TRAUMA RELEASE EXERCISES - TRE

What is TRE®?

- Tension and Trauma Release Exercise 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
- helps 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 PTSD
- 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.

Additional TRE Information can be found at traumaprevention.com



Saturday March 18
10:00 a.m. - 5:00 p.m.

Cost \$125/session

Register by January 20/March 10:

\$110/session

Book a dayroom with a bed for \$5

Enjoy lunch for \$12

To register please call

306-242-1916

or email:

receptionist@queenshouse.org

Developed by Dr. David Berceli, TRE® is a powerful method of releasing stress, tension and trauma carried in the body.

A series of 7 exercises are designed to activate the body's naturally occurring tremor mechanism.

Check out the website traumaprevention.com, for videos and testimonials. Many who have experienced TRE have reported healing more quickly from injuries, reduced back and jaw pain, improved sleep and an overall sense wellbeing that had been missing from their lives. Many report immediate results.

Jackie Maloney and **Marie Graw** are educators, with a combined 50 years of experience: teaching, counseling, coaching, parenting, working, playing, laughing, crying and loving. When they discovered TRE, they knew it was a modality that would help many people: people who were very physical, people who did not like to talk about issues troubling them, and people who were hurting. Through their work with a wide spectrum of clients they have seen amazing results. TRE is simple, it is self-regulated, it can be modified for all abilities and it is a natural, healing response of our bodies. Visit roguewellness.ca.

**Release deeply held,
muscular tension.**

Rebalance your nervous systems.

**Renew life energy,
perspective and calm.**