

# Tension & Trauma Release Exercises - TRE

with Marie Graw and Jackie Maloney

**When:** Saturday, March 18, 2017

**Time:** 10:00 am until 5:00 pm

**Cost:** Registration is \$125 / session.  
Register by March 10: \$110/session.  
Contact registration below regarding accommodations, an optional \$5 day room reservation and ordering an optional lunch for \$12.

**Detail:** "It's just trauma." . . . a statement that began the exploration of just what trauma was, and how one could heal from it.

## **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](http://traumaprevention.com)

**Presenters:** Marie Graw and Jackie Maloney

Jackie and Marie are educators, with a combined 50 years of experience: teaching, counseling, coaching, parenting, working, playing, laughing, crying and loving. When they discover 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. Their website can be accessed at [roquewellness.ca](http://roquewellness.ca).

**To Register: Please contact Queen's House Bookings:**

- **By Phone:** 306-242-1925 or
- **Email:** [bookings@queenshouse.org](mailto:bookings@queenshouse.org)