



Andrea Villa

Ontological Coach

Address: Boulder, CO

Phone: 303 408 2084

Email: andreav@earthlink.net

Email: andrea@illuminatacoaching.com

Website: www.illuminatacoaching.com

Level II TRE practitioner

I love TRE. I love the way it is transforming and opening my body. I love the serenity and contentment it blesses me with. I love that has become a personal way of praying, of connecting to the vibratory intelligence of life.

I have been studying and practicing TRE with Dr. David Berceli since 2010. I benefited tremendously from it. The practice of TRE has allowed for deep personal transformation, for the emergence of truer more peaceful, grateful self. It has also made me a more “centered” coach, more available to my clients.

I have taught it to hundreds of people and I have seen tremendous results teaching it in my coaching practice. In ontological coaching, we integrate somatic -the domain of the body, with coaching. Once my clients master it, they show up in our session with much less anxieties, more available to change, experiment. TRE nicks away at the contraction of they boy thus resulting in a more available mind.

We live in a world that culturally and socially instigate and rewards stress (or perennial excitation of our sympathetic system). That is deeply unnatural since, as humans, we are designed to live in stress only for short stretches of time. We are so immersed in the stress soup that we have forgotten our “baseline” or natural state.

I also believe that stress hijacks the brain higher function and restricts us to a very contracted uncreative way of thinking. I claim that it holds true both for our personal lives and for the choices we make as society. In this TRE is truly revolutionary because, on the one hand, at a personal level, it allows us to restore, our natural well being, peace and pulsation to live. On the other, as a “medicine” that can be administered to large groups, has the potential to tone down the fear and hate conversation that follows events like Katrina and 9/11 thus resulting in actions stemming from an overstimulated survival mechanism. TRE: It is good for you it is good for the world.

I offer individual sessions and monthly workshops where we examine and experience how trauma and stress influence and determine our moods, emotion and locks up in a defensive/aggressive thinking that impedes creativity and higher brain functions.