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My path to TRE began on 9/11 in Brooklyn, NY, where I lived, literally, within earshot of the World Trade Center. The events of the day and their aftermath reopened my PTSD wounds from the past, and created a host of new ones, sending me in search of trainings that would ease my pain and return me to “normal”.

Tai Chi soothed my nerves and returned me to my body, but the relief it brought lasted only as long as each day I practiced. And my vigorous approach to the exercises aggravated my already-herniated disc, making regular practice challenging.

Training in alignment work (at The Balance Center in Palo Alto) taught me that much of this pain was rooted in skeletal misalignment—stress showing up as tension, and my body fighting to correct itself. With time and practice, my injuries faded and my movement increased, but I was still dealing with adrenal fatigue and other fallout from PTSD.

Enter TRE. During my very first session, I knew I had found the missing piece in my recovery. This gentle, simple series of exercises leading to shaking movements left me feeling like I’d had the deepest massage a person could have--as if I had my own inner Roomba massager had traveled inside my body releasing what I needed.

From my grateful position on this long road of wellness, I now see that together, these three arts—Tai Chi, Align Up, and TRE—become something far greater than the sum of their parts, especially for the person dealing with unrelenting stress. By combining meditative and physical strengthening with TRE’s special gifts of being able to ease tension, we are able to deeply let go whenever we need it.