



Karen Hayward

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TRE is one of the best gifts I could offer you....

“TRE is a tool which you can use for the rest of your life, without becoming dependent on me or any other medical professional. It is the most effective stress management, trauma release tool and physical healing modality I’ve ever come across.” – Karen Hayward.

I’ve suffered with post traumatic stress disorder for 2 yrs, neck pain and tension headaches for 20 yrs and back/disc injury for 8 yrs and what TRE has done for me and my clients has surpassed my expectations.

Here are a few benefits I’ve experienced from doing TRE -

- ☑ recovered from post traumatic stress disorder;
- ☑ recovered from disc injury - I am able to run, jump and exercise fully again, instructing my classes without any back pain;
- ☑ tension headaches gone;
- ☑ dealing more effectively and calmly with daily stress and having more harmonious relationships with people.

Here are a few benefits my clients have experienced from doing TRE -

- ☑ handle daily stress more effectively and calmly;
- ☑ headaches and migraines gone;
- ☑ feel calmer and more energized;
- ☑ came off sleeping tablets;
- ☑ recovered from back and neck problems;
- ☑ anxiety attacks stopped;
- ☑ centimetre and weight loss.