



Liza Kimble
TRE Practitioner Level I, Massage therapist,
specialising in Muscle activation, Reflexologist

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I am a practising massage therapist and reflexologist with 17 years experience, and have enjoyed working with a myriad of different, wonderful clients over the years. I have always been extremely passionate about my work and have really enjoyed the amazing job satisfaction that this line of work brings with it.

The muscle activation brought an even deeper dimension to my work, and the results have been truly phenomenal. This is a treatment whereby one is able to ascertain where the body is compensating, and through a number of specific points, can correct this. Teaching people to do this to themselves is the best road to recovery, as they are able to reverse the ill effects or their patterns themselves.

TRE has also been a wonderful tool for those wishing to deepen their experience and truly heal on all levels. My clients have been able to experience deeper shifts with the combination of treatments, which again, is simply mind blowing.

It is truly an honour to work with people in these incredible modalities, and to witness the healing and freedom of pain, sadness, suffering that they have carried for so long. The self empowerment that TRE brings with it is the greatest gift that we can pass on to others.