



Sophia Choudree

TRE Practitioner Level I, Complimentary Health Practitioner

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I am a complimentary health practitioner using a variety of healing modalities which include massage therapy, The Reconnection and Reconnective Healing. I have found that TRE as a body based modality has brought about huge shifts for me not only physically but emotionally and mentally as well. The Trauma Release Exercises are profound and seems to take one on a healing journey that brings you full circle.