



## **Susan Shifman, CPT, CTRE, RYT**

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### **Level II Trainer**

I believe there is no treatment or drug that can match the body's own astonishing capability to heal itself...and TRE was instrumental in healing me.

My passion is teaching and helping others to heal themselves. Releasing and preventing the accumulation of tension and trauma held in the body is a necessity for ridding ourselves of physical (and emotional) pain.

The knowledge and wisdom gained from releasing my own stressful and traumatic experiences assist me in teaching TRE's self-empowering, healing exercises. A blend of humor (I am told) and compassion help me create a safe, supportive learning environment.

As a TRE trainer I bring a diverse background to my practice: personal fitness training; teaching gentle yin and restorative yoga; giving (and receiving) Reiki and providing "transformational" life coaching. This background allows me to help others heal themselves physically, emotionally and spiritually.

A wise yoga teacher (B.K.S. Iyengar) said: "Health is a state of complete harmony of the body, mind and spirit. When one is free from the physical disabilities and mental distractions, the gates of the soul open".

I believe this to be true.