

Danielle Terheggen
Naperville, IL

RYT (Registered Yoga Teacher)
Certified TRE I Teacher
Bilingual English/Spanish

danielleterheggen@yahoo.com
www.yogaforallbeings.com

I strongly believe that in order to live in harmony with the Universe, we must first live in harmony with ourselves. Peace comes from within, and so we must first make peace with ourselves before we can make peace with others.

I had my first experience with TRE in one of David Berceci's workshops in the fall of 2007 when I was going through Yoga Teacher Training. I was immediately drawn to this idea, which Dr. Berceci presented, that we can heal ourselves. Inspired by my own positive experiences with practicing TRE, I signed up for the 3-day TRE Level One certification course in March of 2010 and over the next few months completed my TRE Level One certification.

Each person that I have guided through the TRE process is amazed that this simple practice can lead to such profound benefits. TRE can truly be helpful to everyone, from the highly traumatized to those experiencing tension and stress from everyday pressures at work, at home or from whatever it is that may be causing worry, anxiety or stress. TRE is a way for the body to release what it needs to release. TRE brings relaxation and calm to both the body and the mind. As a yoga teacher and yoga practitioner, I find TRE to be a beautiful compliment to a mind/body practice such as hatha yoga, pranayama (breath work) and meditation.

As the great Buddha told us "If you keep thinking of all the ways in which others cheated you, fought with you, degraded you or angered you, your heart will forever be full of hatred. Learn to let go, and be happy." TRE allows us to let go- both mentally and physically. Once we learn to let go, we can feel the pure bliss that resonates from within us and we can live joyful, healthy lives.