

NAME: Adri Scholtz

PROVINCE: Gauteng TOWN: Lynnwoodridge, Pretoria

MOBILE: +27 83226 1395

EMAIL: a3scholtz@mweb.co.za

TRE QUALIFICATIONS: TRE Practitioner

OTHER QUALIFICATIONS: A Professional Violinist

COMMENTS:

I am a professional violinist who has always been interested in alternative healing and firmly believes in the ability of the body to heal itself. This is why I became interested in TRE. It is the body's own mechanism to de-traumatise itself after being traumatised.

As a fulltime musician I am aware of the muscle spasms and chronic pain that can develop from playing your instrument. I found this method to also be extremely helpful in this area as well and would highly recommend this to any performing artist.