

NAME: Brigitte Peel

AREA: PROVINCE: KwaZulu Natal

TOWN: New Germany

TEL: +27 31705 1792

MOBILE: +27 84548 5277

EMAIL: [brigitte@peel.co.za](mailto:brigitte@peel.co.za)

TRE QUALIFICATIONS: TRE Practitioner Level One

OTHER QUALIFICATIONS:

- Nutritional Consultant
- Training in Quantum Energy Coaching

COMMENTS: Brigitte works with clients taking them through the Trauma Release Exercises to help with stress release, anxiety and difficulty sleeping. This body based healing mechanism removes the toxic build-up of trauma in the body and can be used to clear old patterns of muscular tension and trauma lodged in the body over a lifetime, without having to 'tell the story'.

Brigitte combines TRE with Quantum Energy Coaching, a simple technique, which changes beliefs, thoughts, feelings and behaviours at the subconscious level. It is safe, effective and works very quickly.

Brigitte is also a Nutritional Consultant who offers a nutritional support programme and has trained in Body Talk.