

NAME: Gillian Warren-Brown

PROVINCE: Cape TOWN: Rondebosch, Cape Town

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TRE QUALIFICATIONS: TRE Practitioner Level One

OTHER QUALIFICATIONS:

- Polarity Therapist
- Nia Technique Instructor – fitness fusion of dance & martial arts styles
- Specialist Health & Science Writer & Editor

COMMENTS:

Gillian Warren-Brown loves the way the body knows what it needs to do to release emotion, stress, tension and trauma – as well as its ability to connect with and express joy. This innate somatic wisdom drew her to explore various ways of improving a sense of well-being via tapping into ‘the body’s way’.