



## **Annette Ashton, BA**

Neural Integration System (NIS) Academy Member, Bowen Practitioner & Teacher, TRE Level I\* trainer (supervising Level I trainees), Chartered Natural Health Practitioner.

**Address:** Takapuna, Auckland, New Zealand  
**Phone:** +649 4880662  
**Email:** [toads@ihug.co.nz](mailto:toads@ihug.co.nz)  
**Website:** [traumarelease.co.nz](http://traumarelease.co.nz)

Annette trained with Dr. Berceli in Australia in February 2011 and subsequently has partnered Stephanie Combe in introducing TRE to New Zealand.

Through her training with NIS NeuroLink<sup>®</sup> which is based on the principles of neuroscience Annette understands the implications of TRE and the benefits of neurogenic tremor instigation.

Over her 18 years of clinical practice she has observed that we have the ability to heal ourselves on all levels. What is required is that the brain and body achieve optimal communication and the different and many stresses of life can at times, push us beyond our tolerances.

Annette sees her role both in her practice and as a teacher to enable her clients to facilitate their own healing journey.

She is excited by the possibilities that TRE offers for self empowerment and the illumination and transformation we gain from our life experiences including trauma.