



AS PART OF THE YEARLONG CELEBRATION OF THE 100<sup>TH</sup> BIRTHDAY OF ALEXANDER LOWEN, M.D.

# THE ALEXANDER LOWEN FOUNDATION PRESENTS

ALL INFO AT [LOWENFOUNDATION.ORG](http://LOWENFOUNDATION.ORG)

## TENSION & TRAUMA RELEASING EXERCISES A 3-DAY WORKSHOP WITH DR. DAVID BERCELI

**NOVEMBER 3-5 2011 THURSDAY-SATURDAY / 9:30AM – 4:30PM / NEW YORK, NY**

The Trauma Releasing Exercises (TRE) is a revolutionary technique in stress reduction, tension releasing, and the healing of trauma. This workshop offers an opportunity to learn and experience this set of seven simple physical exercises, designed to release deep chronic muscular tension.

Participants will explore how living with stress and the effects of trauma, impact daily functioning. The workshop will also examine the relationship between chronic muscular tension and the functioning of all

systems - neurological, biological, anatomical, and emotional - and illuminate the ways in which each of these dimensions is intricately linked.

Offered as either introductory, or as credit towards certification. Prior arrangement for certification is required. This three day workshop is progressive so that each day builds on the material presented on the preceding day; however, it is designed in a way to allow participants to benefit by registering for any or all days.



## PROGRAM OUTLINE

### 1/ OVERVIEW

- How tension/stress is stored in the body.
- Where it is stored.
- Why we hold-on to it.
- How to release the tension using TRE.

### 2/ THE EVOLUTION OF TENSION AND STRESS

- The continuum between tension, stress, and trauma.
- Releasing tension/stress using the muscular tension/release sequence.

### 3/ TENSION AND STRESS RECOVERY PROCESS

- The process of recovering from high tension and stress follows a predictable pathway.
- The role of anxiety, depression, feelings of helplessness, hopelessness, suicidal thinking, and anger in tension and stress.

### 4/ TENSION AND STRESS RELEASE EXERCISES

- The seven exercises intended to painlessly increase the tension on the muscles, and facilitate a release of the tension. The exercises produce shaking/quivering in the muscles, leaving a deep feeling of relaxation.
- Participants will experience these exercises twice daily during the workshop, and receive one-on-one attention.

Please dress comfortably and bring a Yoga mat if available.

### PRICING:

**Before Oct 19:** \$140/ day  
**After Oct 19:** \$150/ day  
**Workshop Day:** 9:30 - 4:30 with 1-1/2 hour lunch break

### APPLICABLE DISCOUNTS:

**If attending 2 days:** 5%  
**If attending 3 days:** 10%  
**IBA Membership:** 10%  
**3 or more attendees from same organization:** 10%  
**Full payment before Oct 19 (US\$ check preferred)** 2%  
**Attendance at a prior Foundation workshop** 10%

### TO REGISTER:

**Yes, I would like to attend Dr. David Berceli Tension and Trauma Workshop:**

DAY ONE, THU NOV 3  DAY TWO, FRI NOV 4  DAY THREE, SAT NOV 5

Participants limited, \$50 deposit is required to reserve space. Registrations may be transferred. **Cancellation Policy:** A non-refundable cancellation fee of \$25 will be charged for all cancellations. No refunds will be given after Oct 20, 2011.

### TO ORDER BOOKS/DVDS:

**The Revolutionary Trauma Release Exercises DVD** \$27.95\_\_ (# of copies)  
**The Revolutionary Trauma Release Process** \$17.95\_\_ (# of copies)  
**The Way to Vibrant Health** \$17.95\_\_ (# of copies)

5% discount for two titles, 10% discount for three titles.

Pick up at workshop at no charge  Add \$6 for shipping and handling  
 100% of Proceeds is invested in furthering this Work

### SUBMIT THIS FORM:

by email: [connect@lowenfoundation.org](mailto:connect@lowenfoundation.org) / by phone: 203-966-3474  
 by mail: The Alexander Lowen Foundation, PO Box 631, Hinesburg, VT 05461

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

# DR. DAVID BERCELI

is an international expert in trauma intervention. For the past twenty-two years he has taught in more than 100 countries providing trauma relief workshops and designing recovery programs for international organizations, including UNICEF, Doctors Without Borders and The World Health Organization (WHO).

He is the creator of TRE, which helps release the deep chronic tension created in the body during a traumatic experience. It is a revolutionary new technique for stress reduction, tension release, and the healing of trauma, with origins in the work of Dr. Alexander Lowen's Bioenergetic Analysis.

Dr. Berceli holds a Doctorate of Social Work (PhD), is a Certified Bioenergetics Therapist (CBT), Licensed Massage Therapist (LMT), and Certified Field Traumatologist (CFT).

He is the author of The Revolutionary Trauma Release Process, and Trauma Releasing Exercises (TRE): A Revolutionary New Method For Stress/Trauma Recovery.



## TENSION AND TRAUMA RELEASING EXERCISES (TRE)



TRE is a self-help technique which uses body-work, neuro-physiological and psychological insight, and personal interaction and reflection to gently relax the stress patterns embedded in the body, thought processes, and the belief systems of the individual.

Most relaxation exercises are designed to release surface level tension, but this is insufficient when dealing with the deep chronic tension created during trauma and repeated stressful experiences. TRE is specifically designed to release deep, chronic muscle contraction created by high stress and anxiety. Through the use of this method the individual learns to reduce the impact of stress experiences.

TRE is easy to learn, has immediate effects, and can be integrated into a simple daily routine to help restore a sense of inner peace and relaxation. TRE also complements any physical activity or training, including the practice of meditation and yoga.

This workshop is presented as part of the yearlong celebration of the 100th birthday of Alexander Lowen, M.D. The Foundation is celebrating Dr. Lowen's life and work with events and workshops throughout 2011 in the United States and Europe.

For the latest information, sign up for our mailing list at [www.lowenfoundation.org](http://www.lowenfoundation.org), and join us in building a living, breathing, vibrant Bioenergetics community!

## BOOKS AND DVDS

### THE REVOLUTIONARY TRAUMA RELEASE EXERCISES DVD by DAVID BERCELI / \$27.95

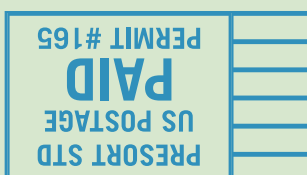
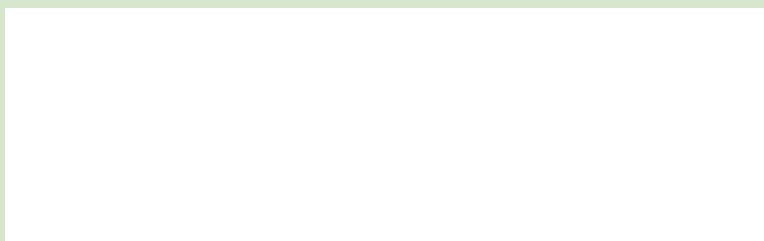
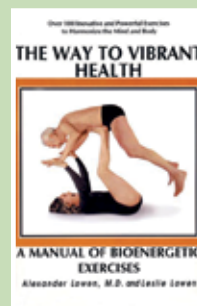
Features Dr. Berceli giving step by step instruction of the exercises in a group setting; an in-depth interview with Dr. Berceli discussing trauma/stress causes and effects, and the origins of TRE; and testimonials of students and practitioners.

### THE REVOLUTIONARY TRAUMA RELEASE PROCESS by DAVID BERCELI / \$17.95

This book explains, in simple language, the causes and effects that stress, anxiety, and trauma have on our mental and physical well-being and health. Illustrated step-by-step instructions of the TRE program included.

### THE WAY TO VIBRANT HEALTH by ALEXANDER LOWEN / \$17.95

The comprehensive manual of Bioenergetic exercises and psycho-biological insights to recognize and relieve the chronic muscular and physical tension associated with stress, anxiety and trauma; enhancing aliveness, well-being, and good feelings.



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