

# TRE

FEBRUARY 2012, CAPE TOWN

## TRAUMA RELEASING EXERCISES CERTIFICATION TRAINING IN SOUTH AFRICA

Don't miss this opportunity to train with the founder of TRE, **Dr. David Berceli Phd** from USA.



TRE is a *revolutionary new technique* to reduce muscular tension, relieve chronic stress, anxiety, and recover from traumatic episodes in life.

Trauma Releasing Exercises (TRE) is a breakthrough in trauma recovery. It is a body-centered methodology of trauma recovery that can be used with individuals or in large-scale populations. It is easily learned, immediately effective and self-empowering.

Attend this four day workshop and:

- Learn a body-based prevention and recovery process that can be done individually, as a family (level one), team or organization, community groups (level two)
- Learn a natural method of relaxation that works for experiences from mild tension to severe trauma
- Learn a method that can be integrated into your daily exercise routine to restore immediate, deep relaxation to the body
- Attain an international certification (subject to supervision requirements) as a Trauma Practitioner and be listed on David Berceli's website
- Be listed on the TRE One Vision Africa website as a certified practitioner for one year
- Attain CPD accreditation of 28 points when attending the 4 days workshop

### **DATES:**

Level One: 18-21 February 2012 (inclusive)  
Level Two: 26-28 February 2012 (inclusive)

### **VENUE:**

Erinvale Golf Hotel, Somerset West, Cape Town

### **COST:**

Level One: R5500  
Level Two: R4300

### **BOOKING/ENQUIRIES:**

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Places are limited so please book early