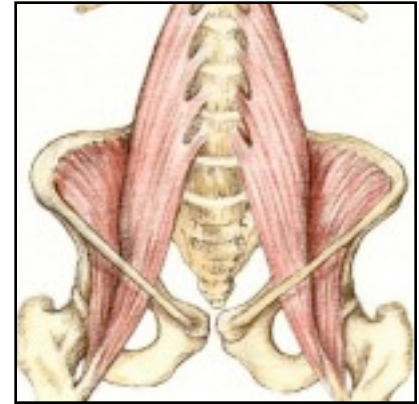


THE GREATER LOS ANGELES AREA WELCOMES



3 DAY WORKSHOP 2012

And Level 1 Certification Training

February 17-19

FELICIA MAHOOD MULTIPURPOSE CENTER

11338 Santa Monica Blvd., Los Angeles, CA
(@405 Freeway and Santa Monica Blvd.)

A Holiday Inn Express is conveniently located next door.

Ask for Michelle in Sales for pre-negotiated rate 310-478-1400

TRE TARGETS THE PSOAS MUSCLES ELICITING NEUROGENIC TREMORS IN THE BODY, A CONTROLLED SUSTAINED SHAKING WHICH RELEASES DEEP CHRONIC MUSCULAR TENSION IN THE BODY FROM THE CRANIUM TO THE SACRUM. THE BRAIN REGISTERS A REDUCTION IN PAIN SIGNALS AND PRODUCES HORMONES THAT BRING RELIEF, RELAXATION AND COMFORT.

9:30 - 5:00 FRI, SAT, SUN

Bring a yoga mat or a blanket

Snacks and water will be provided (meals are NOT included)

Bring shoes that grip the floor (sneakers, yoga toes or bare feet)

RELIEVE SYMPTOMS OF STRESS & PTSD

Remove the stress patterns in your body which cause emotional, physiological, psychological, and spiritual symptoms

The U.S. MILITARY uses TRE as one of their modalities at the new Walter Reed Memorial Hospital

Prices

\$150.00 Workshop Day 1 only

\$300.00 Workshop Day 1 & 2

\$400.00 Three-Day Level 1

Certification Training

To Register, call or email Mary Shriver

Please make checks payable to:

Natural Stress and Trauma Release

Space is limited.

A \$50.00 deposit

will reserve your space

LEVEL III TRAINER/PRACTITIONER

WORKSHOP FACILITATOR:

JACY SUNDLIE

TREPROMOTIONS@GMAIL.COM

970-948-5154 for certification question



WORKSHOP COORDINATOR

LEVEL I FACILITATOR

MARY P. SHRIVER

MSHRIVERBIZ@GMAIL.COM

213-219-9269 for Registration and Questions



Call Mary 917-829-4193 or visit: www.traumaprevention.com/workshops

What is TRE?

The Trauma Releasing Exercises (TRE) are a cutting edge technique in stress reduction, tension releasing and the healing of trauma.

TRE consists of a set of six simple physical exercises. These exercises, which will be learned in this workshop, are designed to release the deep chronic muscular tension that is held deep within the structure of the body.

The workshop will inform you of the relationship between this deep chronic muscular tension and the functioning of all systems-neurological, biological, anatomical and emotional. You will understand how living with chronic stress and/or experiencing the overwhelming effects of trauma can impact your daily functioning.

The TRE's are intended to be used as a self-help method that are easily learned, have immediate effects and can be integrated into a simple daily routine to help restore a sense of inner-peace and relaxation.

Learning Objectives

Participants will have a working understanding of the diagnostic criteria related to trauma

Participants will understand the meaning of trauma

Participants will be able to summarize basic knowledge of trauma's affect on neurological, biological, anatomical and emotional functioning.

Participants will be able to explain the importance of neurogenic tremors and their role in the restoration of homeostasis to the body following trauma

Participants will be able to complete the Trauma Release Exercises (TRE's).

Participants will understand how living/working in chronic stress conditions affects neurological, biological, anatomical and emotional functioning



US MILITARY



CHINESE EARTHQUAKE CHILDREN



SUDANESE VILLAGE

For more information on Dr. David Berceli and TRE visit: www.Traumaprevention.com