



RELIEVE SYMPTOMS OF STRESS & PTSD

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

Price

Level 1 Certification Training*

\$400.00 2 1/2 Days

Price Includes Digital Presentation of
“**Self Regulation and Adaptions**”
which will qualify for the other half day

* This fulfills the 3 day workshop
requirement for Certification.

Please visit www.traumaprevention.com
for full certifications requirements.

Location

10812 Washington Blvd.
Culver City, California 90232
E-mail Mary for directions and
parking instructions.

Times

Friday Evening 6:00 - 10:00 PM
Saturday, Sunday 10:00 - 5:30 PM
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)

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.



WORKSHOP FACILITATOR:
LEVEL III TRAINER
JACY SUNDLIE
Trepromotions@gmail.com
FOR CERTIFICATION
QUESTIONS CALL
970-948-5154

Jacy is currently only one of five TRE trainers in the United States. Her experience includes having been a licensed social worker, a certified Integral Yoga instructor and Transformational Life Coach. Developing and facilitating workshops and retreats for more than 20 years and owning her own business, **Natural Stress and Trauma Release, LLC** are among Jacy's passions, as well as, promoting TRE and Dr. Berceci.

**CE Certificate issued after completion of course. Please make \$15 payment to:
Nkemdilim Ndefo**

Nkemdilim Ndefo, CNM is a provider approved by the California Board of Registered Nursing, Provider Number 15871, for 15 contact hours.



WORKSHOP COORDINATOR
LEVEL II FACILITATOR
MARY P. SHRIVER
Mary@ShakeOffStress.com
TO REGISTER or FOR
REGISTRATION QUESTIONS
CALL 213-219-9269

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

Participants will be able to discern and name the different states of trauma.

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 do the Trauma Release Exercises (TRE's) and know the related muscle groups.

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

US MILITARY



CHINESE EARTHQUAKE CHILDREN



SUDANESE VILLAGE



TRE WORKSHOP CANCELLATION POLICY

- ❖ Fee must be paid in full in advance (contact Mary for payment options)
- ❖ Cancellations up to seven days before the program/registration fee refund (minus \$50 admin fee)
- ❖ Last minute cancellations will be given credit to take the class at the next offering.