



## **TRE Workshop**

### **Tension & Trauma Releasing Exercises**

*(workshop can be used toward Level 1 certification)*

**Friday, Saturday, Sunday, September 13-15, 2013**

**6:30PM – 9:30PM Fri. and 10:00AM-5:00PM on Sat. and Sun.**

**Location: Madison, Wisconsin**

Benefits of **TRE** (tension and trauma releasing exercises)

- Better sleep
- Feel more relaxed and less anxious
- Improved relationships
- Self-help and self-empowering technique
- Immediate effects

#### **TRE IS A SET OF SIX SIMPLE EXERCISES**

WHICH TARGET THE PSOAS MUSCLE and ELICITS NEUROGENIC TREMORS, A CONTROLLED SUSTAINED SHAKING WHICH RELEASES DEEP CHRONIC MUSCULAR TENSION IN THE BODY FROM THE SACRUM TO THE CRANIUM. THE BRAIN REGISTERS A REDUCTION IN PAIN SIGNALS AND PRODUCES HORMONES THAT BRING RELIEF, RELAXATION AND CALM.

**RELIEVE SYMPTOMS OF PTSD, STRESS and ANXIETY  
AND FEEL MORE PEACEFUL**

#### **WORKSHOP FACILITATOR**



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, Transformational Life Coach, Reiki Master and Massage Therapist.

[www.naturalstressrelease.com](http://www.naturalstressrelease.com) or [www.traumaprevention.com](http://www.traumaprevention.com) to learn more about Dr. David Berceci

JACY SUNDLIE, BS, RYT, CCA  
LEVEL III TRAINER

**To register contact Jacy : 970-948-5154 or [trepromotions@gmail.com](mailto:trepromotions@gmail.com)**

**Cost: \$400.00 before September 1st**

**\$450.00 after September 1st**

(space is limited so register early)

# 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.

TRE is intended to be used as a self-help method that is easily learned, has 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 stress
- Participants will understand the meaning of stress and trauma
- Participants will be able to summarize basic knowledge of trauma's effect 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 (TREs).
- Participants will understand how living/working in chronic stress conditions affects neurological, biological, anatomical and emotional functioning.

## TRE TRAINING AROUND THE GLOBE



US MILITARY



CHINESE CHILDREN



SUDANESE VILLAGE

For more information on Dr. David Berceci and TRE visit: [www.traumaprevention.com](http://www.traumaprevention.com)