



TRE for Better Sleep, Less Stress and Deeper Relaxation



IS STRESS AFFECTING YOUR LIFE ?



Sleep TS Anxiety Asthma MS Back Pain TMJ Headaches Depression OCD Restless-leg
PTSD Anger/Rage ADHD Pre-IVF Trauma from BIRTH/Chemo/Surgery Post-natal-depression
Chronic Pain Arthritis Fibromyalgia(ME/CFS) Sciatica Whiplash Adoption Post-Traumatic-Stress

TRAUMA RELEASING EXERCISES (TRE) * Full-day Workshop *

DUBLIN ~ Ireland **FIRST TIME at the** [Emmaus Centre Swords](#)

Saturday 29 Nov 2014 ~ Cost 95€ (includes light lunch)

email raymond Lambert@eircom.net for PayPal payment details

Times 10:00 to 17:00 [TREIreland](#) **< Places are limited >**

Stress and Trauma are a fact of life. They do not however, have to be a life sentence.

TRE is a revolutionary method which triggers the body's tremoring response to discharge stress and trauma, in a totally safe, natural and non-invasive way, releasing old emotional patterns (anger, panic attacks, fears, worries) as well as anxieties and suicidal thoughts.

Reduce stress and tension ~ Learn a new and natural method of relaxation ~ Reset your body's nervous system ~ With restored balance, healing can now take place and solutions emerge.

A self-sufficient, all-in-one workshop - to learn everything you need to know about TRE

Raymond is a TRE Practitioner qualified to lead groups. He has trained and worked in the UK on the Continent, in Scandinavia, Eastern Europe and Northern Ireland, with a wide range of people such as therapists, doctors, osteopaths, midwives, doulas, dancers, artists and children



JUST AS NATURE INTENDED