

**TRE<sup>®</sup>**  
**Centre**

Tension & Trauma Release Exercises

TRE<sup>®</sup>Centre 2022



# Pelvis and Psoas Lab

1st & 2nd October 2022

[www.trecentre.com](http://www.trecentre.com)  
[contact@trecentre.com](mailto:contact@trecentre.com)

# About:

**To make this course accessible to all and to account for any potential quarantine measures in the UK we will be running it as a blended course.**

This means it will be possible to attend online or join us in person for an immersive residential held at:

## **Bidston Observatory Artistic Research Centre**

Details about both options are outlined from page 4 of this pack.

**The teaching time for both days is: 10-6pm**

# Who is it for:

**This workshop is for anyone wishing to understand more about the anatomical and functional interconnectedness of Pelvis and Psoas system with surrounding organs and our body in general. Why and how can we release sensations and deep emotions from our pelvic area.**

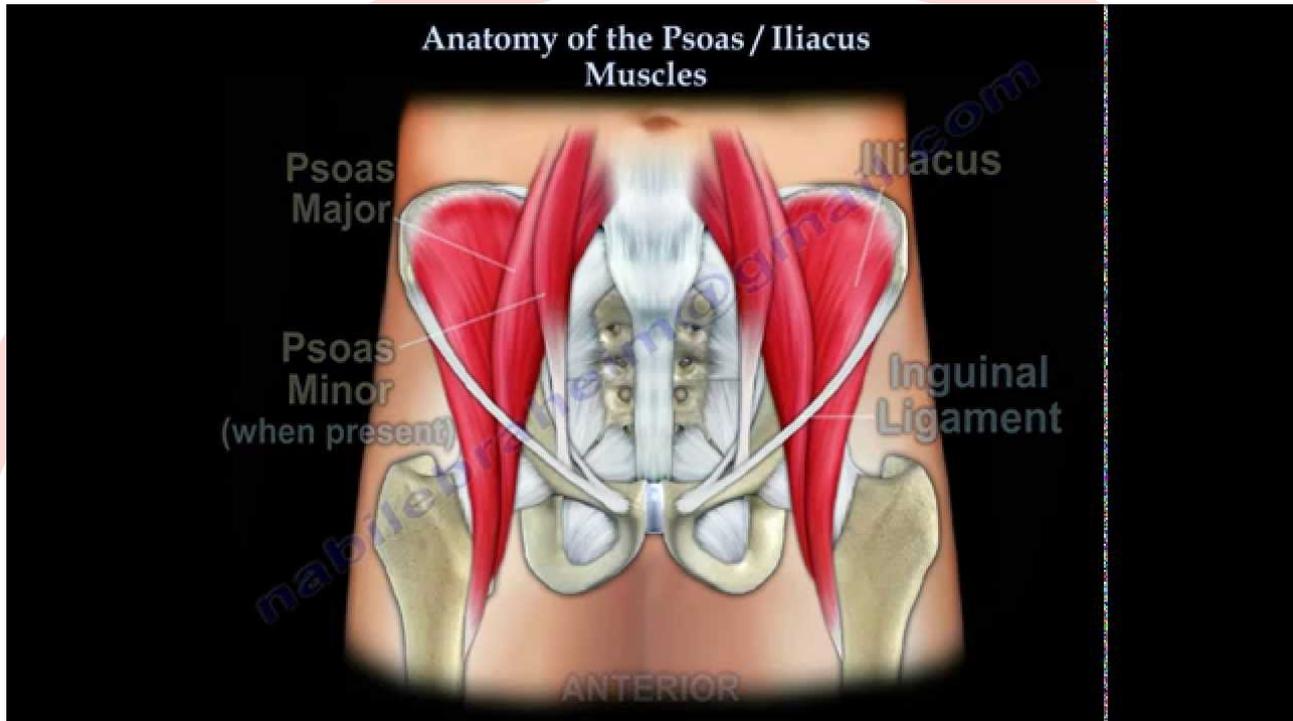
**For TRE providers it will act as an advanced deep dive enhancing how you work with your Psoas and Pelvis and how you can be more knowledgeable and effective in working with other people.**

You can attend this workshop with no prior experience of TRE® though we'll be working with the exercises to bring on the bodies natural tremor mechanism, to help absorb and give a tangible understanding of the principals we will be discussing

TRE® is a body based practice, that uses specific exercises to put slight strain on the muscle which activates the bodies natural tremor mechanisms. Where possible we try to make this accessible to all types of bodies but like any modality there are some limitation to the practice which means it may not suit everyone.

If you have mobility issue or particular concerns whether TRE® will be right for you please get in touch to arrange a time to talk with one of us in person.

# Pelvis and Psoas:



The goal of this workshop is to deepen our understanding about the role of Psoas and Pelvis in TRE.

We will explore anatomical interconnectedness of the Psoas and the Pelvis with surrounding organs and tissues. Often this area of the body holds excess charge and limits the natural movements.

We will learn about the connection between our pelvic area, body sensations, deep seated emotions and heightened or dissociated sense often present in the body.

Through practical exercises we will learn how to use gentle but powerful interventions to resolve blockages and deepen our own and clients process.

# Workshop content:

**In this specialised 2 day workshop, we will explore fundamental and essential properties of Pelvis and Psoas.**

## **DAY 1**

Psoas is not just a hip flexor  
Anatomy and innervation of Psoas  
Pelvic floor and Pelvic diaphragm  
Pelvic floor muscles  
How do you work with your Pelvis and Psoas

## **DAY 2**

Psoas relation to other organs  
Pelvic autonomic nerves  
Interventions  
Emotions and feelings related to Psoas and Pelvis

**Both days are designed to deepen our own personal TRE® practice and expand our inner landscape and to take home valuable skills that can be applied immediately.**

Through practical exercises and TRE we will explore our own body in more depth and develop more awareness and subtlety. We will learn how to use gentle but powerful interventions to help deepen our own and clients process.

# Cost:

**£230 - Early Bird paid in full by September 1st 2022**

**£260 - Paid after September 1st 2022**

Cost is the same whether joining online or in person.

For those wishing to stay on site the cost is:

**£50-70 - for two nights self-catering accommodation at Bidston Observatory (see below)**

## Joining Online:

**We will also be streaming the sessions live via Zoom to include participants that are unable to attend in person.**

**To retain the intimacy of the group the number of online participants will be limited.**

For the practical sessions where we are working with the tremor practice, one of us will focus on the online distanced environment while the other will hold the space for those in physical attendance.

NB: While the Immersive Residential is design to allow for deeper engagement with materials and more inter-personal time between participants and trainers, we will look to ensure that none of the basic content to this module is shared out side of the official teaching hours.

# Joining in person:

Our Immersive Residentials are held at:



Bidston Observatory Artistic Research Centre.  
Wilding Way, Prenton, Merseyside, CH437RA

**This relaxed communal setting allows for more depth to the training and offers participants the opportunity to build long-term relationship with their cohort and trainers outside of teaching hours.**



**This unique heritage site on Wirral surrounded by nature, is just 20 mins train ride from Liverpool City Centre, and within 50 mins of both Manchester and Liverpool John Lennon international airports.**

# Booking & Payment:

**Payment is necessary to secure a place on this course which is offered on a 1st come 1st served basis. We will be capping numbers to ensure a greater intimacy and the quality of the workshop :**

When making payment for this module please state your initials and Fascia Lab in the reference.

We can take payment via bank transfer:

**Bank: Lloyds bank**

**Name: Cedo Mikic**

**Acc. 00531575**

**Sort code: 30-94-66**

**IBAN: GB51 LOYD 3094 6600 531575**

**BIC: LOYDGB21484**

**Address: 273-275 Kentish Town Road · London · NW5 2LP**

It is also possible to pay via PayPal to the address please note any administrative fee's need to be born by participants:

**[contact@trecentre.com](mailto:contact@trecentre.com)**

Please let us know when you have paid and the name of the account its coming from, and whether you are paying for on site accommodation as well.

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## Accommodation at Bidston Observatory

**If you would like to stay on site the cost of two nights accommodation is set at a sliding scale of £50 - £70 (max 2 people sharing a room).**

This is self declared means tested. We ask that those that can afford it pay the high rate as this supports the not-for-profits work and ethos which tries to also make things possible for those who are at a financial disadvantage.

To secure a room please make payment through the above methods at the time of booking. Space is limited and 1st come 1st served.

Please let us know if you intend to stay Friday and Saturday or Saturday and Sunday night. To arrange this or with any other questions you might have about the observatory contact:

**[enquiries@bidstonobservatory.com](mailto:enquiries@bidstonobservatory.com)**

## AGREEMENTS

### **CANCELLATION POLICY :**

#### Modules, Workshops and Courses

We limit the numbers of workshop participants to ensure the quality of the training.

#### **If you can't attend the module / workshop:**

A DEPOSIT OF £50 IS NON-REFUNDABLE You can transfer the deposit to another course within one year of the original course.

#### **If you want a refund:**

Please let us know through email: [contact@trecentre.com](mailto:contact@trecentre.com)

The amount of your refund depends on how much notice you give AND DOES NOT INCLUDE THE VALUE OF THE DEPOSIT (£50)

- At least 30 days before the start of the event: 100% refund (less £50 deposit)
- Less than 30 but at least 7 days: 50% refund (less £50 deposit)
- Less than 7 days, on or after the start date: Sorry, no refund

#### **If you would like to attend the same workshop on a different date:**

If you give us 12 days notice and there's still space available in the workshop you want to transfer to, this is no problem we'll just move your booking.

If no space is available, we'll book you on the next one or refund your registration as described above (LESS THE DEPOSIT).

#### **If you decided not to go to the workshop:**

Apologies, no refunds are available if you didn't cancel in advance

#### **Other cancellations and schedule changes:**

We reserve the right to cancel or reschedule an event due to low enrolment, presenter illness, or other circumstances.

If the event is cancelled, participants will receive a full refund of their registration fee.

If the event is rescheduled, participants will have the option of attending the rescheduled event or receiving a full refund.

If we cancel or reschedule a workshop or other event, we won't refund your travel, lodging (unless you booked to stay at Bidston Observatory), or meal expenses.

We suggest you make refundable travel arrangements.

#### **In the event of further Covid-19 Government lock downs**

We aim to provide you with an alternative training options, online or at a later date and will issue a full refund if this is not possible.

We can not account for or keep up with the policy shifts in other countries and ask that you consider what travel is possible from the region you reside in and if quarantine is necessary.

In short, we want to see you through the qualification process in the most effective and affordable way possible and will be doing what we can within reason to make that happen.

# What happens next?

On receipt of payment your place on the course will be secured.

Prior to the course starting you will be sent our standard health questionnaire which we require back a week before we start and information relevant to whether you'll be joining us on line or in person.

We then look forward to seeing you either online or in person on the 1st and 2nd October and are available if you have any further questions.

With warm wishes

TRE®Centre