

EXPLORE TRE® WORKSHOP

(and start of TRE Certification Training Programme)

Learn how to help clients release **tension**, reduce **stress** and build **resilience**



Workshop Participants 2018

TRE® (Stress, Tension and Trauma Release Exercises)

TRE® is a holistic approach to healing that involves our body, mind and emotions. It offers you an effective somatic technique to help those recovering from chronic stress, anxiety or trauma.

This 3-day experiential workshop is perfect if you want to learn more about a technique you can use for your own health, healing and self-care.

It is also the first step in the TRE® Global Certification Training Programme (GCTP) for those who want to learn how to use TRE® in a therapeutic or healing context.

TRE® activates the body's instinctive tremor mechanism in a safe and controlled way. These tremors release the tension that builds up because of everyday stressors and challenging life events. A regular TRE® practice helps people all over the world to:

- improve sleep, energy levels, focus and concentration
- reduce stress, pain, anxiety, depression and tension
- develop greater resilience
- recover more easily from injuries
- build more harmonious relationships and stronger social connections



Ingrid Regness is a mindfulness-based, Integral Health coach, global TRE® Certification Trainer and Mindfulness Teacher in Cape Town, South Africa and will lead the workshop.



Brenda Wille is a certified TRE® Provider, Martha Beck-certified Life Coach and Victim Support volunteer in Auckland, New Zealand.

Explore TRE® Workshop: 24 - 26 May 2019
Kawai Purapura, 14 Mills Lane, Albany, Auckland

Super Early Bird Rate: \$749 until 1 March 2019
Attend with a colleague and you both save \$50

For more information: <http://bit.ly/2txPNzW>

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“ TRE® helped me feel more positive within myself, more in control and generally less stressed. ”



“ I love how after a session I feel renewed, energised and grounded. ”



By attending this 3-day workshop, you will:

- Experience multiple tremor sessions and deepen your personal process
- Understand how the anatomy, physiology and neurology of stress and trauma relates to TRE®
- Learn about Stephen Porges' polyvagal theory and how our brains and bodies react to challenging life events
- Develop self regulation skills so you can manage your own health and wellbeing
- Experience how TRE® can help you feel grounded and centered
- Have a taste of the basic skills of teaching TRE® to others

TRE® is a valuable self-care technique you can use to manage stress and tension for the rest of your life.

TRE® works well on its own and also enhances other stress relief practices such as mindfulness, yoga and meditation.

The exercises are suitable for all body types and can be easily adapted for any fitness level or mobility challenge.

TRE® can be used by professionals whose work supports those affected by stress, tension, anxiety and trauma. This includes therapists, counsellors, social workers, occupational therapists, osteopaths, physiotherapists, doctors, chiropractors, cranio-sacral therapists, bodyworkers, coaches, school guidance counsellors, parents, teachers, fitness instructors and others in alternative health fields.