



Would you like to relax more and release tension?

Have less worry and anxiety?

More energy?

I am offering **FREE** Tension•Stress•Trauma Release Exercises (*TRE*®) in the Teignmouth area.

Having personally benefited from *TRE*, I am looking to share this with anyone who would like to volunteer to be case studies for this amazing therapeutic process as part of my teaching practice. I would really appreciate your help.

Created by Dr David Berceci who has worked with this for over 25 years, *TRE* can help us to release stress or muscular tension as a result of challenging life circumstances, immediate or prolonged stressful situations and traumatic life experiences.

TRE incorporates a set of seven simple yet powerful exercises that can, with practice, become a life-long tool to help us to release stress and tension held in the mind and body, reactivating a natural, instinctive, **genetically** encoded shaking process in the body. The exercises elicit this shaking in a controlled and regulated way. In turn this begins to release deep chronic muscular tension held within the body which stimulates feelings of relaxation and comfort. Anyone can benefit from learning *TRE*.

It is self-empowered healing.

It is a safe, comfortable and natural process that people I have worked with describe as relaxing, enjoyable, uplifting, serene and deeply calming. Our bodies, when reacquainted with its ability to reset through *TRE*, just want to release, restore and remember that we can be at home in our body as place of calm and natural balance. *You healing you.*

If this speaks to you, we would need no more than 2 hours at a time and place convenient to you to guide you through this revolutionary process. I would love to meet up for a chat and a tea/coffee beforehand.

TO FIND OUT MORE ABOUT *TRE*® AND ABOUT ME, PLEASE CONTACT JULIE BY EMAIL

julie@weaversofwellbeing.com, OR CALL 07976 646392. CHECK OUT *TRE* at

www.traumaprevention.com or Weavers of Wellbeing at www.weaversofwellbeing.com.