



TENSION AND TRAUMA RELEASING WITH TRE EXERCISES

SATURDAY, MARCH 3RD | 1:00-4:00PM | \$50 ADVANCE / \$55 DOOR

Come and experience seven simple exercises that help release tension in the muscles, which in turn relaxes the anxieties of the mind. The TRE exercises tire the legs, triggering an involuntary shaking and trembling response, which begins in the legs and often spreads through the body. This shaking is actually the nervous system's way of discharging long-held tension or unconscious muscle contraction in order to restore the body to wholeness. Since this shaking mechanism in the muscles is part of our natural behavior as humans, everyone can benefit from TRE. This shaking of the muscles, neurogenic tremors, increases the resiliency of the body because it causes deep relaxation that naturally reduces stress levels whether caused by work stress, excessive worry, conflict in relationships, physical stresses or traumas from accidents. TRE can help release anxiety, chronic neck and shoulder pain, lower back problems and restore a sense of peace and calm to the body and mind.

Some benefits you may experience from TRE:

- Improved sense of being "grounded."
- Release of deep chronic tension
- Increase of overall energy and stamina
- Better sleep patterns
- Increased flexibility
- Promotes deep relaxation and improves circulation

For more information go to www.traumaprevention.com



Brooke Deputy A certified **TRE** practitioner/trainer is also certified in **Bioenergetics**, a life energy psychology which integrates mind, body, emotions and spirit. She has studied with senior teachers including Bioenergetic founder, Alexander Lowen and TRE creator, David Bercelli. An Esalen trained massage therapist, she combines expressive movement, tai chi and dance into her TRE, movement and meditation classes and workshops. She has taught TRE in CA and internationally and also is a regular TRE teacher at Esalen Institute.

Call 310.559.7200 to Reserve your Space!

Cancellations must be made at least one week in advance and will incur a 50% service fee.