

TRE

tension
stress & trauma
release exercises
a wellness tool for all

MODULE 1
open to public
MARCH 8-10 2019

MODULE 2
JUNE 21-23 2019

\$450/module

*early bird pricing until Feb 8 for Module 1 then price is \$500

*certification includes further training



Global Certification Training



Jacy Sundlie,

Global Certification Trainer
is also a Liscensed Social Worker,
Yoga Teacher and Reiki Master
and has worked with Dr. Berceli
since 2008. She helped develop
the first certification program
within TRE®. Jacy also co-created
one of the TRE® Modification DVDs
required for certification.

WHAT IS TRE®?

Developed by Dr. David Berceli (Tension, Stress & Trauma Release Exercise) is a series of 7 exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® safely activates a natural reflex mechanism of shaking or vibration, releasing muscular tension, and calming the nervous system. Reported benefits include:

- easy to learn
- better sleep
- less worry & anxiety
- more energy
- self help technique

LEARNNG OBJECTIVES

- Participants will be introduced to TRE® & the personal tremoring response.
- Participants will understand the tremor response.
- Participants will learn anatomy, neurology and physiology of stress and trauma as it relates to TRE®.
- Participants will learn defense reactions containment, and grounding strategies as they relate to TRE®.
- Participants will receive an introduction to the Poly-vagal theory.
- Participants will learn the basic skills of working with individuals and groups.

LOCATION

**6225 UNIVERSITY AVENUE - WHITEDOOR/TIBIA
MADISON WI 53705**

register www.naturalstressrelease.com | info jacy@naturalstressrelease.com
for more information about TRE® and Dr. David Berceli www.treforall.org