

## TRE® Tension and Trauma Release Exercises Workshop Sunday December 2<sup>nd</sup>, 11.00-12.30 with Susan



**Tension in the body?**

**Stress at work?**

**Trauma in the family?**

TRE® is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. TRE® is for everyone, enabling people to feel relaxed, calm, more present and more fully alive.

It is recommended that you safely learn the technique in at least six sessions with a certified provider before practicing it by yourself at home.

**What to bring:** Water can be handy, wear comfortable clothes and please be prepared to do the exercise in bare feet.

*"After a session with Susan I felt the most relaxed I had in months, I thoroughly recommend giving this a go." Anita Milne, Policewoman, London*

For more information on TRE® visit the UK website: [trecollege.com](http://trecollege.com)

Date: Sunday December 2<sup>nd</sup>

Time: 11.00-12.30

Cost: £12

Booking: For more information or to book,  
please contact Susan at [thesusankelly@gmail.com](mailto:thesusankelly@gmail.com)