

TRE® Trauma Release Exercises comes to Yoga Akasha with Susan
New Regular Class Starting Monday 12th June, 8.00pm -9.00pm

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. Created by Dr. David Berceci, PhD, TRE® safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance.

For more information on TRE® visit the UK website: trecollege.com/about-tre/

About Susan: Susan is a local PE teacher who enjoys physical activity, yet suffered from long term back issues since starting her career. By chance she met TRE at a yoga retreat in Thailand. From the first introduction Susan was taken by the extraordinary results and the simplicity of the system. Susan then trained to become a TRE provider and has been teaching adults the technique for more than a year.

Starting: Monday 12th June

Time: 8.00pm – 9.00pm

Investment: £16 per session. Or book a block of 6 sessions for just £72 (£12 per session)

Booking: Please email Susan, thesusankelly@gmail.com or phone on 07738855997



Yoga Akasha

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