

TRE® Tension and Trauma Release Exercises Workshop Sunday September 8th, 5.45-7.15pm 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

Dates: Sundays September 8th, October 13th, November 17th, December 15th

Time: 5.45-7.15pm

Cost: £12

Booking: For more information or to book,
please contact Susan at thesusankelly@gmail.com