



TRE Monthly Workshops with Susan

Monthly on Sundays, 5.30-7.00pm

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. You will be guided through the simple yet powerful method of TRE (Trauma Release Exercises) to gently and safely reduce tension, stress and trauma from the body. You will learn the theory behind our stress response. Numbers are limited. Please contact Susan to reserve your space.

At the end of the workshop you will:

Know how the brain and body respond to stress
Feel the benefits of TRE

Upcoming dates for 2020:

19 Jan
16 Feb
15 Mar
26 Apr
17 May
14 Jun
19 Jul

Cost: £12 per session or £66 for a block of six
Contact/To book: thesusankelly@gmail.com

