



Intro Workshops

Saturday, April 8, 2017 - 10:00 a.m. - noon

\$40 - Pre-Registration Required

The Historic Y, 738 N 5th Avenue (Conference Room), Tucson



TRE® (tension and trauma releasing exercises) is a set of **7 gentle physical exercises that evoke a tremoring or shaking response in the body.** They are easily learned in one session and can be done on your own at home to relieve stress and promote self-healing. The tremoring allows the body to **release tension, negativity and trauma at very deep levels.** TRE® was developed by Dr. David Berceli and it is currently practiced in over 40 countries world-wide.

People report many positive benefits from doing the TRE such as: greater relaxation; a clearer mind and stronger mental focus; improved sleep; deeper breath; **feeling taller, lighter, more present and rejuvenated and more peaceful, joyful and alive.**



TRE on YouTube:

<https://youtu.be/-FvuyBP6pPI>

<https://youtu.be/olaMJA50vho>

https://youtu.be/asa_pFCiS5Y

<https://youtu.be/WReAjA7Nx4M>

Your certified TRE providers:

Amy Champeau, LMFT - Somatic psychotherapist and Jungian psychoanalyst (www.somaandpsychetucson.com); and

Everett Ogawa, MA - Founder, Integral Bodywork®, www.integralbodywork.com.

For info or to register: Amy at 262.412.0646, amychampeau@gmail.com or Everett at 773.318.7787, everett.ogawa@gmail.com

