



GLOBAL CERTIFICATION TRAINING/WORKSHOP

WITH JACY SUNDLIE TRE CERTIFICATION TRAINER

COURSE SUMMARY

TRE® (tension and trauma releasing exercises), developed by Dr. David Berceli, is an approach that has been used to address the neurobiological sequelae of trauma. Historically, this approach has been used with war veterans with PTSD and victims of natural disasters across the world. Through TRE, the body's natural mechanisms for releasing defensive patterns are activated.

In this three-day Module I TRE* certification course, you will learn a simple, affordable, and effective protocol and how it is incorporated into other modalities or used as a self-help technique to release tension in the body.

Known benefits include:

- Easy to learn
- Better sleep
- More energy
- Less worry and anxiety

*Certification includes further training.



JACY SUNDLIE
TRE CERTIFICATION TRAINER

Jacy Sundlie is a Senior TRE Certification Trainer and helped develop the certification process in 2010. She has taught thousands of people the TRE process all over the US. Her background and expertise is in working with the group process.

As a LCSW, certified Yoga instructor, massage therapist, Transformational Life Coach and Reiki Master, she has certified hundreds of students to teach TRE.

WHEN:

MODULE 1
WORKSHOP OPEN TO THE PUBLIC
APR 28-30, 2017

MODULE 2
PREREQUISITE MODULE 1
JUL 28-30, 2017

WHERE:

MADISON, WI
CONTACT JACY FOR LOCATION

COST:

\$450*/MODULE
early bird pricing

\$500*/MODULE
after Mar 28- Module 1
after June 28- Module 2

* \$50 non-refundable administration fee for cancellations.
If cancelled two weeks before the workshop, workshop pricing may be used for future workshops.

REGISTRATION &/OR QUESTIONS?

CONTACT JACY SUNDLIE

970-948-5154 OR JACY@NATURALSTRESSRELEASE.COM
AND VISIT HER WEBSITE AT
WWW.NATURALSTRESSRELEASE.COM

THIS WORKSHOP WILL BE IN A SMALL GROUP CONTEXT.
LIMITED AVAILABILITY.
PLEASE REGISTER EARLY TO ASSURE YOUR SPOT.