



NEW GLOBAL CERTIFICATION PROGRAM TRE – TENSION AND TRAUMA RELEASING EXERCISES WITH DR. DAVID BERCELI



WHEN:

MODULE 1
SEPT 8-10, 2017

MODULE 2
TAUGHT BY JACY SUNDLIE
JAN 12-14, 2018

WHERE:

RADISSON HOTEL
517 GRAND CANYON DR
MADISON, WI 53719
P: 608-833-0100

BLOCK OF ROOMS RESERVED FOR TRE

FOR MORE INFO,
CONTACT JACY SUNDLIE
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JACY@NATURALSTRESSRELEASE.COM



Dr. Berceli is an internationally renowned traumatologist and creator of the TRE process.

TRE is a revolutionary technique using seven simple exercises to release stress and tension from the body that accumulate from every day circumstances. TRE evokes a self-controlled muscular shaking process in the body called neurogenic muscle tremors. This shaking originates deep in the core of the body of the psoas muscles. These gentle tremors reverberate outwards along the spine, releasing tension from the sacrum to the cranium.

REPORTED BENEFITS OF TRE INCLUDE

Easy to learn · Better sleep ·
More energy · Less worry & anxiety

FOR MORE INFORMATION ABOUT DR. DAVID BERCELLI AND TRE,
VISIT WWW.TRAUMAPREVENTION.COM

REGISTER AT
WWW.NATURALSTRESSRELEASE.COM

COST:

\$500.00* /MODULE
*early bird pricing

\$550/MODULE

after Aug 8- Module 1
after Dec 12- Module 2

LEARNING OBJECTIVES

- Participants will be introduced to TRE and the personal tremoring response.
- Participants will understand the tremor response.
- Participants will learn anatomy, neurology and physiology of stress and trauma as it relates to TRE
- Participants will learn defense reactions, containment, and grounding strategies as they relate to TRE.
- Participants will receive an introduction to the Poly-vagal theory
- Participants will learn the basic skills of working with individuals and groups.