



**Experiential WEEKLY
Drop in classes
Wednesdays
starting February 14**

SHAKE-IT-OFF

with **TRE®**

release daily stress, chronic tension and past trauma.

**It leaves you with a feeling of deep relaxation and
brings you back to a feeling of “ahhh”**

5:30-6:45 pm

suggested donation \$15.00

location: CLARITY

**2415 Parview Road | suite 1 | Middleton, WI
(parking and entrance in back)**

Sponsored by: Creating a Peaceful World, Inc.

Email: jacy@naturalstressrelease.com

or call Jacy for more info 970-948-5154

2 day TRE workshop, March 25-26 or April 15-16, 2023

2 opportunities to attend in person or via zoom

www.naturalstressrelease.com to register