Managing Stress & Enhancing Resiliency: Introduction to TRE® (Tension/Trauma Releasing Exercises)

Are you feeling stressed or tense? Are you seeking ways to enhance your physical, emotional, and mental wellbeing? This workshop was designed for you!

TRE® is an innovative, somatic-based mindful practice that consists of a series of simple exercises appropriate for all fitness levels. The exercises safely activate a natural mechanism of gentle shaking or reflexive muscular vibrations that resolves held tension, calms the nervous system, and restores a sense of balance.

Trauma Recovery Alliance is excited to partner with LAVA YOGA TOPEKA to offer a two-hour workshop. During the workshop, you will

- Gain awareness of the latest science illuminating how our stress impacts our physiology and the necessity of accessing chronic stress, at its root, through the body
- Learn a number of simple practices that assist in self-regulation and examine why self-regulation is key to a healthy nervous system
- Experience TRE® by learning the simple exercises that you can incorporate into your regular self-care practice to combat the negative effects of stress and tension

Date/Time: October 15, 2017 3:00-5:00 p.m. Investment: $30

**PLEASE NOTE WHILE TRE® IS SAFE FOR ALL FITNESS LEVELS IT IS NOT RECOMMENDED FOR PREGNANT WOMEN OR THOSE THAT HAVE HAD ABDOMINAL SURGERY WITHIN THE PAST 6 MONTHS**
About the Instructor:

Natalie Savage, Co-founder of Trauma Recovery Alliance, is a trauma-informed, 500 hour registered yoga teacher with Yoga Alliance, as well as a global certified TRE® provider. Her personal journey of reconnection, self-discovery, and healing led her on a path to yoga and eventually to complete an advanced therapeutic yoga teacher program. Her training framed the influence of tension, stress, trauma and dis-ease within the body in a whole new light. After her first exposure to Tension/Trauma Release Exercises (TRE®), she was inspired by the broad application and the potential empowerment it offers individuals as a self-healing and stress management tool. She strives to provide individuals with a safe and supportive environment as they follow their own path to wellness.

Learn more: Traumarecoveryallliance.com
TRE®: Tension & Trauma Releasing Exercises® Overview

• Tension, Stress and Trauma Releasing Exercises® (also known as TRE®) are a series of simple movements enabling the body to release deep muscular patterns of stress, tension & trauma by stimulating a gentle, involuntary, shaking response.

• TRE® was developed with the understanding that human beings are genetically encoded to contract to protect ourselves during stressful or traumatic situations. After the stressful event has passed, the next phase of the survival cycle is the release of these contractions bringing the body and mind back to an optimal state of balance.

• However, the way the body releases these contractions is through shaking and tremoring. Culturally, we’ve been conditioned to believe that shaking is a sign of weakness. Very early on we learn to unconsciously inhibit this healing response—often by tensing even more.

• TRE® interrupts incomplete looping defense responses by reactivating this natural healing mechanism—letting our nervous system know it is now safe to return to a state of relaxation and calm.

• TRE® was originally intended for sufferers of acute trauma. However, over the past few decades, TRE® has become an increasingly popular way to effectively manage the ongoing stressors of everyday life.

• This technique is intended to be a self-empowering practice. Once you are familiar with the process, TRE becomes a tension and stress management resource that is available to you anytime, anywhere often producing immediate and profound results.

Some of the reported benefits include:

• Better sleep
• Fewer, less intense, headaches
• Decreased fibromyalgia symptoms
• Overall decrease of aches and pains
• Significantly reduced symptoms of anxiety and depression
• Increased overall energy and stamina
• Discharge of emotional & physical trauma
• Feeling calmer and less reactive
• Release of deep chronic tension and other PTSD symptoms

In the late 1980’s, TRE® was developed for international use in high-conflict zones by David Berceli, PhD—an expert in the field of trauma recovery and conflict resolution. Utilized by large military populations, traumatized communities exposed to natural and war-related disasters, first responders, mental health professionals, teachers, children, prisoners, individuals with PTSD & C-PTSD, and athletes, TRE® has been taught in more than 100 countries.

In 2011, the US Department of Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury recognized TRE® as a promising modality for regulating stress and promoting resiliency, especially due to its “simplicity, brevity, and immediate effects.” There is a copious amount of anecdotal evidence globally and pilot clinical outcome studies have verified efficacy in various populations in Canada, the US, and South Africa.

See traumaprevention.com/research

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