



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



WHEN:

9:30 AM TO 5 PM EACH DAY

MODULE 1

OPEN TO THE PUBLIC
JUN 24-26, 2016

MODULE 2

PREREQUISITE: MODULE 1
TAUGHT BY JACY SUNDLIE
SEP 23-25, 2016

WHERE:

CROWNE PLAZA
4402 E. WASHINGTON AVE
MADISON, WI 53704
P: 888-233-9527

[HTTPS://RESWEB.PASSKEY.COM/RESWEB.DO?MODE=WELCOME_GL_NEW&GROUPID=55870155](https://resweb.passkey.com/resweb.do?mode=WELCOME_GL_NEW&GROUPID=55870155)

MAKE SURE TO ASK FOR THE TRE GROUP BLOCK
YOU HAVE UNTIL 5/24/2016
TO GET THE DISCOUNTED BLOCK RATE

FOR MORE INFO,
CONTACT JACY SUNDLIE
970-948-5154 OR EMAIL
JACY@NATURALSTRESSRELEASE.COM



Dr. Berceli is an international-ly 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

\$550.00* /MODULE
after May 24- Module 1
after Aug 23- Module 2

* THERE WILL BE A \$50 *
NON-REFUNDABLE ADMINISTRATION FEE

REGISTER EARLY! SPACE IS LIMITED

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.