

# T R E

## TENSION & TRAUMA RELEASING EXERCISES

All human beings experience stress. Without effective relief, our muscles build up tension, resulting in a range of aches and pains. Our hormone levels rise. Our bodies are on constant "high alert" and we find ourselves in a state of ongoing stress - from restlessness, to not sleeping, angry to enraged, anxious to panicky, moody to depressed ... with anything from stiff necks to irritable bowels.

TRE is a means of de-stressing, be that stress as a result of difficult life circumstances or traumatic life experiences. Neurogenic tremors are invoked through a series of 6 simple exercises (much like the buck that shivers, having almost been caught by the lion). In this way, the autonomic nervous system returns to a place of homeostasis. The tension is literally shaken out. TRE is totally bodycentred, so past stress and traumas are not discussed. Once learned, TRE is a technique for life - a self-healing tool - that can be done alone at home, as needed. The result: greater centredness, and more calm and relief from ongoing body aches.

**Step in: and shake up your world!**

**For more details about  
private or group sessions contact**

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*"I believe that we humans have the innate capacity not only to heal ourselves, but our world, from the debilitating effects of stress, overwhelm and trauma."*

*Peter A. Levine.  
PhD  
Founder  
of Somatic  
Experiencing*

