3-hour Intro class on
TRE-Tension Releasing Exercises®

Thursday, April 6, 2017, 1:30-4:30pm
Eight Branches Healing Arts Centre,
358 Dupont St, Toronto, ON

Before Mar 31, $75. After Mar 31,$90.
Reviewers $40. Pay by e-transfer or Paypal to my email address or by cheque to Pianoscapes Inc, 61 Jarvis St, Orillia, ON L3V 2A2

- Come and experience the revolutionary TRE-Tension Releasing Exercises®. Engage in an inquiry around what happens in the process of doing TRE®

- We stretch the feet, legs and psoas muscles and alternate with relaxation. We evoke the natural tremoring response that has been dormant in us.

Presenter:

Judy Archer, MASc, Certified TRE Provider, Inner Relationship Focusing Trainer and has facilitated personal/professional development experience since 1974.
www.judy-archer.com
Musical facilitation by Michael Jones, Pianoscapes

To register email judyarcher@rogers.com

For more info on TRE certification go to:
www.traumaprevention.com