



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

**Thursday, Sept 19, 2019, 1:30-4:30pm
Eight Branches Healing Arts Centre,
112 Merton St, Toronto, ON**

**Before Sept 12, \$75. After Sept 12 \$90.
Pay by e-transfer or Paypal to my email address**

- Come and experience the seven TRE-Tension Releasing Exercises®. Engage in an inquiry around what happens in the process of doing TRE®
- We evoke the natural tremoring response that has been dormant in us and we practice self-regulation.

Presenter:

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

To register email judyarcher@rogers.com

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

