

STRESSED???

If you are experiencing stress or tension, then TRE is for you!

TRE, trauma releasing exercise, is a series of safe, simple, and effective exercises that help to access the tremoring response of the autonomic nervous system. This tremoring is the body's natural method of reducing stress, tension, and trauma in the body. So learn a method of self-healing that will truly leave you feeling more relaxed and whole.

Join Us:

When: Saturday 10-12pm

January 21 & 28

February 11 & 25

Where: Spirits Child

3870 W. River Rd.

Tucson, AZ

Cost: \$10 per Class

Clothing: Loose and Comfortable

For more information call: Diann 834-7698 or Pat 398-4266

www.traumaprevention.com

