

TRE® - Tension & Trauma Release Exercise

Rediscovering our NATURAL stress antidote & return to wellness

presented by DOJO & Tim Knight

TRE® is an innovative series of exercises that assist the body in releasing deep neuro-muscular patterns of stress, tension and trauma. **TRE®** emerged from the work of Dr. David Berceles (PhD) in large traumatised communities in Africa and the Middle East.

In this experiential workshop series we invite you to

- discover how **TRE®** is our body's instinctual and **natural shaking/vibrating** response to release stress and overwhelm
- learn how this **tremor mechanism** is the body's own built-in system for **quieting down the brain** and releasing muscular **tension and pain**
- learn about the body's **fight-flight-freeze** response and how **TRE®** can deactivate it
- take away a **simple, built-in tool** for managing and healing our **chronic stress, tension and trauma**
- rediscover the unique benefits of **YOUR bodies'** natural tremor mechanism and how to use this for **managing wellness, restoring resiliency & optimize capacity** in today's rapidly changing world

For more information please go to:

www.traumaprevention.com / www.treforafrica.com

TRE® is safe for the vast majority of people, but people experiencing the following conditions should not take part in the facilitated experience:

- Women who are pregnant
- Anyone in active cancer treatment
- Anyone recovering after major surgery or serious accident injury up to 3 months ago
- Anyone under treatment with a psychiatrist and medication
- Anyone diagnosed or in recovery from serious illness
- Note: If you are in any doubt about your condition or state of health, please consult your doctor or TRE® Provider directly

BOOK A PRIVATE TRE SESSION WITH TIM KNIGHT

Cost: 8,000/- per session

Available from 25th April 2022.

To book your sessions, contact Tim on +254 0742 485373