

## Shake it off and never look back!

**TRE® is a revolution in stress release, trauma recovery and PTSD prevention that helps you move from recovery to resilience and optimal performance.**

TRE® involves a shift in understanding that involuntary shakes and tremors are not a ‘symptom’ of stress and trauma, but a recovery reflex that has evolved in all mammals including humans to naturally restore our body and mind to a calm, relaxed and balanced state.

TRE® is a simple but profound process that is not only used to ‘release’ stress & trauma after the fact, but just as importantly prevent chronic stress and burnout by building capacity and physiological resilience in the nervous system through ongoing and regular use.

TRE® is a self-empowering resource to literally shake off stress, tension and trauma on a regular basis to help you create:

- deeper relaxation
- improved sleep
- reduced pain
- greater resilience
- reduced occupational stress
- improved core stability
- more energy & vitality
- stronger mindfulness
- faster recovery
- empowered relationships
- natural calm and patience

TRE® is for anyone who finds they get charged up in response to the stresses of daily life by getting irritated, frustrated, anxious or worried who would benefit from unwinding these emotional body based responses to experience greater peace, calmness and freedom in their lives – which basically includes all of us!

When we come to know that the tension we feel in our body is a sign that our energy is ‘closed down’ and experience the deep relaxation these vibrational tremors bring, we open the door to re-experience the fullness of life - FEELING ALIVE AND FREE.

Through the release of our defensive habits we can return to a state of peace, calm, curiosity and joy that many of us have not experienced since we were young children.



<https://youtu.be/1PT1crBhhUE>

TRE® is being taught in more than 60 countries around the world. It can be taught to individuals and groups, children and seniors. The method is taught by certified TRE® Providers and Trainers.

For more information on TRE® go to <http://www.traumaprevention.com> (David Berceci, founder of TRE®)  
For more information on TRE® in Singapore, contact Svetlana at [bodytalk@energysphere.sg](mailto:bodytalk@energysphere.sg)