



TRE[®]
Centre

Tension & Trauma Release Exercises

Spring 2024



Body Reading in TRE

11th & 12th May 2024

www.trecentre.com

About:

This course is accessible to all and will be running it as a blended Hybrid course

This means it will be possible to attend Online or join us In-person for an immersive experience:

Centre 151, Hackney, London, E2 8GU, UK

The teaching time for both days is: 10-6pm

Who is it for:

This course is suitable for any practitioner who is interested in deepening their knowledge of how to work with the body.

In this advanced course we will learn how to read the body, identify strong points, imbalances, contractions and blockages.

Starting with exploration of your own body and then working in pairs and small groups to deepen your experience, you will join the group of practitioners on the journey to richer understanding of the human body.

Learn to BodyRead your clients postural patterns and dominant movements that express their life story.

This is a progressive skill that will serve you every day and make your work more efficient.

For TRE providers it will act as an advanced deep dive enhancing how you work and give account for change within the body.

It is also designed to give practitioners using other therapeutic methods, practical insights into how healing is integrated.

You can attend this workshop with no prior experience of TRE® though we'll be working with the exercises to bring on the bodies natural tremor mechanism, to help absorb and give a tangible understanding of the principals we will be discussing

TRE® is a body based practice, that uses specific exercises to put slight strain on the muscle which activates the bodies natural tremor mechanisms. Where possible we try to make this accessible to all types of bodies but like any modality there are some limitation to the practice which means it may not suit everyone.

If you have mobility issue or particular concerns whether TRE® will be right for you please get in touch to arrange a time to talk with one of us in person.



This course is very practical and experiential and it will cover some theory and neuroscience of touch and why the touch and connection are so fundamental in self regulation and co-regulation in humans.

Our focus will be working with spontaneous movements and tremors that express our unique life story.

- **Learn how to ‘SEE’ posture and human frame - Importance of feet, jaw, eyes.**
- **Spine and it’s complexity**
- **Myofascial lines/meridians and how to see and read them through movement**

The course will also cover:

- **Identifying some birth and early traumas**
- **Identifying emotions in the body**
- **Reading subtle movements of the body and their meaning**
- **How to support the client**
- **How to support ourselves**
- **Interventions**

Workshop content:

In this specialised 2 day workshop, we will learn how to read the body, identify imbalances, contractions and blockages.

DAY 1

- Learning about your own body architecture
- Learning how to 'SEE' Posture and human frame - Importance of feet, jaw, eyes
- Identifying emotions in the body
- Supporting client and oneself
- Working in pairs

DAY 2

- Spine and it's complexity
- Myofascial lines/meridians and how to see and read them through movement
- Identifying some birth and early trauma
- Working in small groups
- Interventions

Both days are designed to deepen our own personal TRE® practice and expand our inner landscape and to take home valuable skills that can be applied immediately.

Through practical exercises we will explore our own body in more depth and develop more awareness and subtlety. We will learn how to use gentle but powerful interventions to help deepen our own and clients process.

Cost:

£240 - Early Bird paid in full by March 30th 2024

£270 - Paid after March 30th 2024

Cost is the same whether joining online or in person.

Joining Online:

We will also be streaming the sessions live via Zoom to include participants that are unable to attend in person.

To retain the intimacy of the group the number of online participants will be limited.

For the practical sessions where we are working with the tremor practice, one of us will focus on the online distanced environment while the other will hold the space for those in physical attendance.

NB: While the in-person work is design to allow for deeper engagement with materials and more inter-personal time between participants and trainer, we will look to ensure that none of the basic content to this module is shared outside of the official teaching hours.

Booking & Payment:

Payment is necessary to secure a place on this course which is offered on a 1st come 1st served basis. We will be capping numbers to ensure a greater intimacy and the quality of the workshop :

When making payment for this module please state your initials and Fascia Lab in the reference.

We can take payment via bank transfer:

Bank: Lloyds bank

Name: Cedo Mikic

Acc. 00531575

Sort code: 30-94-66

IBAN: GB51 LOYD 3094 6600 531575

BIC: LOYDGB21484

Address: Lloyds 273-275 Kentish Town Road · London · NW5 2LP

It is also possible to pay via PayPal to the address please note any administrative fee's need to be born by participants:

contact@trecentre.com

Please let us know when you have paid and the name of the account its coming from, and whether you are paying for on site accommodation as well.

AGREEMENTS

CANCELLATION POLICY :

Modules, Workshops and Courses

We limit the numbers of workshop participants to ensure the quality of the training.

If you can't attend the module / workshop:

A DEPOSIT OF £50 IS NON-REFUNDABLE You can transfer the deposit to another course within one year of the original course.

If you want a refund:

Please let us know through email: contact@trecentre.com

The amount of your refund depends on how much notice you give AND DOES NOT INCLUDE THE VALUE OF THE DEPOSIT (£50)

- At least 30 days before the start of the event: 100% refund (less £50 deposit)
- Less than 30 but at least 12 days: 75% refund (less £50 deposit)
- Less than 12 days: 50% refund (less £50 deposit)
- Less than 5 days, on or after the start date: Sorry, no refund

If you would like to attend the same workshop on a different date:

If you give us 12 days notice and there's still space available in the workshop you want to transfer to, this is no problem we'll just move your booking.

If no space is available, we'll book you on the next one or refund your registration as described above (LESS THE DEPOSIT).

If you decided not to go to the workshop:

Apologies, no refunds are available if you didn't cancel in advance

Other cancellations and schedule changes:

We reserve the right to cancel or reschedule an event due to low enrolment, presenter illness, or other circumstances.

If the event is cancelled, participants will receive a full refund of their registration fee.

If the event is rescheduled, participants will have the option of attending the rescheduled event or receiving a full refund.

If we cancel or reschedule a workshop or other event, we won't refund your travel, lodging and meals.

We suggest you make refundable travel arrangements.

What happens next?

On receipt of payment your place on the course will be secured.

Prior to the course starting you will be sent our standard health questionnaire which we require back a week before we start and information relevant to whether you'll be joining us on line or in person.

With warm wishes

TRE Centre



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