



# Diaphragm Lab

7 & 8 December 2024

# 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:

**Hackney Downs Studios, 17 Amhurst Terrace, Lower Clapton, E8 2BT.**

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

# Who is it for:

**This workshop is for anyone wishing to understand more about the incredible interconnected networks and tensile structures of the respiratory diaphragm and it's role in multitude of functions and movements in the body.**

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

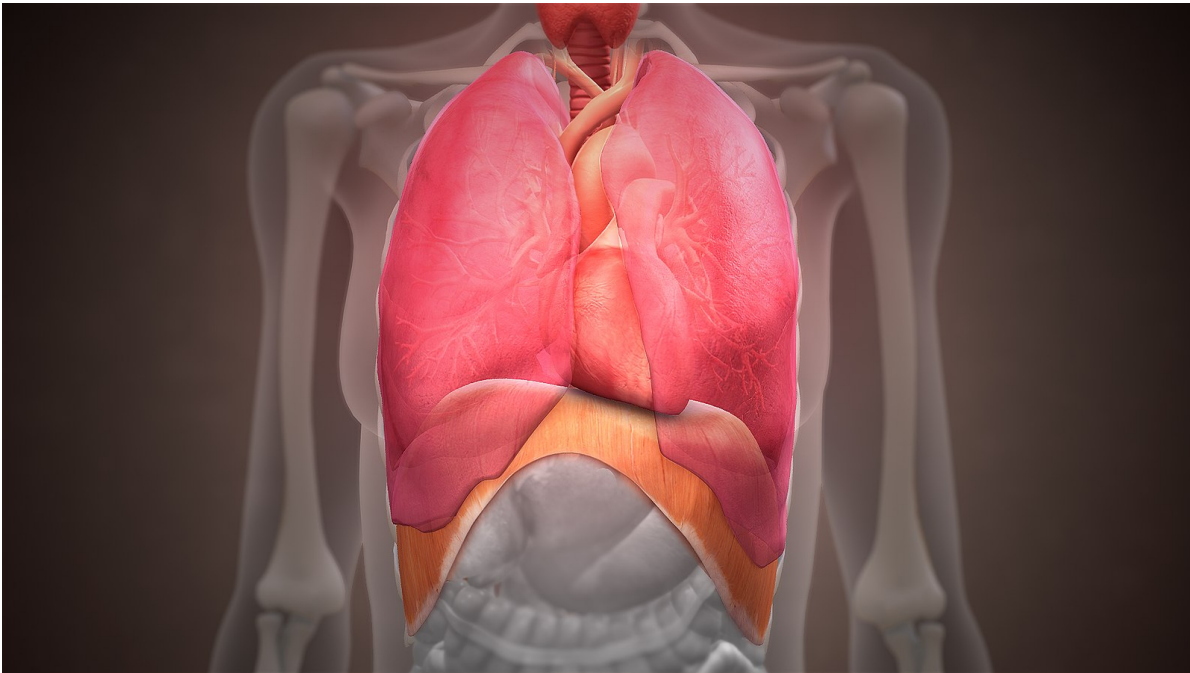
**It is also designed to give practitioners using other therapeutic methods, practical insights into how healing is integrated and can be instigated from the bodies central structure - The Diaphragm.**

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.

# The Diaphragm:



Respiratory diaphragm is tissue that is interconnected with many other tissues, structures and organs in the body. We will explore anatomical interconnectedness of the Diaphragm and Cervical spine with surrounding organs and tissues. You will learn to recognise specific patterns in your own and clients body. We will explore how our diaphragm is central and essential for the quality of our movements, posture, gestures and emotions.

The goal of this workshop is to deepen our understanding about the role of the Diaphragm in human body and in TRE.

# Workshop content:

**In this specialised 2 day workshop, we will explore amazing properties of the diaphragm and its role in health.**

## **DAY 1**

What is the respiratory diaphragm, it's form and function.

'C 3,4 and 5 keeps the diaphragm alive'

Pelvic floor, Diaphragm, Neck/Cranium, what's the connection.

Personal exploration of your own diaphragm through TRE® and other embodied techniques.

## **DAY 2**

Psoas and Diaphragm —inseparable connection.

Emotions and Diaphragm

How to work with Diaphragms of others

**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 and TRE 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 November 8th 2024**

**£270 - Paid after November 8th 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 borne by participants:

**[contact@trecentre.com](mailto: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.

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## 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](mailto: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.

We suggest you make refundable travel arrangements.

#### **In the event of further Covid-19 Government lock downs**

We aim to provide you with an alternative training options, online or at a later date and will issue a full refund if this is not possible.

We can not account for or keep up with the policy shifts in other countries and ask that you consider what travel is possible from the region you reside in and if quarantine is necessary.

In the event of a sudden shift if you've signed up for full practitioner training and this isn't the case in your region we will look to get you on the next alternative training transferring your deposit or refund you.

# 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.

We then look forward to seeing you either online or in person and are available if you have any further questions.

With warm wishes

TRE®Centre



