



TRE[®]
Centre

Tension & Trauma Release Exercises

TRE[®]Centre 2024



Pelvis and Psoas Lab

28 & 29 September 2024

www.trecentre.com
contact@trecentre.com

About:

To make this course accessible to all and to account for any potential quarantine measures in the UK we will be running it as a blended course.

This means it will be possible to attend online or join us in person held at:

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

Details about both options are outlined from page 4 of this pack.

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

Who is it for:

This workshop is for anyone wishing to understand more about the anatomical and functional interconnectedness of Pelvis and Psoas system with surrounding organs and our body in general. Why and how can we release sensations and deep emotions from our pelvic area.

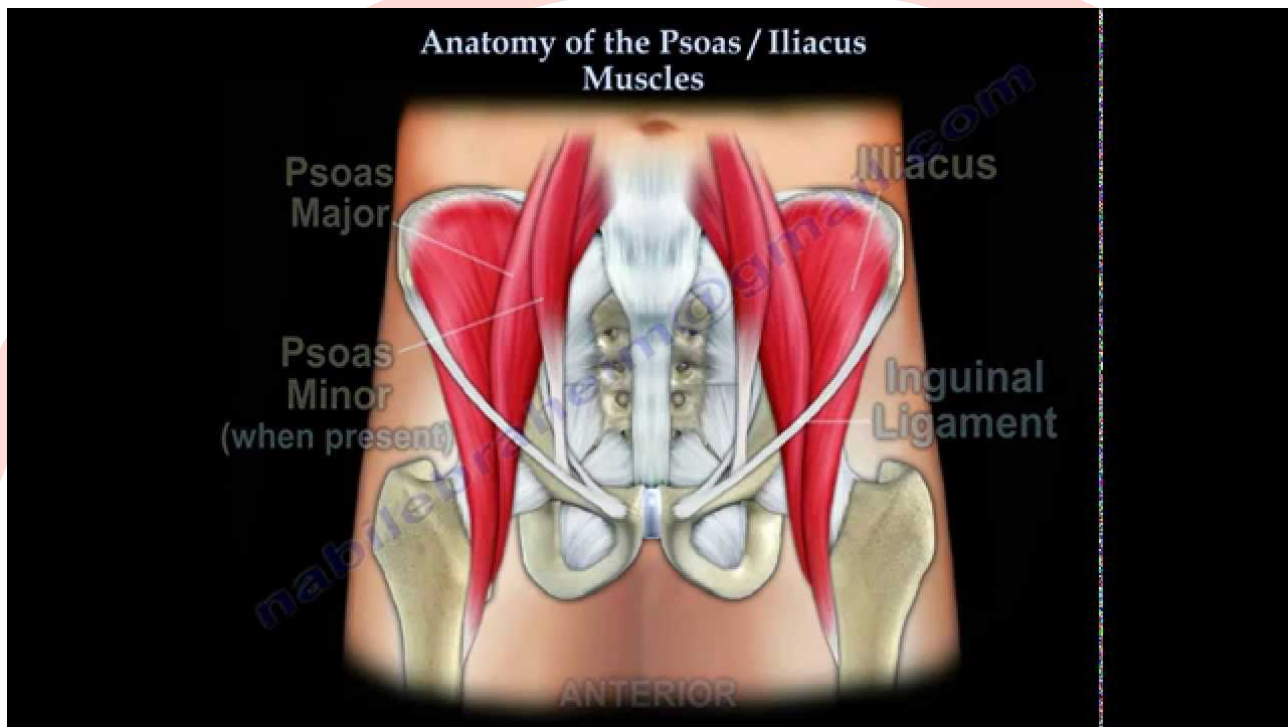
For TRE providers it will act as an advanced deep dive enhancing how you work with your Psoas and Pelvis and how you can be more knowledgeable and effective in working with other people.

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.

Pelvis and Psoas:



The goal of this workshop is to deepen our understanding about the role of Psoas and Pelvis in TRE.

We will explore anatomical interconnectedness of the Psoas and the Pelvis with surrounding organs and tissues. Often this area of the body holds excess charge and limits the natural movements.

We will learn about the connection between our pelvic area, body sensations, deep seated emotions and heightened or dissociated sense often present in the body.

Through practical exercises we will learn how to use gentle but powerful interventions to resolve blockages and deepen our own and clients process.

Workshop content:

In this specialised 2 day workshop, we will explore fundamental and essential properties of Pelvis and Psoas.

DAY 1

Psoas is not just a hip flexor
Anatomy and innervation of Psoas
Pelvic floor and Pelvic diaphragm
Pelvic floor muscles
How do you work with your Pelvis and Psoas

DAY 2

Psoas relation to other organs
Pelvic autonomic nerves
Interventions
Emotions and feelings related to Psoas and Pelvis

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 September 1st 2024

£270 - Paid after September 1st 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.

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: 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.

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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

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 7 days: 50% refund (less £50 deposit)
- Less than 7 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 (unless you booked to stay at Bidston Observatory), or meal expenses.

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 short, we want to see you through the qualification process in the most effective and affordable way possible and will be doing what we can within reason to make that happen.

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

