



TRE® TASTER SESSION TENSION & TRAUMA RELEASING EXERCISES

TUESDAY, 15th MAY 2018
TIME: 11:15 - 13:15

LOCATION:
TARA YOGA CENTRE, 2nd Floor Crown House,
193 Cowley Rd, OX4 1UT

Michelle Azdajic, certified TRE® provider

Michelle is a dance artist and movement therapist. She has worked extensively with trauma recovery and reconciliation throughout the Balkans, providing moving environments of healing for recovering drug addicts, victims of sexual abuse, and youth. She currently resides in Oxford, UK where she teaches dance, performs with Cafe Reason Butoh Dance group, and runs independent TRE® sessions for groups and individuals. She also works for Solace Women's Aid, a London based charity providing care and support for women.

For more information contact: in.motion@justiceinmotion.co.uk
or call 07719 760925
Visit Dr. **Berceli's** website: www.traumaprevention.com

What does it offer?

This taster session will offer a 120 minute intro to TRE® experience for dance and performing artists. There will be a 30 minute introductory presentation on the process, followed by a 90 minute TRE® session. The session begins with a series of six simple and effective warm-up exercises, followed by a time on the mat to discover your body's natural tremor mechanism. The session will conclude with an extended time of constructive rest and integration.

Following the session will be a time of Q&A and constructive feedback.

TRE® (Tension, Stress & Trauma Release Exercises) is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension, and trauma. Created by Dr. David Berceci, PhD, TRE® safely activates a natural reflex mechanism of shaking or vibrating that calms down the nervous system. When this muscular shaking / vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance.

TRE® is based on the fundamental idea, backed by recent research, that stress, tension and trauma is both psychological and physical. TRE®'s reflexive muscle vibrations generally feel pleasant and soothing. After doing TRE®, many people report feelings of peace and well-being.

Reported Benefits Include:

Less Worry & Anxiety, Reduced Symptoms of PTSD, More Energy & Endurance, Improved Marital Relationships, Less Workplace Stress, Better Sleep, Less Relationship Conflict, Reduced Muscle & Back Pain, Increased Flexibility, Greater Emotional Resiliency, Decreased Symptoms of Vicarious Trauma, Healing of Old Injuries, Lessened Anxiety Surrounding Serious Illness, Relief from Chronic Medical Conditions.

Can I attend the group?

The group is open for dancers and other performing artists. The group is not a therapeutic group to share experiences but a space to have your own experiences where you can experiment with doing something safe within your body. There will be a maximum of 6 places in the group.

No previous experience is required. Please wear loose fitting comfortable clothes and bring a bottle of water. Mats, blankets, and pillows will be provided. If your schedule permits, please allow time for rest and reflection after the session. Everything proposed by the TRE® provider during the session is optional.