

The Stress You Are Under is Killing You!

Stress & Trauma Relief Workshop

Did you know? Stress is linked to: heart disease, stroke, some cancers, autoimmune disorders, diabetes and belly fat (metabolic disorder) affecting nearly half of all people 50+ years old.

Your body is hard-wired to survive. When it perceives a stressor or danger, it initiates the survival response called "Fight or Flight". Powerful hormones are released into your bloodstream to boost energy for escape. Researchers estimate that we experience Fight or Flight situations between 50-200 times a day! Unfortunately, in order for the body to come back to normal it needs time to recover yet our busy daily lives don't allow for that to happen.

Stress is known as the Silent Killer because its effects upon your body do not show themselves until it's too late! The time to help your body cope is NOW before your body breaks down.

Think of when you've been very angry, shocked or nervous and your hands shake. This is a 100% healthy and natural release of too much stress. Tension/Trauma Releasing Exercises or TRE are designed to easily alleviate that tension, by using these six simple exercises to evoke that same muscular shaking to restore your body's balance.

Past workshop participants continue to report:

- ✓ Increased flexibility resulting from reduced musculoskeletal pain
- ✓ Greater energy and stamina resulting from restful sleep
- ✓ A general sense of well being resulting from lower tension



Our Upcoming Training Programs

This training is the New Global Certification Training for "Certified TRE Provider"

Module 2: Sept 11/12/13, 2015

OPEN TO THOSE CONTINUING WITH CERTIFICATION TRAINING
PRICE: \$550.00 (+GST)

Module 1: Nov 7/8/9, 2015

OPEN TO PUBLIC
(Participants can attend for 1, 2 or 3 days)
Special Early Bird Pricing for all 3 days: \$500.00
Available until September 15th, 2015.
Price for one day session: \$190

Module 2: Feb 19/20/21, 2016

OPEN TO THOSE CONTINUING WITH CERTIFICATION TRAINING
PRICE: \$550.00 (+GST)

Facilitator: Joan McDonald

RSW, TRE (Level III) Certification Trainer



Hosted by: Christine Steward

RMT, TRE (Level III) Certification Trainee



- Space is limited! -
Register today by paying [online](#)
or email cstewardtre@gmail.com

