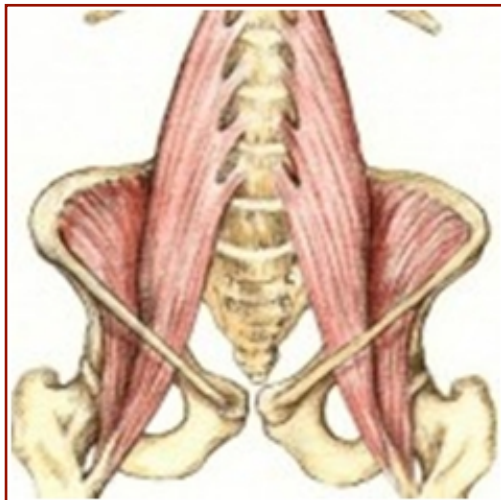




## What is TRE?

TRE stands for Tension and Trauma Releasing Exercises. They help individuals release stress or tension as a result of difficult life circumstances, immediate or prolonged stressful situations, or traumatic life experiences. TRE consists of 6 simple exercises that help release tension from the muscles, which in turn relaxes anxiety of our minds by evoking a muscular shaking process in the body.



The exercises elicit this shaking in a controlled and sustained manner. When evoked in this way, this shaking, also called neurogenic tremors, begins to release deep chronic muscular tension held within the body. They come from the center of gravity of the body (S3), which is protected by the psoas muscles. When shaking is evoked at this powerful center of the body, it reverberates throughout the entire body, traveling along the spine, releasing deep chronic tension from the sacrum to the cranium. When tension is released anywhere in the body, the brain registers a reduction in pain signals and produces new hormones for relaxation and comfort. Often, this release of tension is much like receiving an internal massage.

## Benefits of TRE

Tension and Trauma Releasing exercises were originally developed to address the impacts of traumatic experiences on the body; however, we now know that TRE benefits all people. Hurtful experiences, stress, and tension are part of life

and we don't realize how much they are etched deep in the mind and body.

TRE is designed to rid the body of deeply held physical tension and bring the body back to a natural balance where all the systems are working in harmony. New benefits of TRE reveal themselves everyday, as the body releases held tension and traumatic events. Healing occurs on many different levels both physical and emotional. By reducing stress and tension within the body, these exercises have secondary benefits such as those listed below.

- Less Worry & Anxiety
- Reduces 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
- Healing of Old Injuries
- Lessened Anxiety surrounding Serious Illness
- Relief from Chronic Medical Conditions

Dr. Ann Baldwin is a Level 1 Certified TRE Facilitator and provides you with a personal experience learning TRE which includes: one-on-one instruction in how to perform the exercises safely; learning self-regulating and grounding techniques during the release; answering questions or concerns that may arise during the process. SKYPE Sessions are a good alternative for those who do not live in close proximity to a Certified TRE Facilitator. They offer the same benefits of a private session in the comfort of your own home.