

TRE® TENSION & TRAUMA RELEASING EXERCISES

Benefits Reported from TRE®

- 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
- Decreases Symptoms of Vicarious Trauma
- Healing of Old Injuries
- Lessened Anxiety surrounding Serious Illness
- Relief from Chronic Medical Conditions

Join **Juliette Gamble**

Certified Level II Advanced TRE® Practitioner



Saturday, May 13th

12 Noon - 1:15 PM

Cost \$25/\$20 before May 1st

*Space limited to 15 individuals

*SHAKE it off !!!
& find your inner peace*



Join us in safely shaking off stress to bring the body back to a joyful
state of balance & healing