



## **TRE® (Tension & Trauma Releasing Exercises)**

**with Lori Ann Arsenault**



Experience the far reaching benefits of TRE® – which uses a series of safe and effective exercises to activate the body's natural shaking reflex to release tension, stress and trauma and promote self-healing. Now a popular holistic modality, this revolutionary practice is spreading across the globe and is suitable for anyone and everyone.

### **About Lori Ann**

Lori Ann is passionate about the significant results of self-healing holistic therapies and has become renowned for her ability to establish a safe and nurturing environment in which deep natural healing can occur, both physically and emotionally. An internationally certified TRE® provider since 2011, she has taught TRE® to hundreds of clients both privately and in groups and is currently completing her training towards TRE® International Trainer certification.

### **TRE® (Tension & Trauma Releasing Exercises)**

TRE® (Berceli, 2005) reactivates the body's natural in-built tremoring mechanism which releases stress, anxiety, tension and trauma, calms the nervous system and nurtures inner peace, resulting in more restful sleep, clearer thinking, deep relaxation, a quieter mind and balanced emotions. Lori Ann personalises each session according to a client's needs to enhance the benefits of TRE®. For this unique healing modality, it is recommended to book three sessions with Lori Ann to learn the simple exercises that reactivate the body's shake and release mechanism, when and how to start and stop the practice, as well as what to expect. It is then safe and easy to practice TRE at home by yourself.

*"The first time I did TRE® was in 2010 and after just one session I immediately felt the difference. I felt more grounded in my body and rooted through my feet. My thoughts had slowed down tremendously and I had an overall sense of serenity. I hadn't realised how much I'd been living in my head, always in the future, thinking about what was next and how I'd prove myself, as opposed to feeling at peace and being in the present moment. The more I became grounded and relaxed in life, the less reactive I became in situations that would normally upset me. I also noticed a huge change in my relationships with people as I had more compassion, patience and understanding, including with myself. Physically, my body has continued to loosen up and realign itself, my flexibility has increased, my digestive health has improved significantly and I also have a stronger immune system and higher metabolism."*  
- Lori Ann Arsenault, on her personal experience of the benefits of TRE®.