



## 3-hour Intro class on TRE-Tension Releasing Exercises®

**Tuesday, May 8, 2018, 1:30-4:30pm**  
**Eight Branches Healing Arts Centre,**  
**358 Dupont St, Toronto, ON**

**Before May 2, \$75. After May 2, \$90.**

**Pay by e-transfer or Paypal to my email address  
or by cheque to Pianoscapes Inc, 61 Jarvis St,  
Orillia, ON L3V 2A2**

- Come and experience the seven TRE-Tension Releasing Exercises®. Engage in an inquiry around what happens in the process of doing TRE®
- We evoke the natural tremoring response that has been dormant in us and we practice self-regulation.

### **Presenter:**

Judy Archer, MASc, Certified TRE Provider, Inner Relationship Focusing Trainer and has facilitated personal/professional development experience since 1974.  
[www.judy-archer.com](http://www.judy-archer.com)

**Musical facilitation** by Michael Jones, Pianoscapes

To register email [judyarcher@rogers.com](mailto:judyarcher@rogers.com)

For more info on TRE certification go to:  
[www.traumaprevention.com](http://www.traumaprevention.com)

