



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

**Friday, May 8, 2020, 1:30-4:30pm**

**Eight Branches Inc,  
112 Merton St, 3<sup>rd</sup> floor, Toronto, ON**

**Before May 1/20, \$75. After May 1/20, \$90.**

**Pay by e-transfer or Paypal to my email address**

- 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 Professional and has facilitated personal/professional development experience since 1974.  
[www.judy-archer.com](http://www.judy-archer.com)

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

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

