

TENSION RELEASING EXERCISE (TRE™)



TRE™ is a proven, self-administered process for dealing with stress, anxiety, tension and uncertainty. This experiential workshop is a synthesis of somatic psychology, applied neurobiology, human anatomy, professional and executive coaching, and martial arts. Participants will learn the Tension Releasing Exercises, which comprise 6-8 minutes of moderate exercise designed to allow gentle tremors to travel up and down the body in order to release stress and anxiety. Participants taking certification will also learn instructions for leading clients through the process. For more information visit www.tensionreleaseasia.com

Chris Balsley MA, LPC, TRE™ level

III. Since 1984 Chris has worked in the field of stress and trauma mitigation. He has trained over 7,000 people in TRE™. Currently he coaches and presents extensively in the US, Asia, Mexico and Europe.



Tuition Fees

Workshop: S\$1095

Associate discounts available.

For inquiries or to register call
+65 6338 2280 or email

joylynn@theworkspartnership.com

DATE: March 21-23, 2014

PROGRAMME HOURS:

DAY 1 (Friday): 7.00PM - 10.30PM

DAY 2 (Saturday): 9.00AM - 6.00PM

DAY 3 (Sunday): 9.00AM - 6.00PM

Location: YMCA @ Orchard,
1 Orchard Road, Level 4

* Additional evening sessions required
for certification.