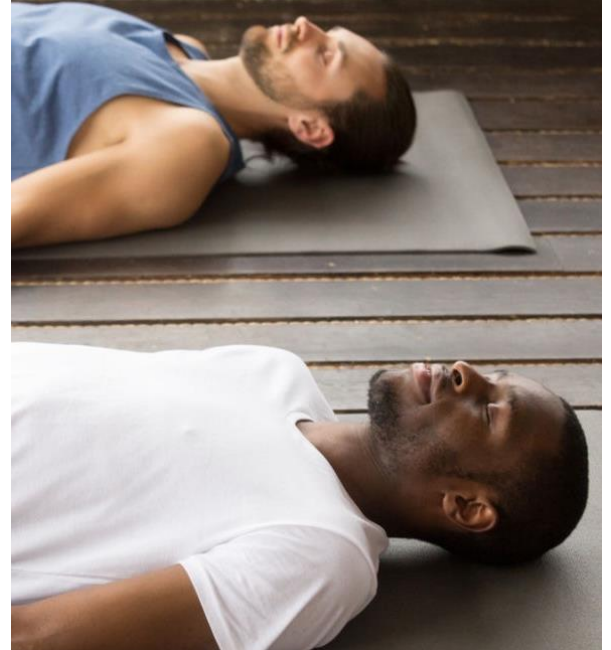


# TRE

## Tension and Trauma Releasing Exercises

### Learn to Shake it out!



TRE®, a somatic body-based practice, is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension, and trauma.

The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system.

These 3 sessions are for anyone who would like to learn how to naturally release stress and tension, and experience deep relaxation, peace, and well-being.

TRE® is intended to be a self-help tool, that once learnt, you can use continuously throughout your life to help and support your personal health and wellness.

#### Practical information:

- **Dates:** February 18, 25, and March 4
- **When:** 3 consecutive Fridays
- **Time:** 2:30pm to 4:00pm
- **Where:** Ituze Center, KG566, Nyarutarama
- **Price:** 60,000 RWF (for the 3 session package)
- **Facilitator:** Caroline Rusabana, Clinical Psychologist, Solid Minds
- **Registration:** Deadline February 17th. Click here to register or visit our Workshops, Groups, and Events page at [solidminds.rw](http://solidminds.rw)
- **Questions:** 0789 326 564 (WhatsApp)

