

TENSION, STRESS & TRAUMA RELEASE

Learn how to activate the body's natural healing mechanism to release tension, stress and trauma and repair your nervous system.

A 6 WEEK VIRTUAL PROGRAM THAT WILL EMPOWER YOU WITH A SIMPLE SET OF TOOLS TO CALM THE BODY AND MIND.



WELCOME TO YOUR HEALING JOURNEY

I am so excited for you to go on this journey of self-discovery during our six-week program.

During the 6 weeks we spend together we will learn more about how trauma and chronic stress can leave a lasting physical imprint on our bodies, changing the neural pathways in our brains and affecting our physiology. We will learn more about how Trauma and Tension Releasing Exercises can release tension and trauma from your body to reset your nervous system. By the end of our time together you would have learned how to safely activate this self healing mechanism to achieve personal balance, creativity, insight and health.

WHAT YOU WILL NEED:

- A yoga mat
- A hand towel
- Two rolled up socks / soft balls
- A flat pillow
- Enough room to lie down comfortably on your yoga mat
- Peace and quiet for the duration of our time together (90 mins once a week)
- A good internet connection
- A webcam and speakers

WHAT YOU CAN EXPECT FROM OUR TIME TOGETHER?

Each week we will cover different aspects of self-healing such as:

- Understanding your nervous system and its role in determining how you respond to external events
- Breath, and how we can use the breath to regulate our emotions and physiology
- How we can use TRE® to access the autonomic nervous system to release old tension patterns and trauma
- How facilitating safety for our own nervous system can help you feel empowered and provide healing
- Embodiment and its role in healing

Each week we will explore these concepts in practice through:

- Vagus nerve stimulation
- Breathing techniques
- Trauma and Tension Releasing Exercises

We will close each week with comments and questions, as well as share our different responses to this healing modality. During the program we will support and care for each other through our dedicated WhatsApp group, where you can also ask questions and share your experience.

MORE ABOUT TRE®

TRE® stands for Tension and Trauma Release Exercises. It is a simple but profound process that activates the body's own natural tremor mechanism to release deep muscular tension caused by stress, tension and trauma.

TRE® can be used to release old stress and trauma as well as discharging every day stress to prevent chronic stress and burn out. TRE® is a self-help tool that once learned, can be used as needed, throughout one's life, to support and promote personal health and wellbeing.

Regular and ongoing use of TRE® lowers anxiety, builds resilience and reduces feelings of being overwhelmed.



MEETING DETAILS

The group meets weekly. Times and dates are subject to change based on groups time zone. Please be sure to email info@intentionalhealing.co.za to apply for our next starting group.