

TRE[®] | with Kate

Stress, Tension, Trauma Release



Would you like to discover a natural way to release stress, tension and trauma?

If so, TRE[®] with Kate can help.

What is TRE[®]?

TRE[®] is a great natural self-healing technique for the release of symptoms from stress, tension and anxiety, as well as trauma and Post Traumatic Stress Disorder (PTSD).

Created by Dr. David Berceli, PhD, TRE[®] safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this shaking/vibrating mechanism is activated in a safe environment, the body is encouraged to return back to a state of balance.

Benefits of TRE[®]

After a TRE[®] session, many people report feelings of peace and wellbeing. Other reported benefits include:

- less worry and anxiety
- reduced symptoms of PTSD
- more energy and endurance
- improved relationships
- less workplace stress
- better sleep
- reduced pain
- relief from chronic medical conditions
- increased flexibility
- greater emotional resilience

TRE[®] with Kate offers friendly, private and small group sessions in Horsforth, Leeds. Online sessions are also available.

To find out more, visit:

www.slaynt.com

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