

## Shake out your stress, tension and anxiety with TRE® - Tension, Stress & Trauma Releasing Exercises!

TRE® is an innovative series of exercises that assists the body in releasing deep muscular patterns of stress & tension which may have been caused by previous relational and shock traumas, injuries and regular daily life stresses. We have all accumulated stress and tension in our bodies over our lifetime, and the body has its own natural way of shaking it out! You will be guided through 7 different gentle & simple exercises, which safely activate a natural reflex mechanism called tremoring, which releases deep muscular tension and promotes healing.

TRE® is for anyone who wishes to learn a self care technique which can be used anytime. It is a self-help tool that, once learned, can be used independently as needed throughout one's life, thereby continuously supporting and promoting personal health and wellness.

### Benefits of TRE® are:

- Less stress
- More energy & endurance
- Reduces symptoms of PTSD
- Healing of old injuries
- Less worry & anxiety
- Improved relationships
- Greater emotional resiliency
- Relief from chronic medical conditions and more
- Better sleep
- Increased mobility & flexibility
- Improved mind/body awareness

**\*\*\* TRE® is not recommended if you are pregnant, have had a recent injury or surgery, have epilepsy/experience sudden seizures, or have untreated high blood pressure. \*\*\***

Introduction/First Session : **Bt 5,800 (2 hrs)**

Continuing Session : **Bt 3,300 (75 mins)**

**\*All Prices are nett**



### About Lexi Hyman

- *Certified Tension & Trauma Release Exercises Practitioner*
- *Nervous System Regulation & Grounding Coach*

After experiencing burnout from a corporate lifestyle and living life in the fast lane, Lexi, originally from Melbourne, Australia, moved to Thailand in 2016 hoping to rest and recover. Unexpectedly, she embarked on a journey of self-discovery, personal development, and healing her childhood wounds and traumas. Using various modalities, she discovered profound healing and even became a practitioner herself. With a strong passion for trauma healing and nervous system regulation, Lexi believes that everyone has the birthright to understand the vital role of the nervous system and how to work with it to release stress, tension, and trauma from the body. By doing so, we can achieve more balance, freedom, and inner peace.

**Join a free introductory workshop to TRE® every Tuesday from 1:00 - 2:00pm**