

# Integrative Well-Being TRE® . Bowenwork®

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## Cultivating Your Best Self 2019 ...from the Inside > Out

Each New Year presents the opportunity to review what has worked (or not) the previous year and to create intentions for a better year from its beginning. For some of us, it seems like all the willingness and motivation we put towards “bettering” ourselves still ends up with a feeling that more could have been achieved.

Positive and lasting change encounters an obstacle we don’t often consider...our wiring; nervous system patterns put into place from childhood and tweaked throughout our lives by stress.

Life in today’s world is stressful and most of us have experienced trauma, whether with a small t or a capital T. All this accumulates in our autonomic nervous system and keeps the body held in a less than optimal state. This extends to our feelings about ourSelves and our well-being overall.

How do we change this internal system that so greatly impacts our state of well-being (physical, emotional and mental)?

The traditional ways are getting a massage, chiropractic, medication, exercising and maybe even talk therapy. These all have benefit for sure,

yet they primarily work from the outside > in. We tell our bodies to change and stretch to let go of tension and we coach our minds to think more positively. Through all of this effort and money we still have not developed lasting change...in the autonomic nervous system...the system which regulates feelings of safety and our capacity to be in the present.

**TRE® Tension Releasing Exercise works from the inside > out to revitalize our internal systems.**

**Integrative Well Being**  
The wisdom of our body in union with our mind = unlimited potential  
Let’s explore together and discover the “wellth” within YOU



## TRE® Tension Releasing Exercise Created by Dr. David Berceli, PhD

The exercises activate a natural reflex mechanism of tremoring (shaking or vibrating) that releases muscular tension, calming down the nervous system, encouraging the body back to a state of balance. This level of deep release is not

accessed in regular exercise.

This tremor response activated in the exercises resets the body towards homeostasis: muscular tension relaxes, organs function more efficiently, hormones are balanced and

healthier neural pathways can be established. A reorganizational behavior emerges...an experience of inner calm and self-regulation which allows for enhanced social engagement and relationships to Self and others.

TRE® is a series of easy to learn exercises designed to release stress, tension and trauma

# Learn TRE® and Set YourSELF Free!

## **SPECIAL INTRODUCTORY CLASSES**

Thursday . February 7 . 6-7:30

Saturday . February 9 . 11-12:30

Saturday . March 9 . 11-12:30

\$25 per person/class

Class size is limited

Call to reserve your space

Don't ask what the world needs. Ask what  
makes you come alive, and go do it.  
Because what the world needs are people  
who have come alive.

Howard Thurman

### Individual Sessions:

- Intake / First \$75
- Follow-up  
\$70 / pkg. 3/\$200

### Groups:

- \$30 / pkg. 3/\$75

### 2019 Schedule Online

Interested in joining a group? Please  
call to discuss openings and eligibility

TRE® is great to do with your  
partner!

### Couples Sessions:

- Intake \$100
- Follow-up \$90

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## **Integrative Well-Being**

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**Integrative Well Being sessions incorporate TRE® and Bowenwork®** offering individuals the opportunity to access and release everyday stress and deeply held tension. These modalities enhance self-awareness and understanding through connecting to the wisdom within the body. TRE® and Bowenwork® reset the body back into balance through the ANS (autonomic nervous system)...shifting from the sympathetic branch (fight or flight) into the parasympathetic branch (rest, relax, repair)

**Integrative Well Being is for you . . . whether working with a health issue, healing trauma, moving through a life transition, expanding self-knowledge or maintaining your well-being**

[IntegrativeWell-Being.com](http://IntegrativeWell-Being.com)

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