

Shifting to Balance

YOUR BODY KNOWS HOW *to Let Go*

An Introduction to TRE®

with Kristin Jenko, Certified TRE Provider

A gentle, experiential workshop exploring Tension & Trauma Releasing Exercises (TRE®) and your body's natural tremor response.

Grounding, guided exploration and space to settle, with a Tiny Return practice to bring into everyday life.

IN THIS WORKSHOP

GROUND

Arrive in your body and establish a sense of support.

RELEASE

Explore your natural tremor response without forcing or performing.

RETURN

Slow down, integrate and notice your body's signals.

TAKE WITH YOU

A new way of relating to stress and understanding your body's wisdom.

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What is TRE ® ?

TENSION & TRAUMA RELEASING EXERCISES

A body-based way to explore releasing tension.

Developed by Dr. David Berceli, TRE uses a series of exercises to invite a natural shaking or trembling response in the muscles.

The practice is intended to help ease tension and support a sense of settling.



WHAT DOES A SESSION LOOK LIKE?

Arrive + notice

Begin with a check-in and guided exercises, adapted to your comfort and abilities.

Explore + pause

Notice tremors or vibrations. Learn to adjust the intensity, take breaks and stop when you choose.

Rest + integrate

Allow time to settle, notice how you feel and discuss what supports you afterward.

Your pace. Your choice.

You do not need to retell your story. You can pause at any time.
There is no amount of shaking you need to achieve.

TRE is a complementary wellness practice; experiences vary. It does not replace medical or mental health care. If you have health concerns or a complex trauma history, consult your provider before beginning.