



*TRE for managing work related stress and conflict.*



*TRE is a universal and affordable healing method.*

## MAC & EHAC Hours

Monday-Thursday.....5:00am -10:00pm  
 Friday.....5:00am - 9:00pm  
 Saturday.....(EHAC) 7:00am - 9:00pm  
 Saturday.....(MAC) 7:00am - 8:00pm  
 Sunday.....8:00am - 8:00pm

## OHSS Hours

Monday-Thursday.....6:30am -10:00pm  
 Friday.....6:30am - 9:00pm  
 Saturday.....7:30am - 9:00pm  
 Sunday.....9:30am - 8:00pm

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# TRE: Tension & Trauma Releasing Exercises



## THE MAC | EAST HILLS ORCHARD HILLS

*...for less stress, better sleep & deeper relaxation*



## Why do I need TRE?

Remember back to junior high when you had to give your first oral book report? Were your knees knocking and your hands shaking? What about after having surgery or giving birth? Did you experience shaking? Perhaps you have been frightened or startled and your body trembled. These are all classic examples of neurogenic tremors which is the bodies way of dealing with stress, trauma or anxiety.

## What is TRE?

Trauma Releasing Exercise (TRE) is a revolutionary new technique in trauma healing and stress reduction. These exercises consist of a series of six simple exercises designed to evoke body tremors. TRE has the ability to relieve everything from mild emotions and tensions to severe anxieties and traumas.

TRE evokes these natural tremors in a controlled and sustained manner. When evoked in this way, these tremors begin to release deep chronic muscular tension held within the body. They come from the center of gravity of the body (S3) which



Psoas Muscles

is protected by the psoas muscles. When these neurogenic tremors are evoked at this powerful center of the body where the protective pattern of contraction is created, the

shaking reverberates throughout the entire body traveling along the spine releasing deep chronic tension from the sacrum to the cranium.

By focusing on the body, TRE provides the opportunity for all people to reduce their stress and anxiety as a result of daily as well as exceptional life experiences. For many people it can be used as a self-help method. For some, it should be used in conjunction with their therapeutic process because it can reach deep into the emotions and help resolve many of the deeper psycho-emotional sensations that often surface in the individual's recovery process.

TRE has the ability to relieve everything from mild emotions and tensions to severe anxieties and traumas.

## Reported Benefits Include:

- Better Sleep
- Less Worry & Anxiety
- More Energy & Endurance
- Less Workplace Stress
- Less Relationship Conflict
- Reduced Muscle Pain & Body Tension
- Increased Flexibility
- Helps Heal Trauma
- Greater Emotional Resiliency

## Price Per One-Hour Session:

Super Member	\$60
Member	\$65
Non-Member	\$75

For more information:

**Teri Harmon, Certified TRE Practitioner**

616-956-8003 ext. 246 (MAC)  
616-224-5444 ext. 227 (East Hills)  
tharmon@ehac.com



*Combine TRE with Yoga, Pilates or Meditation.*