



## TRE® Module - 1 Workshop Personal Use

17-01-2026 to 18-01-2026  
| 2 days | 12 - 15 participants  
Bangalore

9:00 am to 5:30 pm





 **Welcome**

## What is TRE®?

TRE® is Your Body's Natural Reset Button!!

Tension & Trauma Releasing Exercises is a revolutionary approach to healing that activates your body's innate ability to release deep tension and stress.

TRE® (Tension & Trauma Releasing Exercises) activates your body's natural tremoring response through gentle movements, unlocking deep-seated tension where you need it most.

Developed by Dr. David Berzeli, TRE harnesses neurogenic tremors natural vibrations that occur when specific muscles reach fatigue. These gentle, involuntary tremors help discharge stress patterns stored in your body, particularly in the psoas muscle, often called our "fight-or-flight" center.





## Module 1 – Personal TRE® Practice

This 2-day experiential workshop is ideal for anyone interested in TRE® for self-care and personal growth. This workshop immerses you in your own tremoring experience, introducing TRE® as a practical tool for stress release, centering, and building healthier patterns of behaviour. **It can be taken as a stand-alone program or as the first step toward certification.**

### Key Topics:

- Exploration of the stress response (anatomy, neurology, physiology)
- Polyvagal Theory
- Understanding the therapeutic tremor response
- Experiential introduction to TRE® as self-practice
- Exploration and application of self-regulation

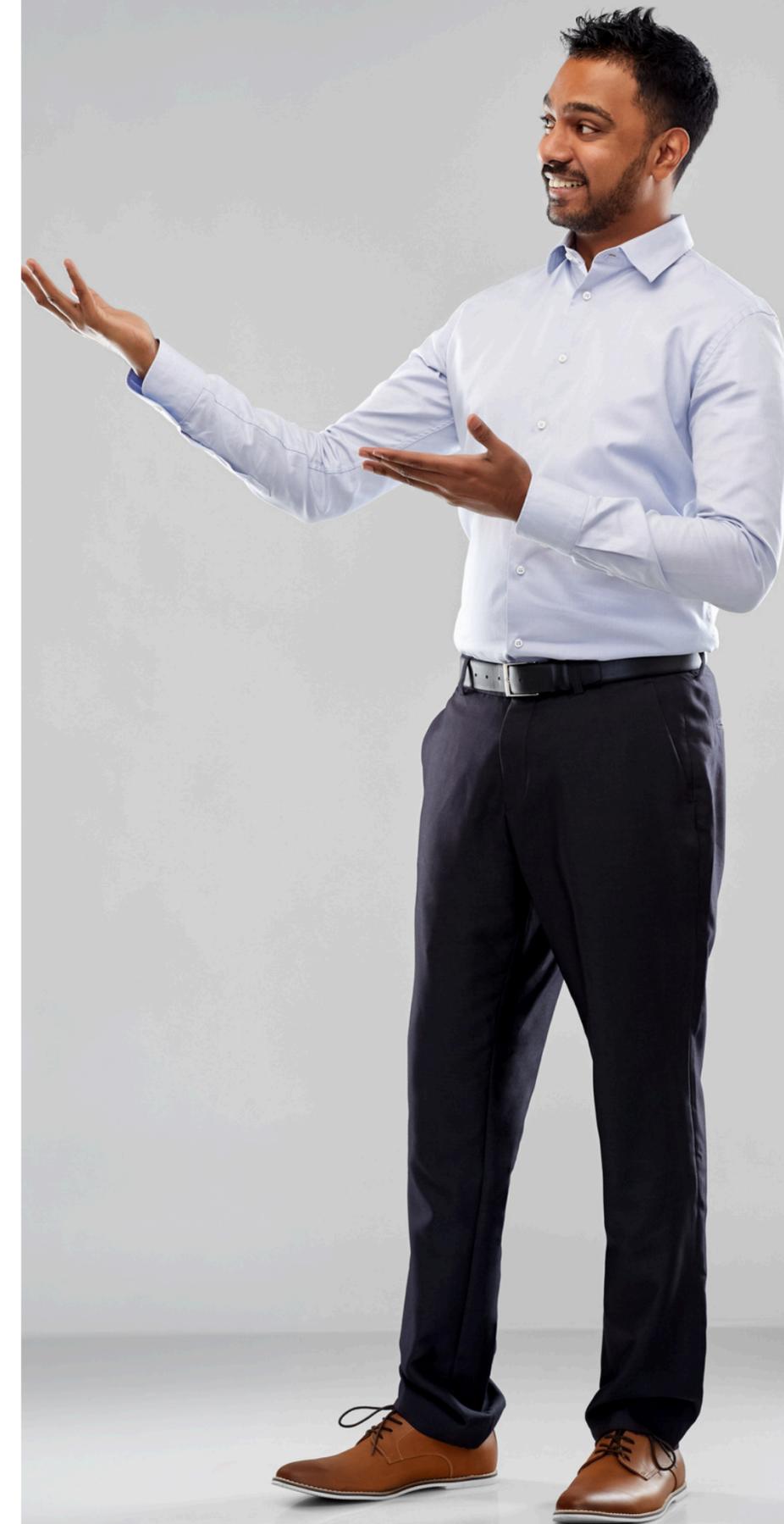
### Completion Requirements:

- Attend 2-day workshop
- Complete 4 personal observation sessions with a trainer

**⚠** Attending Module 1 alone does not qualify you to teach TRE®. **It is the entry point of the certification pathway.**

### Certification Pathway

Module 1 → Module 2 → Module 3 → Supervised Practice → Certification





## Important Advisory

For your safety, TRE® group sessions are not recommended if you are:

- Pregnant
- Recovering from recent surgery, fractures, or serious injury (within 3 months)
- Living with severe trauma, PTSD, epilepsy, or seizure disorders
- Having difficulty with emotional self-regulation

Always consult your TRE® Provider regarding any physical or psychological concerns before attending.

## TRE® Module - 1 Trainer



Shivaprasad Kumarswamy

TRE® India Lead & TRE® Global Certification Trainer (Master Trainer)

## Join the Experience

Reclaim your body's natural capacity to unwind, release, and rebalance – in a supportive, connected community.

First come First Serve Basis to confirm your participation please register  
For price, venue, and other program details, please contact us to receive the registration  
form and begin your TRE® journey – gently, safely, and with awareness.

☎ +91-9731167249 ( Please DM on WhatsApp) [www.treinindia.com](http://www.treinindia.com)

