



TRE® Group Workshop Personal Use

11-01-2026 | 3 hrs | Bangalore
12 - 15 participants

10:00 am to 1:00 pm



Experience the Power of Healing Together

In this TRE® (Tension, Stress & Trauma Releasing Exercises) group workshop, you'll learn to use **your body's natural tremor mechanism** to gently release stress, tension, and trauma stored deep within, helping your body and mind return to balance.

We heal, resolve, and flourish through community and connection.

When we come together in a group, we experience co-regulation the shared sense of safety and support that allows deeper relaxation and emotional release.

What is TRE®?

TRE® (Tension & Trauma Releasing Exercises) is a gentle, body-based practice designed to help you release stress, tension, and trauma stored in your body.

- A body-based **(somatic), "bottom-up"** practice that supports natural stress release.
- Uses seven simple exercises to **gently fatigue and stretch large muscles**, reconnecting you with your **natural tremor reflex**.
- Works through the **autonomic nervous system response**, not conscious effort.
- Helps release tension in the **psoas muscle your fight, flight, freeze switch**.

TRE® is globally trusted by individuals, communities, and professionals as a safe and effective way to support resilience and wellbeing.



What Makes TRE® Unique ?

Unlike yoga or physiotherapy, **TRE® doesn't rely on stretching or manipulation.** It activates therapeutic tremors - gentle, natural vibrations that arise from deep within the body to release tension from the psoas muscle and reset the autonomic nervous system.

We are born with this ability; TRE® simply helps you reconnect with it.

Whether you're seeking relief from **stress, anxiety, pain, fatigue, or sleep issues**, TRE® offers a **body-based self-regulating pathway to calm, resilience, and recovery**

Who This Workshop Is For?

This introductory workshop is ideal for

- Adults new to TRE®
- Professionals managing stress or burnout
- Individuals seeking better sleep, recovery, or performance
- Anyone open to a safe, body-based wellbeing practice

Why Group Workshops?

- We are fundamentally interconnected. Our co-regulation, our safety, our collective pain and joy are illuminated by doing TRE® together.
- In group settings, TRE® becomes more than a practice it becomes a shared human experience. We heal, resolve, and flourish through community and connection



What You'll Experience?

This session is experiential - you'll move, breathe, and reconnect with your body's intelligence. Ample time will be given for reflection and sharing in a supportive group setting.

In this workshop, you will:

- Learn seven gentle TRE® exercises to evoke therapeutic tremors
- Experience natural stress and anxiety reduction
- Learn how to start and safely stop tremors
- Discover grounding tools to feel present and embodied
- Explore self-regulation and containment techniques
- Understand how TRE® supports emotional and physical well-being
- Participate in a Q&A session

Once learned, TRE® can be practiced for 20 minutes, 2–3 times a week to support your nervous system, enhance sleep, focus, and resilience.

How to Deepen Your Practice?

- After learning TRE® safely in a workshop and recommended by your TRE Provider, you can practice on your own for 20 minutes, 2–3 times a week.
- With guidance from a certified TRE® Provider, you'll develop a personalized routine to support your emotional, physical, and mental well-being.



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® Group Workshop 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 Group workshop) www.treinindia.com

