



The Piedmont Yoga Studio is pleased to present:

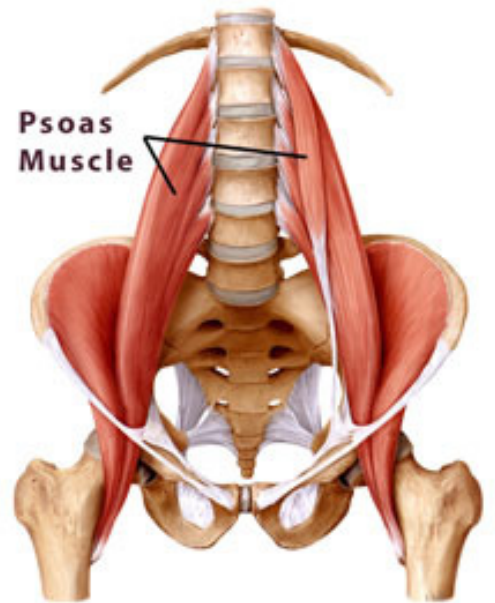
# YOGA AND TRE (Trauma Releasing Exercises)

with Maria Alfaro

Sunday, Sept. 26, 2010 1:30 – 4:00 pm

Piedmont Yoga Studio, Studio 1

\$50 before 9/19, \$65 thereafter



TRE (Trauma Releasing Exercises) was developed by David Bercei, a bioenergetic therapist, who has used it successfully all over the world for almost two decades working with soldiers, fire fighters and survivors of war, earthquakes and other traumatic circumstances to help alleviate the many symptoms of post-traumatic stress disorder.

TRE is a gentle, simple and profound technique that facilitates the lengthening and the relaxation of the Psoas muscle. This relaxation provides a very effective release of physical and emotional tension and stress. The Psoas muscle is a very thick, deep and stubborn muscle that acts as a guardian of our lower belly. In its role of protector of our organs it contracts and tightens, becoming shorter, in response to life's small and big traumatic experiences. A tight Psoas can cause many problems including sciatica and lower back pain, just to mention a few.

The TRE exercises work the legs, tiring them and creating a trembling response, which begins in the legs and often spreads throughout the body. This gentle shaking is actually the nervous system's way of discharging long-held tension or unconscious muscle contraction in order to restore the body to wholeness.

Some of the benefits that you may expect from this workshop: Release of deep chronic tension and increase of overall energy and stamina; "Shake loose" of unconscious involuntary muscular contraction; Discharge of buried emotional and physical trauma; Promotes deep relaxation and improves circulation; improved mood and decrease of aches and pains; Increase of the body sensitivity to pleasure; Improved sense of being grounded; The healing of sciatica; Increased flexibility

Some deep breathing and a few basic asanas helps direct people's awareness out of their heads and into their bodies. Their body's wisdom can then do the rest. "Yoga and TRE" is suitable for people of all ages and levels of fitness! The yoga in the workshop is simple and the TRE exercises can be modified to accommodate anybody's needs.



Maria creates a supportive environment that makes people feel safe and she leads her workshops with compassion and a sense of humor. She teaches Yoga since 1997 (she is a PYS graduate) and she is a certified TRE instructor since 2004. For more info about Maria, "Yoga and TRE" and to read testimonials of participants, please visit the "Yoga and TRE" page on Maria's website [www.yogadventure.com](http://www.yogadventure.com) You can contact Maria if you have any questions or concerns [maria@yogadventure.com](mailto:maria@yogadventure.com)

Registration: **Yoga & TRE with Maria Alfaro**

Fee: \$50 before 9/19, \$65 thereafter. • Sunday, Sept. 26, 2010 • 1:30-4:00 pm • Studio 1

Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City/State, Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Workshop fee: \$50. Cancellations prior to Sept. 19th will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Sept. 20.  
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.