



TRE® Tension/Trauma Release Exercises for Parkinson's

Open to those diagnosed with Parkinson's and their Caregivers

Saturday, April 6, 1:00 - 3:00pm

Emeryville Yoga Therapy

<http://www.emeryvilleyoga.com/workshops.html>

Come explore and experience an easy set of exercises that lead to a gentle shaking in the body. Yes, shaking! ...Entirely different from PD tremors. These neurogenic tremors release held contractions in the body and result in relaxation, less anxiety and better sleep. A recent small study shows improvement for Restless Leg Syndrome and some folks say it slows their tremors.

This is a self-help technique that can be used at home.

Fee: \$40 individual \$70 for two. Payable in advance

ONE CAREGIVER REPORTED AFTER JUST ONE TRE EXPERIENCE. "....He was sleeping very well for the last week since Friday....sleeping 8 hours continuously for several days and he has not done that for a very long time...seems to have less anxiety after your training session."

For more information and to register, please contact Brooke @ 510 705 1775.

This workshop facilitated by Brooke Deputy,

Certified TRE® Certification Trainer & Provider –. Her work promotes the integration of body, heart, mind and spirit. She combines her educational background with her intuitive skills in working with individuals and groups to cultivate transformational healing and helping others in "Finding Their Aliveness." Brooke was diagnosed with Parkinson's two years ago.