

What Is TRE® ?

Tension, Stress & Trauma Releasing Exercises® (TRE®) are a series of gentle, guided movements designed to activate your body's innate tremor mechanism. By intentionally engaging and then releasing deep-lying tension, TRE® helps you tap into your nervous system's natural reset button—allowing stress, anxiety, and trauma-related tension to dissipate.

Who Is TRE® for?

- Anyone looking to manage everyday stress, anxiety, or tightness
- Wellness-Minded Individuals interested in a somatic (body-based) approach to resilience
- Anyone looking to manage stress & tension after a traumatic event

Key Benefits

- **Deep Relaxation:** Activate a parasympathetic “rest-and-digest” response for greater calm
- **Reduced Muscle Tension:** Let go of chronic tightness in shoulders, hips, lower back, etc.
- **Nervous System Regulation:** Improve sleep, digestion, and emotional balance
- **Mind-Body Integration:** Reconnect with “frozen” areas of the body for greater embodiment
- **Self-Empowerment:** Learn tools you can safely practice at home to manage future stressors

Contraindications & Precautions

Please let your facilitator know if any of the following apply to you. TRE® may still be possible with adaptations or medical clearance.

- Recent Surgery or Fractures (within the last 6 months)
- Uncontrolled Hypertension or Heart Conditions (arrhythmia, pacemaker, etc.)
- Pregnancy or within 3 months postpartum
- Neurological Conditions (epilepsy, severe neuropathy)
- Severe Psychiatric Disorders under active crisis or unstable medication changes
- Glaucoma or retinal detachment risk
- Other Medical Concerns not listed here—always check with your physician first.

Next Steps & How to Book

- Book Your Slot by emailing **contact@wencylam.com**
- Complete Brief Intake: A 2-minute medical-history form to ensure safety
- Your Session: Wear comfortable and warm clothes, get ready to dive inward
- Stay Connected: Attend more sessions to deepen the release, self-guided practice at home