

You are invited to a 3-day Level I Certification program in: **Tension Releasing Exercise™** Presented by Chris Balsley MA, LPC, PCC

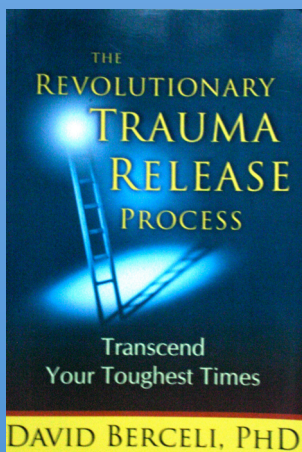


"I can honestly say this is one of the most powerful techniques that I have ever seen that reliably creates a clear, calm space in my clients in a very short period of time".

Chris Balsley Presenter

TRE's accessed and released somatic memory trauma that I have carried for thirty years. It is extraordinary.

Dr. Kimberly Brayman
Licensed Psychologist



Measurable stress has literally doubled since 1990. Currently, 1/3 of working adults have high blood pressure and over a million people miss work each day, all due to stress related disorders. This program provides a proven antidote to the negative cumulative effects of stress, tension and anxiety.

This heavily experiential program, rooted in neurobiology, has a strong emphasis on applying powerful self-regulation skills to realistic situations.

The TRE's consist of 6-8 minutes of moderate exercises. After lying down on the floor, tremors begin to travel up and down the body resulting in a deep and tangible sense of relaxation. For more information go to www.landonwerks.com/?page_id=712.

Workshop Benefits:

1. Participants will take away everything needed to practice TRE's.
2. Participants will deepen their understanding of stress and its impact on health and wellness.
3. Learn how to mitigate the impact of daily stress.

Investment: \$449.00

Early Enroll Jan. 6th 2012 **\$399.00**

Date: February 3rd - 5th 2012

Program Hours:

2/2/12 6:00-7:00 Thurs. Free Talk

2/3/12 9:00-6:00 Friday

2/4/12 9:00-6:00 Saturday

2/4/12 9:00-4:00 Sunday

Location: Boulder, CO.

Contact: Chris@landonwerks.com

To sign up or for more information go to the landonwerks website look under workshops.

For more information on TRE certification please go to [www.landonwerks.com/Workshops/TRE Certification](http://www.landonwerks.com/Workshops/TRE%20Certification)

Chris Balsley MA, LPC, PCC; earned his TRE level III certification while working with David Berceli Ph.D, training active duty soldiers for MagisGroup LLC. He currently presents in the U.S. and Asia and has trained over 7,000 people in TRE's. He has maintained a thriving and diverse professional coaching, counseling and presenting practice for almost thirty years. Chris is former core faculty at Naropa University and the Boulder College of Massage Therapy.