



# WILD LIGHT

YOGA CENTER

## TENSION & TRAUMA RELEASE (TRE) CLASS SERIES WITH JEN DONOVAN

Join us in our 4-week exploration of safe and effective nervous system release and regulation. TRE is a gentle yet powerful method of engaging the natural stress releasing mechanisms of the body through simple exercises. In this class we will have the opportunity to grow more deeply in touch with our body's natural healing abilities. TRE can be helpful for people who struggle with a variety of stress related issues, such as daily work stress, tense muscles, anxiety, PTSD, lack of body awareness, and general feelings of disconnection.

Jen Donovan is a mental health therapist in private practice in Eugene, Oregon. She has a masters degree in Couples and Family Therapy from U of O and is a certified Tension and Trauma Releasing Exercises (TRE) provider. Her specialties include working with individuals and relationships heal from trauma, anxiety, chronic stress, oppression, spiritual concerns and mind-body disconnection.

Free information session **Saturday, April 13 1:00-1:30p**

**Saturdays 1:00-2:30p**

**April 27th | May 4th | May 11th | May 18th**

**\$120/\$110 early bird through April 19th**