



TRAUMA RECOVERY WORKSHOP

***Are you stressed? Burnt out? Hypervigilant? Numb?
Sleep deprived? Anxious? Angry? Mistrustful?***

It is likely that daily stress or particular traumatic moments have affected your body's biology and your emotional /mental state.

Trauma definition: "the body's experience of being overwhelmed having felt helpless". If trauma is defined in this way it is essential to heal the body and the emotions and mind.

This once/ week workshop, that runs for 6 weeks, will explain how stress/ trauma negatively effects your body. You will get to experience two body therapies (Breathwork and TRE: Tension/ Trauma Releasing Exercises) which will help to release your trauma and chronic tension. Both are immediately effective and self empowering.

In this safe environment, through group/ individual experiential work you will address and begin to resolve your traumas, find the root of certain trauma responses and learn how to prevent further symptoms.

Take back control and find balance in your life.

GROUP VENUE: 3 Prospect Hill Rd, Wynberg

START DAY: *Start Date To Be Arranged*

TIME : 17h30 - 19h30

COST : R350 per session or R1900 cash discount if paid up front.
(a min of 4 clients are needed)

GROUP FACILITATOR: Frances Ward (Reg. Addiction/ Trauma Therapist 0013668).
Co-facilitators: Ericka Allison (Breathwork therapist- www.breathingforhealing.com)
and Fiona Leibowitz (TRE therapist- www.trecapetown.com)

Booking is essential on **082 099 1830** or franceswardtherapy@gmail.com

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