

# Got Aches and Pains?

Get Relief with TRE

Tension-Stress  
Release Exercises

Shed Stress, tension and pain  
with an innovative Mind/body method.

- Reduce sciatica, back and hip pain
- Relief from stress and overwhelm
- Deeper Sleep and improved energy



**4 Week Series**  
**Monday Evenings**

**October 24, 31,**

**November 7, 14**

**7:00-8:30pm**

**Orientation for first-timers 10/24 @ 6:30pm**

**Kristi Dee Doden**  
BA, CMT Certified TRE Facilitator

Class limited to 8 people. Sign up early! \$129

An Innovative Physical Technique – 7 Simple Exercises

**Pre-registration**  
**is required**

Location: Yoga at the Village  
649 Tupper Street  
Santa Rosa, CA 95404

For more info on TRE:  
Contact Kristi 707.888.9578