



TRE

Tension Releasing Exercises

With the exception of your first session, each session is 60 min in length in which you will be guided through the movements in a safe and therapeutic environment. Your first session will be 90 minutes.

When you are comfortable with the TRE process you can incorporate it into your daily routine.

- **What should I wear to my TRE session:**
 - Comfortable clothing that allows for some gentle movement. (yoga pants work well)
- **What should I bring to my TRE session?**
 - If you own a yoga mat, you can bring that. If not, one will be provided for you.
- **What type of follow up will I need after my TRE session?**
 - Your TRE provider will review post-TRE recommendations. You will not have any restrictions in your daily activities.
- **How do I schedule my TRE session?**
 - Simply call our office and speak to the scheduling staff: 847-304-5526
 - Please allow 90 minutes for your first session.

