

I have been honoured to spend the last few years doing what I love best - providing the tools and space for people to empower and heal themselves naturally. I have always believed that our bodies know best, but sometimes just need a little guidance.

TRE® is a powerful and yet very simple way to access the body's ability to shake off tension and stress.

It is a physical practice, in which we trigger the natural neurogenic tremoring process through simple stretches and muscle stress exercises, then by lying on a mat and allowing the body to release, in a sustained, yet controlled and gentle way.

Many clients describe it as feeling like a massage from the inside out.

Every exercise can be modified to suit individual clients, and as we focus on the safety of the client, you are taught how to initiate tremors and also how to stop the process so you are completely in control of your own process and participation at all times.

Over a period of a few weeks, clients have seen significant improvements in many areas, including stress management, sleep, physical pain and improvement in their relationships.

I offer individual as well as group sessions. Participating in a group session has a collective benefit.

Sessions are between 60 and 90 minutes.

Individual sessions : R750

Group sessions : R375 pp

Find out more by sending an email to beth.keytel1@gmail.com or book a session with Beth via Whatsapp on 083 227 6830.

