



Sylvia Tillmann
Certified TRE® Provider
www.TREmendousTRE.co.uk

**Please prepare for your TRE® session and
get in touch if you have any questions.**

Check list, you need:

A yoga mat or blanket/thick towel to lie/tremor on
A blanket in case you start to feel cold
A pillow if your neck is strained whilst lying on your back
A glass of water

What to wear:

Something loose and comfortable, e.g. jogging trousers.

Also:

Please don't rush to your next commitment right after a session, but allow
your body to rest (like after a spa treatment) and
drink enough water afterwards.