

# aroma TRE®

Saturday, April 28th

1:00PM - 4:00PM



TRE® stands for "Tension and Trauma Release Exercises". TRE's are a natural, self-empowering series of exercises which restore an inner sense of peace and relaxation.

- No experience necessary
- Suitable for all fitness levels
- Wear comfortable clothing
- Bring a yoga mat

## Yoga Desa

120 N. Topanga Canyon Blvd.  
Topanga, CA 90290

with aroma TRE® Founder

*Tracy Griffiths*, BCPP, RPE

## RSVP

via Eventbrite Link  
Registration Fee: \$22