



A Wellness One-Day Workshop

It's time to move forward...

Join us in a relaxed country setting to experience 3 profound personal development & wellbeing activities:

- *Release* protective patterns & tension held in the body
- *Restore* and fine-tune body awareness & inner knowing
- *Reconnect* to your true self: body, mind, and soul

The Program

TRE (Trauma/Tension Release Exercises).

TRE involves doing a series of exercises to induce a tremoring response in the body. These body tremors are a normal physiological means to release stored physical energy and patterns. You will learn to release tensions in a safe and graduated way and thus return the body to a more relaxed and balanced state. <https://rebalancing.com.au/trauma-release-exercises>

Equine Experiential Learning.

HorseTime: Healthy horses that live in a herd are mostly in a state of relaxation and awareness but always ready to move and respond to others and the environment. Joining the herd helps us to remain present and aware; thus opening up possibilities for us to learn more about ourselves. <https://rebalancing.com.au/horse-time>

Alexander Technique

AT is a technique which promotes increased mind/body awareness enabling you to be present and think and move in a more coordinated, integrated way; with improved poise and balance. Learn skills to release unnecessary tension thereby allowing greater freedom of movement and experience a renewed sense of well-being. www.alexandertechnique.org.au

These 3 self-help approaches are easy to learn and integrate well. They can assist you to

- *Feel calmer & more relaxed
- *Move more freely
- *Gain insight & understanding about your lives.

Join us for a whole day



JUST FOR YOU

MEET YOUR FACILITATORS

Dr Denise Cornall PhD is an osteopath and physiotherapist with extensive clinical & teaching experience. Working with people with chronic pain or recovering from trauma has guided Denise toward integrating additional self-empowering approaches into her practice such as TRE and EEL.

Michelle Despax is an accredited equestrian coach, educator and horse trainer with a life time of teaching and clinical experience. This journey has seen Michelle develop her practice incorporating the modalities of AT, Yoga and Reiki to expand and enrich the lives of horses and people.

[115: Michelle Despax - Using Alexander Technique in the Holistic Approach to Improve the Rider... - YouTube](#)

The Herd



Find out more by contacting

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