

● SOMATIC PRACTICE · TRE

The Seven TRE Exercises

A gentle sequence to release deep-held tension and let your body find its natural tremor.

TRE (Tension & Trauma Releasing Exercises) is a simple sequence that lightly fatigues the muscles of the legs, hips and psoas, so your body can reach its own tremor reflex: a self-regulating shake that discharges stored tension and helps the nervous system settle. Move slowly, stay within a range that feels comfortable, and let the shaking arrive on its own. There is nothing to force.

HOW TO USE THIS

Work through the standing exercises to gently tire the legs and psoas, then come to the floor for the last part, where the tremor begins. Around 10 to 15 minutes, two or three times a week is plenty.



1 Foot & Ankle Sway 1–2 MIN

Stand barefoot, feet hip-width apart. Sway gently from side to side, rolling onto the inner and outer edges of your feet, then rise and lower on the balls of your feet. This wakes up the feet and ankles.



2 Heel Lifts 1–2 MIN

Slowly rise onto the balls of both feet, lifting your heels high, then lower with control. Repeat until the calves feel warm and lightly tired.



3 Deep Squat 2–3 MIN

Bend your knees and sink down into a low squat, letting your arms hang straight down toward the floor rather than resting them on your legs. Do it on both legs at once, or one leg at a time: the single-leg version looks just like crouching down to tie a shoelace. Stay low and breathe into the work in your legs.



4 Wide-Leg Forward Bend 2–3 MIN

Step your feet wide, soften the knees, and fold forward from the hips, letting your upper body and arms hang. Feel the stretch through the inner thighs and hips.

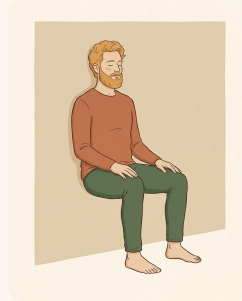
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The sequence continues



5 Front-Body Stretch 1–2 MIN

Stand tall with your hands on your lower back, and gently arch backwards, opening the chest. This lengthens the psoas and the whole front line of the body.



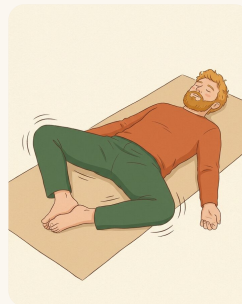
6 Wall Sit 1–3 MIN

Lean your back flat against a wall and slide down until your knees are bent close to 90 degrees, as if sitting in an invisible chair. Hold and keep breathing while your legs do the work. This deep hold is what tires the legs enough for the tremor to come.



7a Hip Raise 2–3 MIN

Lie on your back and bring the soles of your feet together, letting your knees fall open into a diamond shape. From here, gently lift and lower your hips. This invites the first tremors into the pelvis.



7b The Tremor 3–5+ MIN

Stay in the same diamond shape, soles of the feet together and knees open, and let your legs tremble on their own. Rest, breathe, and allow the shaking. This is where the release happens.

When you are ready, straighten your legs and come to stillness. Lie or sit quietly for a few minutes and let your system integrate. Drink some water, and notice what feels different.

● **Grounding & safety**

- The tremor is involuntary and safe. Let it stay gentle, never forced or performed.
- Stay within a window that feels okay. Less is more. If strong emotion or overwhelm rises, pause and ground: feel the floor beneath you and name a few things you can see.
- You are always in control. To slow or stop the shaking, straighten your legs, place your feet flat and still, and breathe slowly. It settles within moments.