



TRAUMA RELEASE AND
WELLNESS CENTRE
(SMC-PVT) LTD.

ONLINE WORKSHOP

The Body in the Room, integrating TRE and Somatic Practice into Psychotherapy: a Trauma Informed Approach

25 November 2026 · 7:00–9:00 PM SGT

88 SGD

For psychologists, counsellors & therapists

LED BY

Aun Ali

Certified TRE Trainer · Clinically Certified Trauma Specialist



ONLINE WORKSHOP

Breath as a Medicine ***Introduction to Pranayama***

15 December 2026 · 7:00–9:00 PM SGT

88 SGD

Conscious breathing — for beginners

LED BY

Ania Zielińska

Yoga Teacher · Holistic Health Coach · Life Realignment Mentor



SELF CARE & PRESENCE FOR COACHES

ICF Course · 21 CCEUs (16 RD + 5 CC)

TRE™ Training in the World with ICF CCEUs

 Bucharest, Romania

15–17 October 2026

from 739 EUR

LED BY

Isabelle Claus Teixeira

Global TRE™ Certifying Trainer

& Saymara Ryon

President, Asociația TRE™ România
Certified TRE™ Provider



**BECOME A CERTIFIED TRE™ PROVIDER
BOOSTED BY INTERNAL ALCHEMY**

TRANSFORM YOUR PRACTICE, EMPOWER OTHERS

Simba Stenqvist

Global TRE™ Certifying Trainer

Isabelle Claus Teixeira

Global TRE™ Certifying Trainer

Module 1

27–28 Feb 2027

Your Personal TRE™ Practice

Module 2

3–4 Jul 2027

Teaching TRE™ to One Person

Module 3

30–31 Oct 2027

Teaching TRE™ to Groups

BOOK A CALL VIA CALENDLY



ONLINE WORKSHOP

Navigating Feminine & Masculine Energetics Inside Corporate Structures

28 October 2026 · 7:00–9:30 PM SGT

88 SGD

Online, live on Zoom — replay for all registrants

LED BY

Sara Marie

"The Alchemist," CEO of ***Living with the Spirit***



FIRST TIME IN SINGAPORE

Introductory workshop

Internal Alchemy

1 September 2026 · 7-9 PM

79 SGD

Breathwork, fascial release, grounding & tremor work

LED BY

Simba Stenqvist

Global TRE™ Certifying Trainer · Creator of Internal Alchemy



TRANSFORM YOUR PRACTICE

Self-care and Presence for Coaches:

Nervous System Regulation & Self Induced Neurogenic Tremoring



Singapore

29-30 August 2026

1,290 SGD

LED BY

Isabelle Claus Teixeira

Global TRE™ Certifying Trainer



USE OF TRE™ IN A COACHING CONTEXT

From Shaking to Shaping

Online · 8 October 2026 · 7-9 PM Romania time

Registration: neurogenic-integration.com

LED BY

Isabelle Claus Teixeira

Global TRE™ Certifying Trainer

& Saymara Ryon

President, Asociația TRE™ România

Certified TRE™ Provider



ONLINE WORKSHOP

From Shaking to Shaping

3 September 2026 · 10 AM–1 PM Romania time

89 EUR

Use of TRE™ in a coaching context · online

LED BY

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President, Asociația TRE™ România
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USE OF TRE™ IN A COACHING CONTEXT

From Shaking to Shaping

 Bucharest, Romania



LED BY

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BECOME A CERTIFIED TRE® PROVIDER

Transform your Practice. Empower Others.

 *Singapore · 2026 cohort*

29 Aug 2026 – 21 Feb 2027

3,699 SGD

LED BY
Isabelle Claus Teixeira
Global TRE™ Certifying Trainer