Shake It Off 2027:

TRE® Residential Retreats
Spring Retreat: 11th – 14th March
Autumn Retreat: 11th – 14th November



A life supporting, nurturing and restful Emergence residential retreat in Mid Wales where you will learn or deepen your practice of TRE® (Tension & Trauma Release Exercises), facilitated by certified TRE® Provider Fern Smith.

"I've loved coming to the sessions.
Fern is an excellent instructor.
After each TRE session, I felt my body was really relaxed and refreshed."

Image: Sarah Argent

You may be completely new to TRE or already have a TRE practice and wish to spend more time diving into it in a supportive group setting. I have spaces for just THREE people on this retreat. I keep numbers small intentionally to ensure that each person is given the time, space, and attention they need to settle, relax and leave feeling renewed, nourished, and empowered to support their own body, mind, and nervous system.

What is TRE®

TRE®, Tension and Trauma Releasing Exercises, are a simple set of exercises that can be easily learned which trigger a natural reflex in the body. TRE assists the body in **releasing deep muscular patterns of stress, tension, and trauma.** Created by Dr. David Berceli, PhD, TRE safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, **calming down the nervous system.** When this muscular shaking/vibrating mechanism is activated in a **safe and controlled** environment, the body is encouraged to come back into a state of balance. The aim of TRE is to work **safely and slowly within limits, not to push the body** to fatigue or into discomfort or overwhelm. I've heard TRE summed up beautifully as **'you healing you!'**

'Shake it Off' is also the title of David Bercelli's book about the history, development and benefits of TRE.

Join me on 'Shake It Off' if you are:

Experiencing a lot of worry and anxiety;
Feeling reduced emotional resiliency;

Suffering from sleep disturbance;
Experiencing symptoms of PTSD;
Having muscle, neck and back pain;
Wishing to heal old injuries;
Wanting relief from chronic medical conditions;

You may also be **simply curious and want to learn and experience TRE**. Whatever your reasons for joining me, I warmly welcome you.

A participant on a recent 'Shake It Off' retreat said…

"I had the privilege of going to one of Fern's TRE retreats in November 2024 to learn more about experiencing and practicing TRE, having tried out some sessions with her previously. I've worked in the field of trauma and neuropsychology in the NHS and therefore understand a fair amount about the nervous system, self-regulation and traumatic experiences through my work with clients over the years. What I learned and experienced however was far greater than my expectations. The Barn was cosy and comfy and Fern paced the retreat in a mindful attunement with us as participants. We were given very carefully paced theoretical knowledge alongside experimentation with how each of us could work with TRE. Everyone's skills, experiences and contributions were invited and included in the learning process. Being an older human with old traumas stored somatically I was amazed and really helped learning about my body and how helpful TRE can be, because Fern taught the application of it steadily and with such care.

I was also able to see how effectively other members of the retreat could work with TRE in a completely different way to me. My friend for example was able to begin to let go of some very disabling tension from pain in her body. Learning TRE (As with all healing and regulating methods), is not just the learning of technique and theory but the art of the practitioner/ teacher that helps us to develop our own way of using it. I can't recommend Fern enough if you want to embody the wisdom of TRE in a totally supportive environment. Its 5 stars from me."

Dr Ruth Telfer. Consultant Clinical Neuropsychologist (now retired).

What will happen on the TRE retreat:

On the retreat there will be time to learn TRE in a relaxing, nurturing, and beautiful environment. You will have the opportunity to explore and share what brings you to this retreat and reflect on your hopes for learning TRE and deep desire for your body and nervous system going forwards. You will have time to reflect on and share thoughts and challenges about your personal relationship to tension, stress and trauma. You will NOT need to or be pressurised into telling your 'trauma story' or sharing more than you are comfortable to share.

Our time together will include more structured sessions as well as space and time to rest, relax and reflect. We will find out about the theory, background and principles of TRE and learn about the structure and typical 'shape' of a TRE session. There will be an opportunity to learn the 6 standing exercises and 1 floor exercise designed to warm-up and 'prime' the body. We will move slowly and safely through the exercises modifying any or all of them according to your capacity, needs and capability. We will emphasise safety and slowness in TRE and find out what is right for your own body in terms of the practice. You will be taught about 'self-regulation' which means you won't push through anything which is potentially uncomfortable, difficult or over-whelming.

After the warm-up exercises you will be talked through and experience your first tremoring/shaking session. This will take place lying down comfortably with a blanket and supports if needed on the yoga mat. There will then be time to rest and pause. I may offer suggestions and 'interventions' to allow your body to open more fully to the shaking process. After this time there is space for rest and integration. This involves lying down comfortably and resting quietly, allowing the body to literally 'incorporate' new information, messages and patterns.

We will meet as a group to practice TRE a number of times throughout the retreat. There will also be space each day to spend time alone walking in nature, resting, enjoying quiet time, reading, or journaling. We balance time for learning, practising, decompressing, and integrating and will sensitively attune to the group and the needs of each individual.

About Me



I am a bodyworker and facilitator of rites of passage and change processes who works with and is fascinated by the principles of Emergence! I am passionate about **health, creativity, and human potential.** I was born in London and fell in love with the vast hills of Wales when I was a teenager, moving here when I was 18 to go to Swansea University. I've lived in Wales/Cymru for 40 years.

After a first-class degree in Psychology, a Master's Degree in Industrial Relations, and a long career in theatre, I was drawn to study **Massage and Bodywork**, training at the Bristol College of Massage & Bodywork in 2005.

A few years later, I encountered **Craniosacral Therapy** as a client, experiencing first-hand the **power of this extraordinary and powerful healing modality**. Working for 25 years as a physical performer in my own company, Volcano Theatre, led to me receiving a significant

number of low-impact injuries and body strains, which then saw me experiment with and receive every type of healing modality possible. My first experience of Craniosacral Therapy was incredibly powerful, my symptoms dissipated over time, and I was left with a sense of ease and deeper connection to health and to my body.

I went on to train in Craniosacral Therapy at The Karuna Institute in 2005 and have been practising as a Registered Craniosacral Therapist since 2007. My special areas of interest are in trauma, stress, pain relief and surviving major life transitions such as bereavement, relationship breakdown, and illness.

Over a decade later, I encountered TRE during the Covid 19 Pandemic and was fascinated by its potential to safely release stress and trauma symptoms. I trained with **TRE College and qualified as a Certified TRE Provider in 2022. I have a clinic in Machynlleth where I now offer both Craniosacral Therapy and TRE.**

I came to TRE through my interest in **how the body learns, heals and grows** after experiencing trauma and challenging life circumstances. I love the simplicity and effectiveness of TRE. I love the fact it can be taught one to one and in small and large groups. I find it a **democratic and powerful** therapeutic process that once learnt, can be safely practised and integrated into anyone and everyone's life regardless of age or physical fitness.

TRE satisfies a longing in me to find a way to marry both stillness and movement and deepen the practise of working safely with the symptoms of tension, stress and trauma. I love that TRE is essentially a self-help, self-healing practise which when learned means you can be your own therapist and bodyworker, working safely to self-regulate your own nervous system, reconnect with your embodied self, return to health, to your life force and fullest potential. **I use TRE as part of my own daily practise** for health and regulating my own nervous system and I've found TRE really suits and supports me, especially in challenging and potentially overwhelming circumstances.

You can find more about the different elements of my work past, present and future here:

https://fernsmith.uk/

https://craniosacraltherapy.wales/

https://emergence-uk.org/

About Emergence

I founded 'Emergence' fifteen years ago, a multi-stranded project in which I run projects, retreats and offer experiences to support **self, other and nature connection, creating spaces for deep dialogue and conscious change.** I was recently struck by a question which Manda Scott on her Accidental Gods website asked: *"How do we move ourselves – individually and collectively – from the broken Trauma Culture of our times to the Initiation Culture that will allow us to step forward, healed and whole?"* I love the succinctness and power of this phrase of **'moving from a trauma to an initiation culture'** and feel it to be true in my bones.

For me the dual work of dealing with, navigating, and healing trauma, whilst also undergoing conscious change by opening to initiatory processes and rites of passage are both vital **at this time of immense change and global instability.** I am interested in how we might deepen into who we are and can be – individually and collectively. How do we attune to and come more

into balance and harmony with one another and the living world? How do we come home to the body of the earth? How do we come home to our own physical body? **How do we be in service to a life-sustaining planet without depleting ourselves?** At Emergence we work with the three stages of a rite of passage. The final of the three stages is called 'Incorporation' – literally 'coming into the body'. I believe this embodiment is the **work of every moment and a lifetime.** I'm dedicated to helping myself and others to stay embodied, finding ways and practises for 'staying with the trouble' as Donna Harraway puts it. In order to 'Be the Change' as Gandhi said, I fully believe we must 'be with the change'.

Practicalities & Logistics

Date & Timing of Retreat

Spring Retreat: Thursday 11th March 5pm – Sunday 14th March 2pm.
Autumn Retreat: Thursday 11th November 5pm – Sunday 14th November 2pm

Cost

£450 (just 3 spaces available). £100 non-returnable, non-transferable deposit payable on booking. The remainder to be paid one month before.

Venue & Accommodation

An 18th century Welsh cottage and barn (known as 'The Barn') in the hills outside Machynlleth in the Dyfi/Dovey Valley, Mid Wales. There is a lovely garden with many sitting areas, veg beds and the grounds includes a SSSI (Site of Special Scientific Interest) with a steep gorge and stream running through it.



You will have your own room and can choose on a 'first come first served' basis from a double room, sole occupancy of a twin room and single room in the 'loft space'. Bedding and towels will be provided.








Food & Self-Catering

You will be greeted with a simple vegetarian **meal on arrival, after this the retreat will be self-catered so please bring your own food** for 3 breakfasts, 3 lunches and 2 evening meals. We will make space and time during the retreat for people to prepare food in a shared kitchen.

Schedule

Thursday
Arrival by 5pm. Welcome meal at 6pm.

Friday
Introductions. Reflections and Intentions. Theory and Practise of TRE.

Morning Shake, Evening Shake. Afternoon Grounding/Decompression activities including walking in the local area, gardening and rest time. Check-in and Check-outs.

Saturday
Deepening into your Practice. TRE Interventions. Morning Shake, Evening Shake. Afternoon Grounding/Decompression activities including walking in the local area, gardening and rest time.

Sunday
Final Practice Session. Debrief. Sharing learnings and intentions going forward.
Departures after lunch and final clear-up by 2pm.

Getting Here

We are four miles outside Machynlleth in Powys, mid-Wales. Machynlleth has a mainline train station, two hours from Birmingham and four hours from London. We can collect and drop off at the station so you can travel to us via public transport. Alternatively, if you come by car, we have space for you to park on or near site.

Staying on After the Retreat

There may be the possibility to arrive early or to stay in The Barn after the retreat has finished depending on availability. Please ask as soon as possible if you are interested in this possibility.

I look forward to welcoming you.

To discuss further and to secure your place, please contact me:

Fern:info@emergence-uk.org

www.emergence-uk.org

'Shake It Off' is an Emergence Initiative