

TRE Asia Gathering

13TH NOVEMBER

- 15:00 – 16:00 OPENING:
Introduction of Trainers
- 16:00 – 17:00 SESSION 1:
Setting the scene: TRE as a somatic approach by **Sae Kani**
- 17:00 – 18:00 GROUP SHAKE
- 18:30 – 20:00 NIGHT SESSION
Welcoming Dinner
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- 09:00 – 12:00 SESSION 2:
Vision and Mission of TRE by **Joan McDonald**
- 12:00 – 12:30 SESSION 3:
Group Shake
- 12:30 – 14:00 LUNCH
- 14:00 – 15:30 SESSION 4:
Round table Presentation by Trainers
- Beyond Therapy Room: The Unlearning Journey of a TRE Provider by **Aun Ali**
 - TRE for Humantrafficking/Sexual Exploited Girls and Women in Nepal by **Jamuna Shrestha**
 - TRE for Large Group by **Hindra Gunawan**
- 15:30 – 16:00 BREAK
- 16:00 – 17:30 SESSION 5:
Technical session Demonstrating including pair work by participants: Conscious Touch as Effective Self-Touch Intervention by **Sae Kani**
- 19:30 – 21:00 NIGHT SESSION:
Get Healthier with Vagal Regulation by **Carina Lun**

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09:00 – 12:00 SESSION 6:

The Importance of doing your own inner work through experiential exploration of:

- Developing your Felt Sense
- Increase your capacity for Deep Listening and Holding Space

by **Michelle Beck, Cheong Meoh Ching, Josephine Bu, Isabelle Claus Teixeira and Hea Joo Park.**

12:00 – 12:30 SESSION 7:

Group Shake

12:30 – 14:00 LUNCH

14:00 – 15:30 SESSION 8 :

- TRE for Humanitarian Service by **Sae Kani**
- People with Disabilities Round Table by **Dung Mai, and People with Disabilities and Community Facilitators**

15:30 – 16:00 BREAK

Community Facilitators – Q&A session

16:00 – 17:30 SESSION 9:

Technical Session Demonstration by Trainers

19:30 – 21:00 NIGHT SESSION:

Internal Alchemy – A Spiritual and Energetic Journey by **Simba Stenqvist**

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09:00 – 10:30 SESSION 10:

Finalizing Vision and Mission by **Joan McDonald**

10:30 – 11:00 BREAK

Launching TRE Asia website

11:00 – 12:30 CLOSING REMARKS