



## **Robin Bach**

**Certified TRE Practitioner**

**Certified Black Belt Nia Instructor**

**Holistic Personal Trainer**

Robin Bach has been teaching personal and group fitness for almost 30 years. She was certified as the first Nia instructor in St. Louis, Missouri in 2001 and has since received the highest Nia designation -- Black Belt instructor. Integrating and balancing the physical, mental, emotional and spirit realm (holistic fitness) is Robin's professional and personal mission. Her devotion to movement and zest for life has an infectious effect on her students.

Robin's mission statement: To help others discover the spiritual through the physical; guides and focuses her Nia Classes, Workshops, Personal Training and TRE practice, by allowing the participant to get out of the head and into the body. Through stress reduction workshops, national seminars and local classes and events, she shares valuable techniques for improving awareness and overall well being by teaching people to connect to the wisdom of their bodies. Robin believes that by having a dialogue with body sensations, we are led into awareness.

Having worked through her own traumatic events, Robin has discovered joy in the healing process. Strongly believing in overcoming the "tyranny of the mind through the wisdom of the body," Robin found TRE a natural fit as it works by integrating the physical, mental, emotional and spiritual realms. Robin understands how the body can hold on to unprocessed emotions and that by moving in new ways; these emotions can be released -- when we are ready. Through the power of movement, Robin empowers individuals to take care of themselves by guiding them back to the authentic self.