

July 2024

Hosting a:

Casa Therapie™ workshop

WELCOME! IT'S A PLEASURE TO COLLABORATE!

Thank you for your interest to host a Casa Therapie™ workshop in your home or studio. The home environment or a 'home-y' space is truly ideal for a Casa Therapie™ workshop. "Casa" means house, after-all!

Below is a simple list of requirements. These ensure the workshop runs smoothly and comfortably and for the best learning environment for all.

Please tick boxes as you go along –if you can, or cannot do/provide each thing. Don't worry if you are not sure –leave it blank. We will work things out.

1. LOCATION

A. Where are you?

City: _____

Suburb/neighborhood: _____

If not in Melbourne:

Approx. driving distance (minutes) to/from airport: _____

2. REQUIREMENTS

A. About your home or studio/space:

- i. Provision of your home space/room/studio (we only need one room/space!) for the entire day. Approx. 8am to 6/6:30pm.
- ii. Good size space/room to comfortably fit minimum of 8 -10 people sitting on sofa or chairs.
- iii. Good size space/room to comfortably fit minimum 8 chairs. (About 4 armchairs + 4 standard chairs.) See in point 'B' for number of chairs.
- iv. Room/space for workshop to have windows. (Some houses might have rooms without any windows. Essential to have natural lighting/decent light streaming through.)
- v. Minimal distractions. Particularly if it is an open plan and there are no doors to close room off.
- vi. Privacy in the space/room.

It is a relaxed atmosphere, though still a professional workshop class after-all! Privacy is appreciated for optimum learning.

- vii. Goes without saying, but I'll add it here anyway: Clean and tidy space.
- viii. Heating available for chilly winters. For summer: windows that open is perfect. Easy!

B. Furnishing details:

Luckily and very conveniently, no massage tables are required! Casa Therapie™ is for the elderly who are seated. This might be because they are non-ambulatory (unable to walk/stand), have an injury, or simply cannot lie on a massage table comfortably. And so, the hands-on part of the workshop is done on armchairs. :-)

To host a workshop, you will have the following furniture:

- i. At least 3 armchairs (must be solid armchairs, with armrests)
- ii. At least 4 standard chairs (these don't need to have armrests)
- iii. A sofa/couch (ideally comfy lounge) for participants to sit on throughout workshop (though we practice on the chairs/armchairs)
- iv. Cushions/pillows
- v. Poofs/ low stools! (Worth mentioning – very helpful to have, but not essential)

3. LUNCH AND BREAKS

As a host in your home:

- i. Access to the kitchen for the participants to use/pop their food in the fridge or heat up something.
Not in your home? Or, kitchen not available?
- ii. Walkable to a local cafe. If not, let me know and participants would be informed of this.
- iii. Provide hot beverages: coffee, tea, snacks (e.g. nuts and dried fruit etc.) and water for the short intervals. (You will be reimbursed!)

4. DISTANCE & AIRPORT /BUS TRANSFER HELP

- i. Able to pick up / drop off Jenny to the airport.

As it will be a single-day return flight for Jenny from Melbourne, this will help tremendously! Especially if your home is a little far. Time is of the essence!

Impossible? If this is not at all possible:

- Uber access/arrangement is required.

- If in Melbourne in regional area:
 - Available to pick up/drop off Jenny to train station or regional bus station.
- ii. Your home/studio (ideally!) is no more than 45 minutes distance to the airport with car.

5. GRATITUDE & BONUS

As a host of a Casa Therapie™ workshop – able to fulfill the requirements listed – you get to be a participant to do the workshop ***free!***

6. SUMMARY

In summary, your space/home will be:

- Welcoming, tidy, clean and light-filled with the required furniture.
- Importantly: it will have armchairs and chairs.
- It will be located not too far from the airport. That is, less than hour's drive, or a reasonable commutable distance.

7. DATES FOR WORKSHOP

Together we can find a suitable date!

Remember it's the *entire day* for the workshop in your home/studio. A Sunday is best. But, Saturday could work too.

From September 2024, onwards:

Please provide dates ***available*** to host: _____

Or, provide dates ***not*** available. _____

Thank you! Once done, please email Jenny: hello@jennyelenihealth.com

I look forward to hearing from you.

Warm Regards,

Jenny

Bodyworker/teacher. Creator of [Casa Therapie™](#)