

# Casa Therapie™

*Touch therapy for the elderly*

## *What is it?*

A blend of east and west healing techniques for wellbeing. Casa Therapie™ uses the gentle motions of Bowen Technique, reflex points of Reflexology, acupoint stimulation, gentle massage, remedial rehabilitation techniques – with energetic practices and spiritual principles



## *Benefits*

- Regulate blood pressure
- Improve lymph flow
- Reduce pain
- Improve mobility
- Improve immune function
- Mind-body connection
- Help cognition
- Reduce anxiety, fear & isolation



## *What makes Casa Therapie™ unique?*

Casa Therapie™ uses therapeutic techniques designed to be applied on a seated person with limited movement or non-ambulant. The varied gentle methods offer options for the giver and for the receiver according to the individual needs and situation. The technique is applied without the need for a massage table. Jenny's knowledge about the body and soft tissues has helped her to create a practice that has body-wide effects, even though application is on a few areas only – a practical and efficient way to work.

## *The Workshop*

A hands-on full-day workshop on a Sunday, designed for family members, friends, caregivers and/or healthcare professionals to learn how to give therapeutic touch healing sessions safely and effectively for the wellbeing of the elderly.

## *What will I learn in the workshop?*

You will learn soft tissue techniques that combine acupressure, subtle rolling motions that relax and ease tension, reflexology and gentle mobilisation methods. This will be done in a systematic way, focusing on one body part at a time with explanation on benefits and then, putting it altogether to perform a complete gentle healing session.



## *Who can learn?*

Everyone is welcome to learn. The workshop is especially aimed at family members, friends and carers who wish to offer therapeutic healing for their loved ones. The workshop is also suitable for all health practitioners and bodyworkers.



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## *The Story*

Jenny has been a bodyworker for almost 2 decades. Recently, she had an active role in caring for her mother who was placed in aged care. Desperate to make a difference in a system that is impersonal and understaffed, Jenny took the matter into her own hands- literally. Helping her non-ambulant mother with her knowledge and experience in bodywork was transformative. The comfort and connection through the power of loving and skilful touch had a profound effect on her mother's wellbeing. A new purpose and more authentic path in bodywork for Jenny emerged: **Casa Therapie™**



*Elderly care early on helps the whole family.*

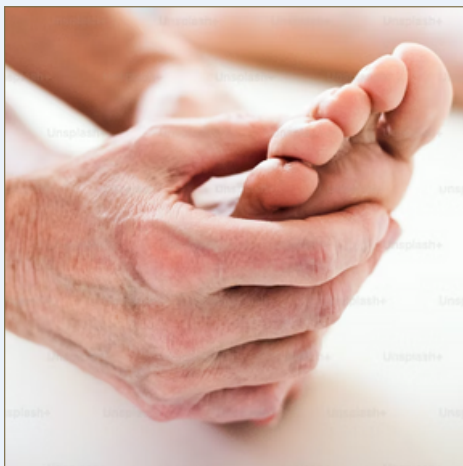
Many family members are overwhelmed, or feel powerless in helping an aged loved one. By providing skilled touch therapy (even just 20 minutes a day) within the home or in resident care, the wellbeing benefits spread to the entire family. As their loved one feels better – this helps create more time for family to live their lives as well, with less guilt, powerlessness or frustration. Also, all family members can treat each other too for *their* wellbeing!



## *The 5 Elements*

There are 5 basic elements:

1. Bowen technique
2. Reflexology & Thai massage
3. Acupressure
4. Massage
5. Mobilisation



## *The 5 areas of the body*

There are 5 body parts you will apply the techniques on:

1. Head-face
2. Upper shoulder/neck
3. Hands
4. Calves
5. Ankles/feet

Each Element is suited to apply on that area for ease of application, comfort and for maximum results.



## *What are the energetic-spiritual elements?*

Whilst Casa Therapie™ is a hands-on practice based on the healing power of skilled touch - within that lays energetic and spiritual wisdom.

Fostering connection through understanding the energetic principles of healing makes touch therapy more profound and a more meaningful experience for both receiver and giver.

## *How do I enrol?*

Go to the [website](#) to book. All info's there and more than one date to choose. Be sure to book soon - limited places! I look forward to meeting you!