

Casa Therapie™

Touch therapy for elderly wellbeing

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, and more.



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 weekend workshop designed for family members, friends, caregivers, bodyworkers and 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 region 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 bodyworkers, family members, friends and carers who wish to offer therapeutic healing for their loved ones. The workshop is also suitable for all health practitioners.



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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 6 Elements

There are 6 basic elements:

1. Bowen Technique
2. Reflexology
3. Thai Massage
4. Acupressure
5. Massage
6. Mobilisation



The 6 areas of the body

There are 6 body parts you will apply the techniques on:

1. Upper shoulder/Neck
2. Hands/wrist
3. Lower leg (calf)
4. Feet/ankle
5. Face
6. Head

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! Be sure to book soon - limited capacity. Just a small group, always. I look forward to meeting you!