

## Verena Bauer :: Body therapy :: Education

Dipl. Zen Shiatsu and Aroma therapist

Accredited by insurances with additional  
Insurance for alternative medicine

Phone ++41 (0)52 384 20 91 for appointments

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## Zen Shiatsu Subtle energising acupressure body therapy



Zen Shiatsu has its' origin from China and Japan and is practiced on a comfortable mat on the floor. Gentle finger pressure and careful stretches and rotations are exercised. The meditative language through touch and massage stimulates the life energy – the Chi of the body. Shiatsu balances the body's energies, dissolves blockages, calms the mind and creates a feeling of peace and harmony.

Working method: Evaluation using the 5 element theory based on Traditional Chinese Medicine /TCM) and by intuitive attunement.

## Life Coaching

In addition to the treatment counselling can facilitate and process the understanding and integration of the experiences. For many people in different life situations, it is necessary, needed and useful as life coaching is. Supplementing methods: Aromatherapy (the art of the healing scents), Bach flower essences, and herbs

Non violent communication and conflict resolution with "**The Game of Transformation**" from Findhorn (holistic education centre, ecovillage and community in Scotland), Innerlinks authorised.

## Aroma Shiatsu

### Sensitive and energising full body oil massage

Aroma Shiatsu is a gentle massage with fragrant scented massage oils which help to protect and sustain the client. Using rhythmic stimulation of the skin and the connective tissues, it detoxifies the body. Along with integrated Shiatsu stress management, Aroma Shiatsu is a marvellously deep experience of relaxation and regeneration.



## Foot Reflexology Shiatsu



Reflexology Shiatsu has a direct influence on the internal organs and our wellbeing. It is practiced through stimulation (tonicum) and calming (sedative) finger pressure on the reflex zones on the feet. Included in this treatment are the meridians (shiatsu) and metamorphic zones (relates to pre-born experiences).

## Areas of application:

Stress, sleep, concentration and learning disturbances  
Woman's' topics such as pregnancy or menopause  
After operations, whiplash, acute and chronic complaints  
Any pain and stiffness, burn outs, bore-outs  
For prevention, for physical, mental and spiritual well-being

**Recommended for both children and adults.**