



About me:

"I would describe myself as a creative and inspiring artist of life. I am committed to service and to support humans in all of life's different situations. I am grateful to be part of the present movements of consciousness on the planet, to take care of nature and the earth and to help people with their personal growth."

Professional background and experience:

Swiss federal Diploma for foreign language secretary in business and administration

4 years living in the Findhorn Foundation, Scotland, as work scholar and member; receiving and giving training and education in leadership and alternative Healing methods, studying herbal medicine and gardening

Mother of two children

Herbal Gardener– Catering and whole food cooking – Nutritionist

Maintain an Organic Herbal Garden in production, care and sale, during the season accepting trainees

Vegetarian Whole food meal Catering services for groups, Healing food, 5 Element dietary, metabolic types with Annegret Bohmert, Gisela Baule and Ursula Wetter

Therapeutic Education and Experience:

1990 -1991: Diploma for Aromatherapy, Massage and Deep Relaxation, Purple Flame School of Aromatherapy, England. Working with handicapped children, Abelour Child Care Trust, Scotland.

1990: Inner Links Findhorn accredited Facilitator of the Game of Transformation (life coaching)

1991: Start of my own independent Practice in Switzerland

1994 - 1996: School of Naturopathy NHK, Zurich, Certificate for foot reflexology

1996 - 1998: Diploma for Zen Shiatsu, TAO CHI, Zurich

Further education and trainings in Shiatsu related to cancer, Shiatsu and menopause, Shiatsu and emotions, nutritional consultation, Bach flower essences, Homeopathy and Astro-Spagyrik

Seminars – Lectures (German and English) since 1990:

On to one coaching and group coaching, holistic psychology, non-violent communication (Marshal Rosenberg, Earth Stewart created from Danaan Parry). Special projects, Lectures, seminars for therapists, individuals and organizations

Creativity – Dance – Movement – Art:

Contact and Dance Improvisation, Lindy Hop, Balboa, Tango argent.; classes for dance and meditation. Free lance artist (aquarelle, acrylic, collages, and model portraits)

Essential5 Art Gallery: visit: www.essential5.ch verena bauer kunst (double click)

2005: Foundation of my own company Essential 5, management, therapy and education

Member of SGS Shiatsu society Switzerland, Recognised by EMR and most medical health insurances
