

## The Team

Many of us share a common background in anthroposophic health care, and have been drawn together by our commitment to bring healing and wellbeing to the community.

*"Anthroposophic medicine and therapy nurture body, soul and spirit to support the natural healing powers in the human body to flourish."*

This approach to healthcare is complimentary to almost all other care systems and we have a wide range of other holistic therapists working at the Centre.

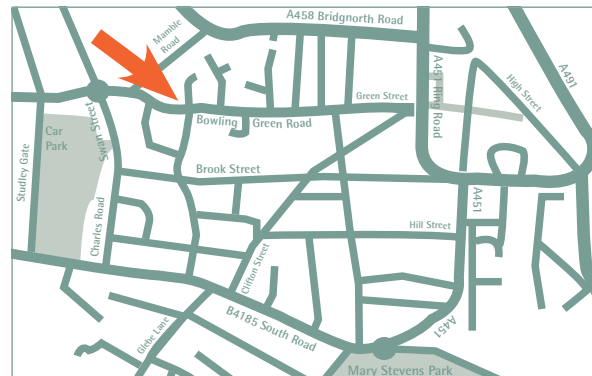
All our therapists are fully trained and registered with their professional bodies.

'When we open our hearts to the search for meaning in life then health care becomes part of a continuum with learning'

## Where We Are

Elysia Therapeutic Centre, Arden House,  
52 Bowling Green Road, Stourbridge,  
West Midlands, DY8 3RZ

The Centre is situated in a quiet residential area, a ten minute walk from Stourbridge bus and train stations.



## Parking

Limited onsite parking is available and there are no parking restrictions in the surrounding residential area.

# Elysia Therapeutic Centre



Supporting  
Health, Wellbeing  
& Learning



Stourbridge, West Midlands  
01384 392072 | [www.elysiacentre.org](http://www.elysiacentre.org)  
email: [info@elysiacentre.org](mailto:info@elysiacentre.org)

## We Can Help You

By offering:

1. A peaceful environment where you will feel supported
2. Therapies to address physical conditions, emotional and mental health concerns
3. Creative arts and group workshops to nourish the spirit

We are a small, unique Centre set in a quiet residential area in Stourbridge. Here you will be met by professional therapists who really care for your whole health and wellbeing.

We are unique because our therapists work not only as individuals providing courses of treatments but also as a team led by a therapeutic coordinator who can advise and help you choose a combination of therapies offering the very best of specialist provision for your holistic health needs.

*"Just walking into the Elysia Therapeutic Centre makes me feel welcomed, calm and safe, even before my session begins."*



## Therapies

### For Your Emotional & Mental Health & Wellbeing:

Counselling  
Psychotherapy  
Systemic Family Therapy  
Oasis Group Work  
Life Coaching and Counselling  
Mindfulness

### For Your Bodily Health & Wellbeing:

Alexander Technique  
Bowen Therapy and Emmett Technique  
Mistletoe Therapy and Cancer Care  
Craniosacral Therapy  
Eurythmy  
Holistic Eye Care  
Medical Consultations  
Naturopathy  
Nutritional Therapy  
Organic Natural Skin Care  
Physiotherapy and 1-on-1 Pilates Rehabilitation  
Reflexology  
Rhythmical Einreibung  
Rhythmical Massage  
Yoga

### For Your Creativity, Health & Wellbeing:

Therapeutic Art  
Creative Writing and Storytelling

For an appointment please contact therapists directly or call the Centre on **01384 392072**. Please see enclosed insert for practitioner details or visit our website: [www.elysiacentre.org](http://www.elysiacentre.org)

## The Art of Health and Wellbeing

### Enjoy the Power of Therapeutic Combinations:

**Therapy Breaks** - available all year round.  
Please contact: Lindsey Garner email: [admin@elysiacentre.org](mailto:admin@elysiacentre.org) or phone: 07800 535063

### For Individuals:

We offer our clients the opportunity to take part in a personalised Wellbeing programme. These Therapy Breaks can be a one off or a series, specifically designed for anyone who wants to feel better after illness, cancer, burnout, bereavement or stress. With the help of our Therapeutic Coordinator and our professionally trained therapists, clients choose from our extensive range of therapies to suit their needs.

### Wellbeing Days for Groups:

Away days for businesses and private groups, tailor made to suit your needs. These include a themed talk on health, individual therapies, a delicious organic lunch and time for an Open Forum, arranged by us, or you.

