

J Leaf & Watsu® Aquatic Bodywork

www.QiWorks.nz

Newsletter



Watsu®....What?

Imagine receiving stretches, point work, joint mobilisation all while being floated in a warm water pool. It is the ultimate in relaxation whether you are needing to unwind, manage chronic pain, or needing time away from it all. Watsu® (water + shiatsu)....more

In my first Newsletter

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Saturday 22 March is World Water Day and begins World Watsu Week 22-28 March.

This worldwide event is organised by the Worldwide Aquatic Bodywork Association WABA.

JLeaf's Qi Works will be celebrating by having **FREE 'Watsu® Rounds'** (sessions for small groups of 4-6). In these 1 ½ hour sessions individuals will be introduced to the technique of Watsu® and benefits and will understand its importance in the today's world. You will get to experience a mini session of Watsu® and float a friend.

Group sessions are available on 22nd & 23rd of March as well as on the 26th, 27th & 28th. Contact Jennifer directly to book these sessions: jleafs@qiworks.nz or 021 298 6740.

[World Watsu Week Video](#)



More about Watsu Aquatic Bodywork:

Watsu combines the words 'water' and 'shiatsu' and has been around as a health modality since the 1980's. The practice of Watsu and related aquatic bodywork has grown worldwide as the benefits have become more widely known.

A New Zealand study compared the effects of Watsu with Aix massage (massage on table with scrubs, water jets, and oils) among clients with fibromyalgia. Though Aix massage was known to have benefits of pain relief and feelings of well-being, those receiving Watsu noted a significant increase in the length of time these benefits lasted as well as significant improvement in physical function, bodily pain, vitality and social function (Faull, K 2005).

In more recent years Watsu has been found to be beneficial for those with PTSD providing a safe nurturing space to retreat while the water supports their body. For women in their third trimester



Watsu was found to significantly lower participants' levels of stress and pain and to improve their mental health-related quality of life and mood (Schitter et al, 2014). For those without a specific condition many report a lightness and a new sense of well-being.

[QiWorks Website](#) for more information

A bit about Me

I became a Registered Watsu® practitioner in 2006. I had experienced Watsu® for myself and felt that others needed to have this amazing and relaxing experience. I am also a Senior Instructor in Dayan Qigong. These two modalities compliment one another.



Teaching [Qigong and Taiji](#) gives individual the skills to improve their own health, while receiving a Watsu® is a delicious relaxing reboot to the system that has the potential for healing on many levels.

My education and background as a team leader in a physical rehabilitation hospital, a recreation therapist in both clinical and community settings, and a senior lecturer at tertiary level as well as my several years of experience

with these complimentary skills/therapies has provided me with a great foundation for my practice.

I have spent many years also working as a parks and recreation professional and was awarded a Fellow of Recreation Aotearoa in 2023. Now it's time to focus on this amazing modality that I love.

I live in Napier with my husband Mike who hand dug the area out for the pool and built the surrounds helping make my Watsu® dream a reality. I love being out in nature, reading and gardening and keeping up with Mike and our dog Ted.



Services we offer



What to expect in a session

[Book Now](#)

JLeaf's QiWorks

43 Burns Road, Ahuriri, Napier
New Zealand



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