[STRONA Books]

GO TO SHOP

You know your pet like no one else – add the knowledge from *Talking Through Touch* and become your dog’s Supermasseur!

BOOKS ON ANIMAL RELAXATION MASSAGE

GaSa books are not veterinary or animal physiotherapy textbooks – they present a unique approach to animal relaxation massage. The fundamental concept behind this technique is adapting actions to fit the specific needs of each pet.

The book offers tips and inspiration for creating a relaxing ritual that suits you and your dog best.

Heard, massaged and content:

WHAT IS GaSa MASSAGE?

It is an animal relaxation massage that helps you learn what kind of contact your pet enjoys.

It is an ongoing dialog, a time to practice attentiveness and openness to the dog.

GaSa is also a way of caring for yourself and your state of mind, a way to be HERE and NOW.

WHAT’S IN THE BOOK?

PHILOSOPHY

The books answer such questions as:

Why are there no ‘external masseurs’ in GaSa?

Is GaSa possible without touching?

How can a cuddly toy come in handy?

COMMUNICATION

GaSa massage is talking through touch with those it is difficult to communicate with through words. The book shows you how to observe your pet to recognize and understand the cues they send.

TECHNIQUES

You learn the ways to stroke your pet. For educational purposes, they are categorized and organized—but this is not the only valid way to perform them. The book explains that as well.

EXPERT COMMENTS

The books are consulted and annotated by a canine therapist, animal physiotherapist and osteopath, animal trainers and behaviorists.

INDICATIONS / CONTRAINDICATIONS

You learn the standard indications and . . . one KEY contraindication.

COMPLEMENTARY EXERCISES

Not all techniques are touch-related and some are performed without a dog, with a notebook needed here and there. All this so you can FEEL more and BE more when you meet with your pet.

IMAGES AND INSTRUCTIONAL GRAPHICS

Photos and drawings help you put the techniques into practice.

Hello!

I am Marta Mucha-Balcerek, the creator of GaSa. Since 2012, I have been holding the animal relaxation massage workshops. In 2015, I published the first book on this subject.

Building a calm and mindful relationship with pets is something that fascinates me – touch is just one element that can contribute to this.

PROFESSIONALS’ OPINIONS

GaSa massage techniques help you learn attentive observation. You know your pet better when you start to trust your intuition.

You already have the knowledge.

GaSa helps you discover it.

FAQ

My dog doesn’t like touch. Will a book about GaSa change that?

We start a GaSa massage at a point that is comfortable for our pet. If they don’t like to be touched, we start from . . . ‘non-touching’. The book offers guidance on how to gradually suggest and incorporate touch into relaxation rituals.

GaSa teaches attentiveness and acceptance.

Where can I buy books on GaSa?

You can find them on Amazon.

Website development: Marta Mucha-Balcerek (yes, that’s me ;))

Illustrations: Natalia Trochowska