



# American Bowen Academy

## The Lymph System and Bowenwork

Instructor: Nancy Pierson – Gravette, AR

Cost: \$430 which includes a manual and a roll of kinesiotape.

Prerequisites: Fees current--this workshop is open to any students/practitioners who have completed Module 6

Continuing Education Credits – 16 Bowenwork credit hours – American Bowen Academy is recognized as an approved continuing education provider by American Occupational Therapy Association (AOTA-Provider #7074), California Board of Registered Nursing (Provider #CEP15344) and National Certification Board for Therapeutic Massage and Bodywork (NCBTMB-Provider #393313-00). Continuing education credit is given for all Bowenwork-endorsed courses. Each day is equivalent to eight contact hours.

Rationale:

The Lymph System and Bowenwork gives you first an overview of the lymphatic system and the amazing congruency between how that system needs to be addressed, and the way we approach the body in our own work. Knowledge of the lymph system anchors and gives credence to what we say about the mechanics of the Bowenwork move. You will understand the rationales and specific tactics for the order of moves and procedures to optimize lymph flow, as well as additional mechanisms that should be considered when working with persons with lymphatic issues.

### Course Aims and Outcomes:

At the end of this class, you will be able to

- demonstrate a basic understanding of the lymphatic system
- identify Bowenwork procedures that support the lymphatic system
- demonstrate good form for performing procedures with appropriate tension and pressure
- identify the differences between edema and lymphedema
- demonstrate an understanding of the value of the Bowenwork home remedies in supporting the lymphatic system in client self-management
- demonstrate proficiency in the client interview process with regard to lymphatic complaints
- understand the limits of what we can do with lymphedema, and when we might choose to refer a client out
- compare the development, progression, and characteristics of lymphedema with conditions that might be mistaken for it

Some persons will remember this class from its one-day incarnation. For anyone wishing to retake the class in this two-day form, the cost is only \$215.

Some feedback from the Lymph class:

*This is an exceptional course and I wish it were two days instead of one to allow for an even greater understanding of the application and opportunity for analysis of all principles taught in the class. Nancy's style, patience and knowledge are incredible. As a practitioner who has been working for years, it is so helpful to be able to participate in problem solving of the body in a practical manner that is fun and energetic. This course is a must for any Bowenwork Practitioner. It deeply improves the understanding of the tissue and the body's ability to use Bowenwork.*

*I learned so much about myself and my health that will affect and change my life for the positive. Amazing content--so relevant to Bowen and everything it stands for and is.*

*I took Nancy's Deep Anatomy and now her Lymph class, both her creations, and I have to say I am in awe. Her brilliance and understanding of Bowenwork is what makes me want to learn more and more. This was my 5th class I've taken with Nancy and each time I just want more of her. It all worked for me.*

*The slides were very helpful. The analogies were good in the talk and any need to repeat or find another way to make a point was addressed. It was a stimulating and thought-provoking class. I have a clearer view of the purpose of the lymph in the body and how Bowenwork addresses and supports the system.*