

Equine Bowenwork Level I **Introduction to Equine Bowenwork**

A foundation level course for horse enthusiasts and professionals.

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Presentation Hours/CE Credits: 24

Cost: \$825

Pre-requisites: Students who have no previous hands on Bowenwork training will be required to attend the **4-hour, Introduction to Bowen** class which will be provided the afternoon/ evening prior to the first day of hands-on instruction with the horses. The Intro to Bowen class can also be taken with any instructor at any location prior to attending the animal Bowenwork course.

All participants must be proficient in working safely with and around horses. Required skills include haltering, leading, tying and lifting hooves. Recognition and awareness of subtle indicators and warning signs of stress in the horse are imperative for the safety of all animal and human participants. Students will sign a statement acknowledging they meet this requirement as part of the risk management / liability release process.

I. Rationale:

This class is intended to introduce the foundation knowledge and skills of the Bowenwork technique for horse owners and equine enthusiasts/ professionals seeking to develop tools to improve overall wellness for their horses. It will provide learners with the basic understanding and hands on practice to apply the technique to the equine body for enhanced wellbeing and relaxation. Completion of this class is the first step in the Equine Bowen education track.

II. Presentation Aims and Outcomes:

Aims

This class will provide students with entry level knowledge and skills to begin utilizing the Bowen technique with equines. It will also serve as a foundation for additional learning in future training modules.

Specific Learning Outcomes:

- Students will learn protocol to apply the “Bowen Relaxation Moves” (BRMs), and 4 additional procedures in a supervised and structured “hands on” learning experience with equines.
- Students will learn a step-by-step sequence of moves to address areas of stress and imbalance in specific areas the equine body.
- Students will recognize and utilize anatomical landmarks to locate the specific points to apply these procedures in the proper location on appropriate underlying structures.
 - Students will identify anatomical structures, indications and contra-indications for use of each procedure.
- Students will understand specific considerations to optimize the effects of Bowenwork in equines.
- Students will practice observation of the unique behaviors that are specific to horses during the

prescribed pauses while allowing the animal to process and increase relaxation.

- Students will learn and practice appropriate safety protocol for horses, students and handlers.
- Students will demonstrate an understanding of their own scope of practice and awareness of legal considerations relating to equine laws in their own community.
- Students will learn and practice verbal communication skills to accurately relay information to horse owners and other professionals.

III. Presentation Requirements: Students will receive a course manual with detailed descriptions, photographs, and diagrams. They will be provided with animal partners in learning which have been selected for their temperament and proven ability to tolerate a structured learning environment. Students will learn in a comfortable and spacious facility allowing optimal teaching and learning conditions.

IV. Additional Resource Readings: There are no additional requirements for students to purchase other learning resources at this level of instruction. The instructor will provide any additional resources for students to access additional learning material required.

V. Time Allocation: This class qualifies for 24 CE hours with the American Bowen Academy.

Begin to End Time Day 1:	CE Points	Topic – Content Outline	Teaching Method Learning Activity
8:30-9:30	1	Introduction and presentation overview	Lecture
9:30—10:30	1	Demonstration of Equine Bowen Basic Body Balance	Demonstration with 1 horse
10:30-10:45		Break	
10:45 – 12:30	1.75	Demonstration and practice of Low back procedure (BRM1)	Demonstration/practice In small groups of 2-3
12:30-1:30		Break	
1:30 – 3:15	1.75	Ongoing supervised practice of BRM 1	Small group practice
3:15 – 3:30		Break	Switch out horses
3:30-5:15	1.75	Demonstration and practice Upper Back procedure (BRM 2)	Demonstration/practice
5:15 – 6:00	.75	Review and questions.	Demonstration/lecture

Total:	8		
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Begin to End Time Day 2:	CE Points	Topic – Content Outline	Teaching Method Learning Activity
8:30-9:30	1	Review and feedback from day 1	Lecture
9:30—10:30	1	Ongoing review and practice of BRM 2	Demonstration with 1 horse
10:30-10:45		Break	
10:45 – 12:30	1.75	Demonstration and Practice of BRM 3 and shoulder	Demonstration/practice In small groups of 2-3
12:30-1:30		Break	Switch out horses
1:30 – 3:15	1.75	Demonstration and practice of Foreleg procedure	Demonstration and small group practice
3:15 – 3:30		Break	
3:30-5:15	1.75	Demonstration and practice of hamstring	Demonstration/practice
5:15 – 6:00	.75	Review of procedures/discussion of ethics, scope of practice and legal considerations	Demonstration/lecture
Total:	8		

Begin to End Time Day 3:	CE Points	Topic – Content Outline	Teaching Method Learning Activity
8:30-9:30	1	Review and feedback from Day 2	Discussion
9:30—10:30	1	Demonstration and discussion of TMJ procedure	Demonstration with 1 horse
10:30-10:45		Break	
10:45 – 12:30	1.75	Demonstration and practice of TMJ	Demonstration/practice In small groups of 2-3
12:30-1:30		Break	Switch out horses
1:30 – 3:15	1.75	Students practice self- determined selected procedures	Small group practice
3:15 – 3:30		Break	
3:30-5:15	1.75	Students practice full body balance	Small group practice
5:15 – 6:00	.75	Wrap up and discussion of ongoing learning options	Discussion
Total:	8		