

# Understanding Bowen from an Ayurvedic Perspective

*Ancient Indian Science of Healthy Living*



## **Farida Irani**

Holistic Health Practitioner / Senior Bowen Therapy Instructor  
Ayurveda Practitioner / Clinical Aromatherapist / Reflexologist  
B Com, AdvDip & Post graduate Ayurveda,  
Dip Arom, Adv Dip Aromatic Medicine DRT, DRM, Dref, D  
Bowen, Master class  
Member of A.T.M.S, I.A.A.M.A, B.T.A.A, A.A.P.A, B.A.A

**Durham, NH, April 27-28**  
**Carmel, CA May 1-2**  
**Vancouver WA May 4-5**  
**Gentry, AR May 8-9**

**To sign up, first contact:**

WA or CA, Karin Twohig – [twohigk@aol.com](mailto:twohigk@aol.com)

AR: Nancy Pierson – [bowensource@yahoo.com](mailto:bowensource@yahoo.com)

NH: Ainslee Farrington – [bowenworkartofhealing@gmail.com](mailto:bowenworkartofhealing@gmail.com)



**Prerequisites:** Module 5 & current with American Bowen Academy

**Tuition:** \$500, If paid in full 30 days prior to class; \$550 if paid thereafter.  
A \$150 deposit will hold your place and indicate commitment to attend.  
Payment can be sent via PayPal to [Sheriar@subtleenergies.com.au](mailto:Sheriar@subtleenergies.com.au)

This practical, hands-on class will anchor today's Bowenwork into the ancient practice of Marma Chikitsa (vibratory treatment) through Bowenwork's effect on the:

- Marmas, or pranic centers
- Chakras, or energy vortexes,
- Nadis, or subtle channels

and show how Bowtech Ease works with Bowenwork on the principles of Ayurveda aromatherapy.

### What you will learn:

- Overview of the 5000 years of Ayurveda in written history
- How Bowenwork moves can balance the five basic elements (the Panch Mahabhutas)
- How each element works as a microcosm (human body) of this vast macrocosm (the universe)
- How Bowenwork can be supported through right diet, exercise, use of oils, aromatics.
- Understanding the synergy created through these sciences with Bowenwork
- How today's effectiveness of vibrational medicine was predicted long ago by the Yogis, and how Bowenwork fits into that mold
- How Bowenwork enhances the subtle qualities of the mind and senses
- Body-type assessments
- How Bowenwork can bring the different body types and constitutions back to the ideal blueprint
- Overview of doshas, tissues, waste products: How the tissues are formed and how Bowenwork can help maximize food assimilation to strengthen the Oja (essence)
- How Bowenwork moves activate and balance different aspects of the elements and doshas
- How different Bowenwork moves balance the Chakras and Nadis (subtle channels)
- Results of case studies with clients on how Bowenwork has worked on the Ayurveda principles
- Introduction to Ayurveda Aromatherapy
- Understanding Bowtech Ease, the principles it works on, the therapeutics of its specific aromatic rare and unique base oils and essential oils, and its effects on the physical, mental, emotional, and spiritual levels
- How to protect and cleanse your clinic and yourself
- Understanding Marma (the 107 energetic pranic points connected with the mind, body, and emotions, and their related organs and elements) in the body and how many of our Bowenwork moves are located right on or very close to the Marmas.
- The effects of breath on Bowenwork, and homework for clients using Bowtech Ease
- How meditation calms the mind, and how we can enhance our skills with a simple meditation technique. We as practitioners need to be in balance with regular Bowenwork and with meditation to help balance others.