



Keeping in Touch

news & updates January 2025

Don't Punish the Baby

~by Nancy Pierson, Instructor and Practitioner who lives and practices in Gentry, Arkansas

Pictured right: Nancy holding an Iguana in Cozumel, Mexico.



Years ago, I read Miriam Lee's *Insights of a Senior Acupuncturist* and was taken by a story of a florist she had worked on. The florist had become overheated and stuck his arm in the freezer to cool himself off. "The next day he could not move his arm. He had a frozen shoulder in more ways than one: the invasion of cold had blocked the flow of *qi* in the channels and connecting vessels of his arm, leaving it immobile and in pain. This is based on the Chinese saying *where there is pain, there is no free flow*." There is another Chinese saying: *If the baby is sick, don't punish it*. Rather than treating the bad shoulder, Lee treated the good one.

I didn't really know what to do with this bit of information, despite feeling its profundity, because of the Bowenwork convention to address the body bilaterally in most instances.

Yet recent circumstances brought me an interesting client: An energetically sensitive 64-year-old man involved in two auto accidents, diagnosed with right-sided thoracic outlet syndrome and ulnar nerve involvement, and right SI joint instability with extreme pain. He could barely move without pain; he generally lived at a nine out of ten pain level --with his pain medication.

I started out with lower-back stoppers, giving him a very long wait time because of all he felt in his right leg and arm. We continued with LB 3&4, which gave him an intense feeling in his right leg and made him move that leg all about, trying to get comfortable. Then I remembered the florist, and after another lengthy wait, I did only LB 5&6 on the left side, and he felt intense feeling again in his right leg, with much physical movement of that leg. I decided that was enough insistence and moved on to UB 1-4, which threw feelings in his right shoulder and arm.

By then he was feeling uncomfortable lying prone, so he turned supine and I did UB 5&6 only, which again gave him intense feeling in that right arm, with the need for him to move it all around. I then did Neck 1-4 and called it a day.

At the next week's session, he reported amazement that with those few moves, he had such an ongoing response (he admitted to being an overdo-it kind of guy): his right leg, right torso, and right shoulder felt weak, and the pain moved from the SI joint to the ischial tuberosity. Yet his pain scale diminished significantly. I did the entire session supine, with very long waits: LB 1&2, UB 1-4, UB 9-16, and Iliacus. All moves, save Iliacus, threw intense feeling in that right arm; he felt Iliacus intensely in the right leg. On the left side, I did Additional Moves for Forearm and Forearm, with the left top stopper of Sternal and move 12 of Sternal to address the brachial plexus.

When he came back the third week, my client reported that he had felt so good that he engaged in a marathon vacuuming project, which reactivated all the pain in his right shoulder and arm. His hip and SI joint pain came and went and shifted in location but was considerably better overall. I continued to work mostly on the left side of the body, but adding in the right side when working the left side didn't throw up too much feeling or activity on the right side.

This client has continued to come weekly, has been able to drastically lower how much pain medication he needs, and has added walking and bicycling to his regimen. Interestingly, after this experience, a practitioner texted me about a client who exhibited the same responses during a session. I suggested that she try not to "punish the baby," and she texted back after the subsequent session that success was had using that tactic.

2025

January	February	March	April
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September	October	November	December
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FIRST FREE QUARTERLY ONLINE INSTRUCTOR Q & A SESSION STARTING JANUARY 16TH!

To kick off 2025, the Academy will begin hosting free quarterly video Q&As, where various instructors will be answering your questions. The first of these meetings will be at 7 PM CST on Thursday, January 16, 2025. All Q&A sessions will be recorded in case you are unable to join.

CLICK HERE TO
JOIN SESSION
JANUARY 16TH

Have a Question?

Click on the button below to submit any questions or topics that pique your curiosity so that we can be sure that if your question is specialized, we have an instructor present who can best address the subject.

Looking forward to seeing you then!

SUBMIT
QUESTIONS
HERE

CE Classes: Online and In-Person

For more information and to register, click on the [blue](#) titles.

In-Person:

Module 8 Portland, OR.
January 31-February 1, 8:30 am- 6 pm. 16 CE hrs.

Module 8 Roseville, CA.
February 8-9, 9 am- 6 pm. 16 CE hrs.

Module 8 Gentry, AR.
February 20-21, April 10-11, 9 am- 6 pm. 16 CE hrs.

Module 9/SP1/Module 10 Review and Assessment Gentry, AR. February 22-23, April 12-13, 9 am -6 pm. 16 CE hrs.

Module 11/SP2/ Module 12 Review and Assessment Gentry, AR. February 24-25, April 14-15 9 am-6 pm. 16 CE hrs.

Module 9/SP1 Roseville, CA. April 26- 27, 2025, 9 am- 6 pm

The Pelvis Chris Reed will be in the US in September 2025 to teach his workshop "The Pelvis." Chris is a trainer with Bowen Training Australia and has been teaching since 2004. Stay tuned for more information in the next newsletter.

Online:

These online classes can be started anytime. For more information, click on the class names.

The Lymphatic System and Bowenwork: A Home Study Class Online, February 8th-March 9th, 16 CE hrs.

The Core: Diastis Recti, Hernia and Prolapse Home Study. Jan 11-

Ethics for the Bowenwork Practitioner Online. Ongoing, 8 CE hrs.

Marketing Your Practice: Tips and Strategies to Increase Your Client Base Online, Ongoing. 16 CE hrs.

Workplace Hygiene Health and Safety Online. Ongoing, 6 CE hrs.



Bowenwork for Childbearing Condensed Course Online.
January 11 - March 2, 2025. 36 CE hrs applied to current certification period, 48 hrs applied to 500 hr designation. Contact: midwifesong@gmail.com

It's time to kick off our brand-new course! This is the perfect course for those of you who see pregnant or postpartum clients and their newborns on occasion, and want to be prepared for the unique needs and changing anatomy of these dear ones! It is also a great choice for those who cannot commit to the full course but would enjoy an overview of the entire year of pregnancy, birth, and postpartum that women experience. The final 2 weekly sessions also address newborn care!

Remember, upon completion of this condensed course, you are eligible for a 20% discount on every part of the full course; there is no expiration

Feb 9, 24 CE hrs. Contact:
bowensource@yahoo.com

Anatomy by the Modules

Online. Ongoing 6 CE hrs.

Anatomy and Physiology for Bowenworkers

Home Study.
Ongoing, 120 CE hrs. Contact:
bowensource@yahoo.com

**Bowenwork for the
Childbearing Year** Online. March
2025. A series of six classes on the
Ruzuku platform, with each part
taking a month to complete. 32 CE
hours granted for each class/part, all
applied to the 500-hour designation.
24 hours applied to the current CE
period. Contact:
midwifesong@gmail.com

**Business Skills for a
Successful Bowenwork
Practice** Online, Ongoing. 16 CE
hrs. Contact: bwnwk4lf@sonic.net

**Deep Anatomy of SP2 Part 1
Iliacus Release, Gluteal
Release, Adductor Magnus
Release** Online. Ongoing, 3 CE hrs.

Distance Bowenwork Online.
Ongoing, 8 CE hrs.

date! We can support and offer real
comfort to these families who are all
around us through some greater
understanding of this wonderful life
event. The knowledge and
perspective you will gain as a
Bowenwork practitioner in this area
of practice will serve you well.

Of note: We plan to offer Bowenwork
for Childbearing Part 1: Pre-
pregnancy and Early Pregnancy, and
Part 2: First Trimester in March
2025. Stay tuned for more details!

*Please note: Following the lead of
Bowen Therapy Association of
Australia and Bowen Training
Australia, American Bowen Academy
will not be granting CE hours for the
Bowen Wellness Summit.*

Link not working?

We ask for patience during our
website conversion. If there is no
working link to a listed class, please
contact the instructor or the
administrator:
usadmin@americanbowen.academy
Thank you!

Introducing New Instructor Doreen Spackman

*~who lives in Herriman, Utah, and practices in
Herriman and Lehi, Utah*

Hi, I'm Doreen Spackman. What is most
important to me is family. Our children are
grown, so we cherish each moment we have
with our grandchildren and our first great-
grandchild. I enjoy gardening, hiking,
preparing and eating healthy food, using
herbs, learning self-empowerment tools, and
sharing with others- whether it's produce
from the garden or all of the other learning I
have picked up along my journey. I have
enjoyed practicing, consulting, and teaching



classes on whole body health, for over 30 years, so Bowenwork was a natural fit.

From the first Bowenwork session I received, I knew I wanted to learn and become a practitioner. I started training the following month. Bowenwork complements what I was already doing to assist the body in healing itself. It seemed very natural to continue my training and become an Associate Instructor and now an Instructor. This education allows me to better help clients and others learn simple ways to empower themselves so that when life challenges occur, they can feel confident in taking care of them. I love seeing the excitement in students when they have helped a family member or a friend get relief and enjoy more mobility, health, and vitality.

Learning and sharing Bowenwork has blessed my family in so many ways, from resolving aches and pains to gaining mobility, addressing severe concussions, and many more conditions that have been resolved through the simple Bowenwork moves. Whether it's the Intro to Wellness class or Modules 1-6, the students I've been able to share Bowenwork with are amazing! I continue to look forward to sharing the joy of learning Bowenwork with others!



View Bowenwear Unisex

BOWENWEAR UNISEX T-SHIRT

\$26.00 - \$30.00

CHECK OUT BOWENWEAR!

Cool, thoughtful, promotional gear from Christina Barrows, a Bowenwork practitioner from the New Hampshire seacoast. Also available: hoodies, vests, totes, water bottles and long-sleeved T's.

[Click Here for More Bowenwear!](#)

Congratulations on Your Achievement !

PRACTITIONER MILESTONES AUGUST - NOVEMBER 2024

Practitioner Certificate

Susan Smith, CA
Rebekah Scher, CA
Jennifer Paradise, NH
Gryta Van Dyke, ME
Gayle Barstow, ME
Luna Walker, OR

SP-2 Certificate

Larina Paoletti, NH
Anita Tupper, CO
Betsy Brimmeier, PA
Bonnie Bastian, NH
Mary Graff, NH

Brooke Crawford, OR

Rachael Williams, CA

Irmgard Byrd, CA

SP-1 Certificate

Anna Rembisz, VT

Wendy Johnson, UT



Wellness In Your Hands Class

Stefanie Dwyer, (center)
Associate Instructor,
with her class in Rogers,
Arkansas, December
2024. Students from left
to right: Perry, Debbie,
Mary, and Tracy.

Module One Class

Gisela Bosch (center),
Instructor, with her class in
Brighton, Michigan,
December, 2024. From left
to right: Gail, Linda, Gisela,
Andrea, and Kimberly.



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where gentle touch fosters profound healing



The opinions expressed in *Keeping in Touch* are those of the authors, not the American Bowen Academy.

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