



Keeping in Touch

news & updates October 2025

FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOG

2025

January	February	March	April
May	June	July	August
September	October	November	December

JOIN US TONIGHT!

[CLICK HERE TO JOIN](#)

**THURSDAY,
OCTOBER 9th, 7 PM CDT**

All sessions are recorded. Current ABA members who are unable to join and would like to watch past recordings can email Steven: usbr.bowtech@gmail.com

An Article and an Abstract from a Bowenwork Practitioner's Course on Fascia

~by Kathryn Jul, PBP who lives and practices in Columbus, OH.

I've held great interest in fascia for a long time. In 2024, I learned about Gil Hedley's Nerve Tour through the American Bowen Academy newsletter and was thrilled he would be speaking in Columbus, Ohio. Attending his talk reignited my passion for fascia and inspired me to reach out to him about graduate studies in fascial research. While he explained no such program currently exists in the U.S., he directed me to Dr. Robert Schleip, Research Director of the European Rolwing Association and Fascia Research Group. Dr. Schleip, who also founded the Fascia Research Society (FRS), introduced me to its global community.

fascia— develop an appreciation for its complexity was incredibly rewarding. Even the graduate students and Dr. Stover were surprised by fascia's importance across bodily systems. Presenting at the Congress was a highlight, and Sandra Gustafson's reflections afterward echoed my own—the experience was both inspiring and energizing.

Since then, I have applied to join an FRS task force developing fascia curriculum and have applied to the Anatomy graduate program at OSU. My vision is to bring fascia research into the academic mainstream and

Discovering this network of like-minded individuals, and learning that the next Fascial Research Congress would be in New Orleans in 2025, seemed serendipitous.

Simultaneously, I contacted Dr. Kristin Stover in The Ohio State University's Anatomy Department about studying fascia more formally. Her interest was piqued by my enthusiasm, and she invited me to help proctor an undergraduate elective course on fascia. Throughout the winter of 2024–2025, our group of students, graduate assistants, and faculty met weekly to study fascia research, refine working definitions, and compare them to those of the FRS. When I mentioned the upcoming Congress, Dr. Stover decided we should create a poster, and I was nominated to present it.

Watching students– most new to

support the development of formal curriculum. Greater awareness of fascia has the potential to transform health care, from sports medicine and surgical techniques to rehabilitation following procedures such as C-sections. Thank you for giving me the opportunity to share my journey and my passion. It truly is “fascinating.”



Kathryn Jul (left) and Sandra Gustafson (right), with Robert Schleip (center).

THE ABSTRACT:

Title: The Anatomy of a Definition: Engaging Students in the Complexities of Fascia

Authors: Kathryn Jul, Ben Minneman, Tuyen Quan, Conner Albers, Natalie Boehmer, Alyssa Boutwell, Addie Colclasure, Nate David, Mary Ghiotti, Charlie Hamann, Emily Hamilton, Zach Jenssch, Brady Klingshirn, Zachary Nojaim, Simret Zerayesus, Kristin Stover

The Ohio State University, College of Medicine, Department of Biomedical Education and Anatomy

Miscellaneous category 435/450 words

The challenge to settle on a satisfactory definition of fascia across fields of research and academic disciplines is a task that many have attempted. It is an important task to ensure that communication concerning fascia is effective, translatable and unambiguous. Additionally, it is vital that scientific research in this field can be replicated. We sought to take a group of foundational undergraduate anatomy students, naive to this area of research and guide them in developing their own definition of fascia over 14 weeks. The goal was for students to explore this topic while reflecting on how their understanding changed as they learned about new aspects of fascia. The definition was then compared to the current accepted definition by the Fascia Research Society and other articles in fascia research. Our exploration of fascial

research consisted of weekly reading selections that incorporated history, histology, biomechanics, gross anatomy, neurology, embryology, manual therapy, health, aging, and sports medicine from recent primary literature. During the first class, the students agreed on what components make a useful definition. This list guided the formulation of a growing definition at the end of each discussion session. The students settled upon an anatomical gross description, structural composition, function, and exclusion factors. Notably, this list did not include a set of structures considered to be fascia, as they felt this could limit the potentially ever-evolving classification as research in this area continues to expand. At the conclusion of each discussion the students would add and refine their definition. Each week led to debates that were reflected in the world of fascia research, such as if the extracellular matrix within a muscle, e.g. perimysium, should be classified as fascia. It often took a couple weeks to appreciate a new term or idea before students added it to the definition, such as fascia containing myofibroblasts or fascia forming chains or lines between different body regions. While there were similarities with many definitions from the literature, we also found that students seemed to be hesitant to establish strict boundaries on what constitutes fascia. Not having an area of fascial related expertise allowed the students to generate a broad definition, fostering both an appreciation for fascia's critical role in the body and fresh perspectives during anatomical dissection. By having a concrete end goal, the journal club seemed to create an engaging environment for the undergraduate students, promoting deeper thinking and application of the readings. This course could be a template for research laboratories in providing a structured approach for researchers at any level of education who are new to the field of fascial research.

CE Classes: Online and In-Person

For more information and to register, click on the [blue](#) class titles, or contact via the email provided.

IN-PERSON:

Module 11/12/SP2 Highland, UT.
October 14-15, 9am-6pm, 16 CE hrs.
twohighk@aol.com

Module 8 Roseville, CA. October
11-12, 9am - 6pm, 16 CE hrs.
bwnwk4lf@sonic.net

Module 9/10/SP1 Roseville, CA.
October 25-26, 9 am - 6 pm, 16 CE
hrs. bwnwk4lf@sonic.net

Module 8 Carmel, CA. October 30-
31, 9 am-6 pm, 16 CE hrs.

ONLINE:

Set-Date Classes:

**Bowenwork and the Vagus
Nerve System** December 6th, 9am
-1pm PST, 4 CE hrs.
bwnwk4lf@sonic.net

Bowenwork for Persistent Pain
December 13, 9am–pm PST, 4 CE
hrs. bwnwk4lf@sonic.net

**The Lymphatic System and
Bowenwork** Jan 10 - Feb 8, 2026
16 CE hrs.

**Fascia: What it is and Why it
Matters** Jan 10 - Mar 15, 2026, 80
CE hrs (16 toward required biannual

twohighk@aol.com

Module 9/10/SP1 Carmel, CA.
November 1-2, 9am -6pm, 16 CE
hrs. twohighk@aol.com

Module 11/12/SP2 Roseville, CA.
November 15-16, 9am-6pm, 16 CE
hrs. bwnwk4lf@sonic.net

NEW ONLINE CLASS!

Online Small Animal Bowen
Registraton is now open
12 ABA CE credits



Bowenwork for Small
Animals
Introductory class for Bowenworkers

For more information, contact:

Michelle Patterson
Solidago.michelle@gmail.com

Small Animal Bowen Online,
Ongoing, 12 CE hrs. Contact:
Solidago.michelle@gmail.com

A one-of-a-kind distance learning opportunity focused specifically on small animals! For individuals with prior hands-on experience. Content includes video demonstrations, detailed instructions, downloadable images and diagrams.

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 at usadmin@americanbowen.academy
Thank you!

ABA 32 CE hrs and 80 CE hrs
toward 500 CE hrs)

**The Core: Diastasis Recti,
Hernia, and Prolapse** Jan 24 -
Mar 8, 24 CE hrs.

These online classes can be started anytime:

Anatomy by the Modules

Online. Ongoing 6 CE hrs.

Anatomy and Physiology for

Bowenworkers Online. Ongoing,
120 CE hrs. Contact:
bowensource@yahoo.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.

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.

Evidence of Bowenwork Training in Action:



Level II first time, returning students and equine partners: Adobe Joe, Sharie Atkins, Robin Geherke, Brenda Schuldt, Freny Palia, Legend, Staci Grattan, Ranone Thompson, Michelle Patterson (Instructor) Renatta, Lise Lunde, Front row: Tina Stay, Maizey.

Level II Equine Bowen class at Spirit Horse Center, Brainerd, MN

Level II Equine Bowen students enjoyed the beautiful days of Minnesota autumn, learning and practicing Level II Intermediate skills at Spirit Horse Center in Brainerd, MN, with students in attendance from Minnesota, Missouri, and Mumbai, India. For some students it was their first time attending Level II class. For others it was an opportunity to reconnect, review, and refine their level II skills. Freny Palia, Bowtech Instructor from India, returned to the USA to refine her level I skills and to learn the new material in Level II. Freny's family has a farm in the countryside of India, where they breed and care for Thoroughbred race horses. Having two instructors in the class presented unique opportunities for students to experience and practice more Bowenwork on each other. It also brought Freny and Michelle together for an opportunity to experiment and adapt familiar human Bowenwork procedures into new procedures for horses.

Below: Freny and Joey doing upper respiratory procedure.



Collin Froman with successful Module 7ers Rain Grimm and Bradley Moreland, and instructor Nancy Pierson.

CONGRATULATIONS ON YOUR ACHIEVEMENT!

Professional Practitioner:

Bethany Howard - Maine

Kyla Schwartz - Hawaii

Jennifer Mitchell - Oregon

Master Practitioner:

Dana Hardegree - Texas



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!](#)



American Bowen Academy™

where gentle touch fosters profound healing



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

American Bowen Academy | 220 Countryside Drive | Sparta, TN 38583 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!