



Keeping in Touch

news & updates October 2024

ACTION NEEDED: PLEASE UPDATE YOUR PROFILE ON THE NEW WEBSITE

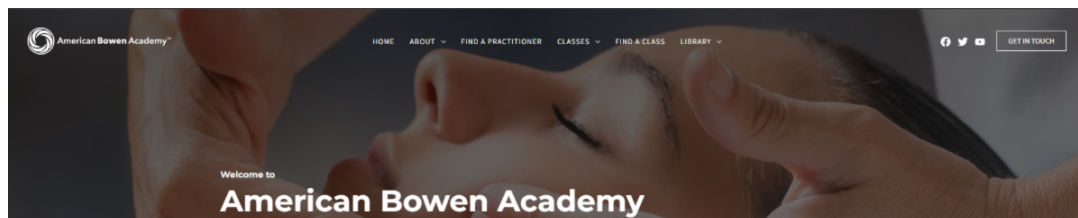
Thank you for your patience while we are undergoing both the exciting and frustrating process of transferring our database and updating our website. Since the Academy's inception, we have been working with the same website skeleton, and through the years had cobbled together some now-extinct software, until functionality became compromised. The resulting Frankenstein-like creation is now causing more of a delay with our new website than we had hoped. While the work continues on our end, we are ready for the next step, which involves you.

Please follow the instructions below to find your profile and claim it as yours. Your old credentials no longer work. The following process will allow you to set your username and create your own password. It will only take five minutes of your time, and it is essential to keep the database accessible.

If you do not find your profile or need assistance in the process, please reach out to Steven so he can identify the issue: usadmin@americanbowen.academy or 866-862-6936.

INSTRUCTIONS FOR UPDATING YOUR PROFILE:

- Go to the website AmericanBowen.Academy



- Use the “**Find A Practitioner**” tool to locate and select your profile. **If you do not see your listing, please reach out to me so we can resolve the issue quickly.** ”

Note: The website company is working on an issue with the zip code search. If you do not show up using the zip code, please search by state to find your listing. They have identified the problem, and we hope to have it resolved soon.

- Once you open your profile, select “Claim Listing”.

- Follow the prompts to register your account as a NEW USER. **Do not try to log in with your old credentials.**

- Complete the Claim Listing Form to complete the process.

Fill out the form below, we will verify your claim and email you confirmation.

Full Name *

Phone *

Position in Business *

Message *

Hi I am the owner of this business and i would like to claim it.

Select Package*

Bowenwork Annual Membership - Existing Member



Send

- When you have completed the process, you will see this prompt:

✓ Your request to claim this listing has been sent successfully.
You will be notified by email once a decision has been made.

- At this point you are done on your side. Once your request is approved, you will receive an email letting you know you can log in to the website.
- Once you can log in, you will be able to edit your profile, add a photo, update or create your bio, etc.

CE Classes: Online and In-Person

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

In-Person:

[Equine Bowen Level I- Introduction to Equine](#)

[Bowenwork](#) Mill Spring, North Carolina. October 18th-20th, 9 am -6 pm. 24 CE hrs. [Course rescheduled due to Hurricane Helene. Spring 2025 date TBD.](#)

The Nerve Tour In a city near you
Ongoing through December 2024.
5 CE hrs.

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, 16 CE hrs. Feb 8th-March 9th, 2025.

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

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

Distance Bowenwork Online. Ongoing, 8 CE hrs.

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

Anatomy by the Modules Online. Ongoing 6 CE hrs.

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

Anatomy and Physiology for Bowenworkers Home Study. Ongoing, 120 CE hrs. Contact: bowensource@yahoo.com

Workplace Hygiene Health and Safety Online. Ongoing, 6 CE hrs. Contact: bwnwk4lf@sonic.net

Bowenwork for the Childbearing Year Online. A series of six classes on the Ruzuku platform, with each part taking a month to complete. 32 CE hours



Modules 1& 2, September 6th-9th, 2024, Waupaca, Wisconsin. From left: Elizabeth Filip (IL), Becky Day (WI), Instructor Nancy Pierson (AR), Theresa Martin (WI), Angie Jaraczewski (WI), Angela Reetz (WI), and Instructor-in-training Heather Boyle (WI).

GRATITUDE FOR STUDENTS:

Throughout my Bowenwork training one of the many things I've grown to love is the sense of community and the relationships that develop as a result of learning together. Teaching my own classes has proven no different--whether it has been introductory courses with two students, or the recent Modules 1 & 2, when I co-taught five students with Nancy Pierson.

I have so much gratitude for each student in the September class taught in Wisconsin (pictured above). Everyone came with a great energy, an eagerness to learn, consideration for others, and a sense of humor.

We created our own little song for "Hit the Lat" (moves 11&12 of the Low Back Procedure), our own anatomical direction ("toward Becky's head"- a direction that only our class would understand), shared excitement in learning new things, and held space for one another as we experienced healing and unwinding.

granted for each class/part, all applied to the 500-hour designation. 24 hours applied to the current CE period. Contact: midwifesong@gmail.com

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!

I was particularly impressed by the way each student gave specific, helpful feedback and encouraged one another in their learning and application of the technique. Phone numbers were exchanged and a group text thread was created on the last day of class so we could keep in touch. I look forward to seeing how these new students bless their communities as a result of our time together!

~Heather Boyle, Professional Bowenwork Practitioner and Instructor-In-Training, Waupaca, Wisconsin.

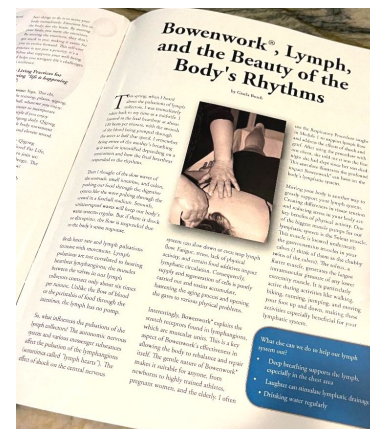
Bowenwork, Lymph, and the Beauty of the Body's Rhythms

-by Gisela Bosch, Professional Bowenwork Practitioner and Instructor who lives and practices in Brighton, Michigan.

This spring when I heard about the pulsations of lymph collectors, I was immediately taken back to my time as a midwife, listening to the fetal heartbeat at about 120 beats per minute with the swoosh of the blood being pumped through the aorta at half that speed. I remember being aware of the mother's breathing as it eased or intensified depending on a contraction, and how the fetal heartbeat responded to the rhythms.

Then I thought of the slow waves of the stomach, small intestine and colon, pushing our food through the digestive system like the wave pulsing through the crowd in a football stadium. Smooth, uninterrupted waves will keep our body's waste systems regular. But if there is shock or disruption, the flow is suspended, due to the body's stress response.

Both heart rate and lymph pulsations increase with movement. But, lymph pulsations are not correlated to heart beats. Lymphagions, the muscles between the



Inspired by Nancy Pierson's lymph class, a version of this article originally appeared in the fall issue of Good Fat Life—an online and print magazine, podcast and blog addressing health with inspiration and intention. An ad for Gisela's upcoming Modules 1 and 2 was also included in the print version, a great example of strategic educational marketing.

WHAT STUDENTS AND CLIENTS ARE SAYING ABOUT THE COURSE LYMPHATIC SYSTEM AND BOWENWORK:

valves in our lymph collectors, contract only about six times per minute. Unlike the flow of blood or the peristalsis of food through the intestines, the lymph has no pump.

So, what influences the pulsations of the lymph collectors? The autonomic nervous system and various messenger substances affect the pulsation of the lymphangions. The effect of shock on the central nervous system can slow down or even stop lymph flow. Additionally, fatigue, stress, lack of physical activity, and certain food additives impact lymphatic circulation. Consequently, supply and regeneration of cells is poorly carried out and toxins accumulate, hastening the aging process and opening the gates to various physical problems.

Interestingly, lymphangions are muscular units with stretch receptors – and stretch receptors are a part of what we exploit in Bowenwork. Bowenwork is a highly effective way to allow the body to rebalance and repair itself. It is gentle and appropriate for anyone to receive, including newborns, highly trained athletes, pregnant women and the elderly. I regularly use the Respiratory Procedure, taught in Module 1, to support lymph flow and address the effects of shock and grief. After using the procedure with one client, she told me it was the first night she had slept since her son died.

Moving your body also greatly supports your lymph system, creating differences in tissue tension and reducing stress in your body. One of the biggest muscle pumps for our lymphatic system is the soleus muscle. If you look at your calves from the back the first thing you see are the gastrocnemius muscles (I think of them as the chubby twins of the calves). Underneath them is the soleus, which is a flatter muscle. The soleus generates the largest intramuscular pressure of any of the lower extremity muscles, and it is active during walking, biking, running, jumping and moving your foot up and down.

What else helps out our lymph system?

- Deep breathing supports the lymph, especially in the chest area

It's been a couple of months of experimentation with a few clients who were very accustomed to our "typical" pressure and moves. I've had three clients who have been doing extremely well with the lighter lymphatic approach, and who are actually telling me that's how they prefer to continue!

One young client is extremely touch sensitive, with a strong flinch reaction to almost all the moves. Lymphatic pressure is much easier for her to tolerate and she reports getting results that are "just as good as before, but now it doesn't hurt."

An older client says "The lymphatic work affects me differently than the regular does. It's hard to put into words but I feel calmer, have less after effects, and seem to get a better response all over my body."

A different middle-aged woman (a physical therapist) has found that her work-related hypertonicity and pain with which we've been working for a couple of years is responding to the lymphatic approach with better results than our standard work was achieving. She feels it is getting "deeper, and dealing more with the underlying causes of her chronic pain than when we do more standard pressure."

This class has certainly deepened my understanding of the lymphatic system and how profoundly it influences the whole person, but has

- Laughter can stimulate lymphatic drainage
- Drinking water regularly

Many thanks to Nancy Pierson and her class:

[The Lymphatic System and Bowenwork.](#)

Look for the online class to be offered again in early 2025.

also given me tools that have improved my work and offer more relief to some clients. It's such a win when a class not only deepens my knowledge, but also results in helping more people!
~Jan Casada



BOWENWEAR UNISEX T-SHIRT

\$26.00 - \$30.00

INTRODUCING BOWENWEAR!

We are pleased to reveal the first curated items in this easy-to-use dropship site for cool, thoughtful, promotional gear from Christina Barrows, a Bowenwork practitioner from the New Hampshire seacoast.

[Click Here for More Bowenwear!](#)

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



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