



Keeping in Touch

news & updates November 2024



Click on the play button to hear Dr. Heather Mack, DVM, speak about the success of Equine Bowenwork on her horses from her ranch in Clayton, Idaho.

Equine Veterinarian uses Bowenwork to Keep Horses “In the Game”

-by Michelle Patterson, Human and Animal Bowenwork Instructor

In August, Dr. Heather Mack, DVM, hosted an Equine Bowenwork class at her “Dream Ranch” retreat in Clayton, Idaho. Dr. Mack is a holistic equine veterinarian, dentist, and acupuncturist. In this video, Dr. Mack describes how Equine Bowenwork has helped Scout, one of her elder horses, regain his vitality.

Dr. Mack had been considering allowing Scout to retire from his vigorous job as a working ranch horse in the mountains, but she recognized that Scout was benefiting from his Bowenwork sessions, with noticeable improvements in his strength and soft tissue mobility. “Scout has really blossomed and is back in the game at elk camp this year,” she says.

Dr. Mack credits Bowenwork with creating a place of “healing, growth, and repair” and bringing energy to where it is needed. “It has benefited all the horses at the ranch and in my practice.”

Dr. Mack has been a holistic veterinarian for over 30 years. Her primary practice is in Del Mar, California, where her clientele is elite performance

The Core: Diastis Recti, Hernia and Prolapse Home Study. Jan 11-Feb 9, 24 CE hrs. Contact: bowensource@yahoo.com

Module 8 Gentry, AR.

February 20th-21st, 9 am- 6 pm. 16 CE hrs.

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

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

Online:

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

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. 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.

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

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



Baby Lyla. Photo by Anita Tupper

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

This overview class is a good fit for those wanting to explore childbearing Bowenwork, but are not certain they can commit to the full course.

The pregnancy and birth discomforts selected for this overview class are those most frequently encountered by the instructor in her midwifery practice. Successful completion of this overview class entitles the Bowenwork practitioner to a 20% discount on all Bowenwork for the Childbearing Year Parts 1-6 in which they are eligible to enroll with no expiration date.

This class prepares the Bowenwork practitioner for opportunities where

Fascia-What it is and Why it matters Online. January 4th- March 9th, 16 CE hrs.
bowensource@yahoo.com

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

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

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!

they have exposure to pregnant clients so they can be prepared for the most common needs that women experience throughout the childbearing year. The full childbearing course is still the best choice for those who have an avid interest, want to go deeper than a basic overview class, and/or specialize in this area of Bowenwork.

Prerequisite for the **Bowenwork for Childbearing Condensed Course** is active professional Bowenwork practitioner status. A handy reference document will be provided to each student at the completion of class that may be used when meeting with a client for Bowenwork procedure recommendations to address discomforts that were discussed in class.

CLIENT AND PRACTITIONER TESTIMONIALS

Distance Bowen Win!

Practitioner Darcy Cunningham used Distance Bowen on a client who had recently taken anesthesia for a bladder cystitis procedure.

"She was still a bit groggy and her throat was raw from the intubation, so cleaning out some of that and rebalancing her body was also a focus, besides bladder function support."

Darcy used moves LB 1-8, UB 1-16, Kidney, and procedure for Bladder/Prostate.

Darcy writes of her experience: My hands were crackling with energy (a first) and I had lots of sensations. I felt trembling and twisting in her legs, and I felt her left leg fold in and pull to old fistula scarring, as did the right leg.

Afterward, Darcy's client texted her with this to say about the session:

Whoa. That was...well, I have Bowen brain.

You know how if you take a piece something that is pliable but holds tension, and twist it and let it go and it slowly unwinds? That's what I felt all along my center "tube" from the left hip, to perineal, to my right hip, part by part up to jaw, sinuses draining. I started out all jangly and tense

and my heart and brain would not settle, nor my breath, then the uncoiling. So much tension held over weeks and weeks. Luckily no work until Friday to let this continue. I don't get how, but virtual Bowen works.

And when I got up, I felt the need to put on my toe spreaders that I have not used in awhile. The brain said to open things up.

Thank you! I could not wait to tell you.

For more information on Distance Bowenwork, see the course listing and contact info above.



Practitioner Stefanie Dwyer:

"Been going through a round of dental work and having a keen sense of smell and taste. After having a temporary bridge installed, I could not stand the taste coming from the bridge material causing symptoms of headache, burning throat, phlegm and feeling tired and exhausted.

The next day I had my monthly Bowenwork tune up from practitioner Eva Ginn. I didn't think it could help the taste coming from the chemicals of the dental material.

She applied the BRM's, pelvic, chest, upper respiratory, TMJ, Sinus Procedure and the 'bad taste move' (Throat Procedure).

To my very surprise I felt the entire lymphatic system of my head and neck drain and the taste in my mouth improved over fifty percent.

Bowenwork keeps surprising me over and over again."



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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.

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