



American **Bowen** Academy™

Keeping in Touch

news & updates December 2024



Warm wishes
from all of us at
the American
Bowen Academy
for a peaceful
holiday season.

Equine Bowen Helping to Rehabilitate Retired Racehorses

~by Annika Greaney, Level Two Equine student, horse trainer, and high level competitor



Annika Greaney and horse, Egoli, take first place in Barrel Racing at the 2024 Retired Racehorse Makeover Challenge.

For many years, I've dedicated myself to training and rehabilitating horses, striving to develop equine athletes capable of performing at peak levels. About a year ago, I began incorporating Bowenwork into my training program, and the results have been remarkable.

I was fortunate to experience Bowenwork firsthand during the Level One Equine training, when one of my fellow students worked on me. I had been suffering from chronic migraines caused by a car accident the year before. By the end of most active days, my shoulders, neck, and upper back were extremely sore and tired. While I didn't notice an immediate difference right after the session, something remarkable happened in the weeks that followed: I didn't have a single migraine. I was convinced of Bowenwork's value and began to incorporate it as a key component of my equine business.

As a trainer, I view my horses as true athletes. They maintain a rigorous daily exercise schedule, requiring them to stay incredibly fit and responsive. With my background as a college athlete, I understand firsthand the demands of fitness and the toll it can take on the body. Regular training can lead to muscle soreness, tightness, fatigue, and natural muscle breakdown. However, adding Bowenwork to my routines has drastically shortened recovery times and kept my horses healthier, allowing them to maintain peak condition for longer.

This year, I had the privilege of competing in the Retired Racehorse Project Thoroughbred Makeover with two off-track Thoroughbred mares. Each horse came from a unique background and presented different challenges:

Tessa, an 11-year-old retired broodmare, had a brief racing career followed by years of carrying foals. When her offspring didn't achieve enough success on the track, she was retired from breeding. The physical demands of carrying four foals left her body with lasting stiffness, particularly in her lumbar-sacral area, and tightness in her left hind. My chiropractor discovered early signs of arthritis, so I developed a rehabilitation plan to prepare her for her new career as a performance horse. Over the winter, we focused on fitness, range of motion exercises, Kinesio taping, and regular Bowenwork. Eleven months later, Tessa competed in Lexington, KY, and impressed us all by winning both the Ranch Work and Competitive Trail disciplines at the Makeover. She now receives biweekly full-body Bowenwork sessions, with additional care for her lumbar, hamstrings, lower back, sacrum, and stifles after intense workouts.

My other competitor, E, is an eight-year-old mare who also faced reproductive challenges. After just three races, her speed hinted at potential, but she was instead redirected to broodmare duties. When I brought her home, she was severely overweight and exhibited unusual symptoms, leading to a diagnosis of PSSM2 (Polysaccharide Storage Myopathy type 2). This genetic muscle disorder can cause severe muscle stiffness, cramping, and poor performance, often referred to as "Tying Up." Effective management involves careful diet control, structured exercise, and strategic care. Bowenwork has been pivotal in E's management, helping her muscles remain loose and reducing symptoms. At the Makeover, she shone brightly, winning the Barrel Racing division.

Rehabilitation has always been a core aspect of my training program, and adding Bowenwork has significantly elevated the care I can provide. It's incredibly rewarding to see the improvement and faster recovery in each horse I work with, whether they're competition athletes or rehabilitation clients. The impact of Bowenwork has been nothing short of transformative, allowing every horse under my care to thrive and reach their fullest potential.



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\$26.00 - \$30.00

THIS HOLIDAY SEASON, ASK FOR 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.

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CE Classes: Online and In-Person

*For more information and to register, click on the **blue** titles.*

In-Person:

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

Module 8 Gentry, AR.
February 20th-21st, 9 am- 6 pm. 16
CE hrs.

**Module 9/SP1/Module 10
Review and Assessment** Gentry,

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

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

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. 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

Bowenwork for Childbearing Condensed Course

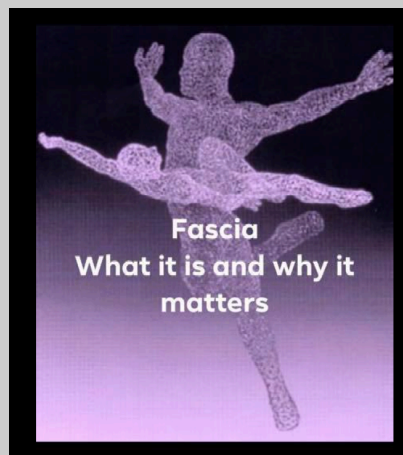
Online.
January 11 - March 2, 2025. 36 CE
hrs applied to current certification
period, 48 hrs applied to 500 hr
designation. Contact:
midwifesong@gmail.com

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.



**Fascia-What it is and Why it
Matters** Online. January 4th- March
9th.

Fascia, more than just a
buzzword, underpins everything
we do as Bowenwork
practitioners. Rapidly evolving
research in the field of fascia
shines new light on what we have
been doing all along, giving clarity,
support, and deeper
understanding about the
effectiveness of Bowenwork.

We all want to speak with
confidence about Bowenwork, and
perform Bowenwork with
confidence. Here, learn how the
newest research in fascia can
impact the way we look at, think
about, and do Bowenwork.

For more information, click on the
blue title in the course description, or
contact: bowensource@yahoo.com

What students are saying about *Fascia: What it is and Why it Matters*

*"This course is a MUST for all of
us, helpful once we have the
basics (Mods 1-6) under our belts,
and necessary if we have gone on
into SP 1&2."*

~Darcy Cunningham, North
Yarmouth, Maine.

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

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!



The Fuzz Speech: Gil Hedley speaks about fascia and the importance of stretching in this brief, five minute video. **Click on the play button to watch.**

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.

FREE QUARTERLY ONLINE INSTRUCTOR Q & A SESSIONS IN 2025

2025

January	February	March	April
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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September	October	November	December
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To kick off 2025, the Academy will begin hosting 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.

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

Looking forward to seeing you then!

REGISTER
HERE

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
Brooke Crawford, OR

SP-1 Certificate

Anna Rembisz, VT
Wendy Johnson, UT

SP-2 Certificate

Larina Paoletti, NH
Anita Tupper, CO
Betsy Brimmeier, PA
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American Bowen Academy™

where gentle touch fosters profound healing



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