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## Keeping in Touch

news & updates December 2025

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## The Light at the End of a Long Tunnel!

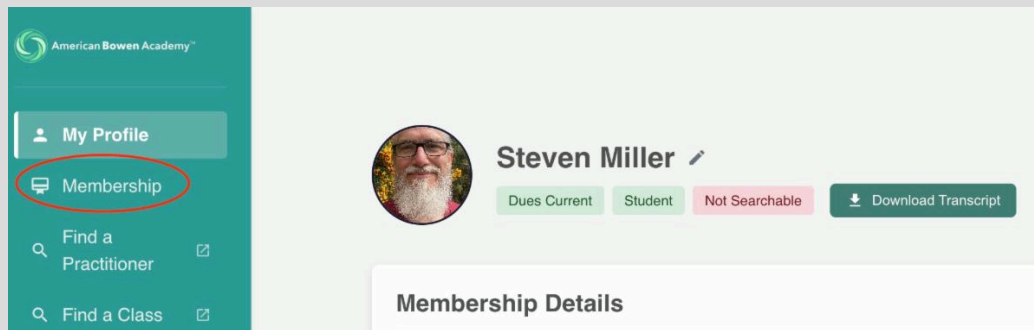
*~by Steven Miller, ABA Administrator*

Our website and database have been “under construction” for two years now. We so appreciate your patience, as this has been a long journey, with many ups and downs. Both the Academy and our website company apologize for any frustration you have encountered during this process.

The major improvements have been to the profiles and to the practitioner and class search functions (search results are now instantaneous). Other upgrades include: multiple profile addresses, the ability to share search results, downloadable unofficial transcripts, membership renewal from your profile, and much more. There are so many great new functions, and we are continuing to add more in the coming months.

You will need to claim your new profile in the upgraded system. This time, the process is simple:

- Click on this [email link](#) to send the administrator an email with your name.
- If the email link doesn't work, send your name to [usadmin@americanbowen.academy](mailto:usadmin@americanbowen.academy).
- You will receive an email with very simple steps required to reset your password.
- Once in your new profile, there is a membership tab where you can renew your annual admin fee in one step. (See photo below.)



Check out the new profile and let us know what you think. If you encounter any issues or need assistance, please contact me at (866) 862-6936 (866- TO BOWEN) or at the email above.

Thank you again for being with us during this process. The American Bowen Academy is here to serve its members and support our instructors.

## 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** San Diego, CA. January 17, 2026 9am-6pm 16 CE hrs.  
TwohigK@aol.com

**Module 12** San Diego, CA. January 18, 2026 9am-6pm 16 CE hrs.  
TwohigK@aol.com

**Practitioner Day C** San Diego, CA. January 19, 2026 9am-6 pm, 8 CE hrs. TwohigK@aol.com

**Module 11/12/SP2** Roseville, CA. January 24-25, 9am-6pm, 16 CE hrs.  
bwnwk4lf@sonic.net

### ONLINE:

### 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](mailto:bowensource@yahoo.com)

#### [Business Skills for a Successful Bowenwork Practice](#)

Online, Ongoing. 16 CE hrs. Contact: [bwnwk4lf@sonic.net](mailto: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.

## Set-Date Classes:

### 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  
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.

## 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.

**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.

## FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOGS

| 2025                 |                      |                      |                            |
|----------------------|----------------------|----------------------|----------------------------|
| January              | February             | March                | April                      |
| Su Mo Tu We Th Fr Sa | Su Mo Tu We Th Fr Sa | Su Mo Tu We Th Fr Sa | Su Mo Tu We Th Fr Sa       |
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| May                  | June                 | July                 | August                     |
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| 25 26 27 28 29 30 31 | 29 30                | 27 28 29 30 31       | 24 25 26 27 28 29 30 31    |
| September            | October              | November             | December                   |
| Su Mo Tu We Th Fr Sa | Su Mo Tu We Th Fr Sa | Su Mo Tu We Th Fr Sa | Su Mo Tu We Th Fr Sa       |
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| 21 22 23 24 25 26 27 | 19 20 21 22 23 24 25 | 16 17 18 19 20 21 22 | 21 22 23 24 25 26 27       |
| 28 29 30             | 26 27 28 29 30 31    | 23 24 25 26 27 28 29 | 28 29 30 31                |

**MARK YOUR CALENDAR  
FOR THE NEXT DIALOG:**  
**Thursday, January 15th, 2026,  
7 PM CDT**

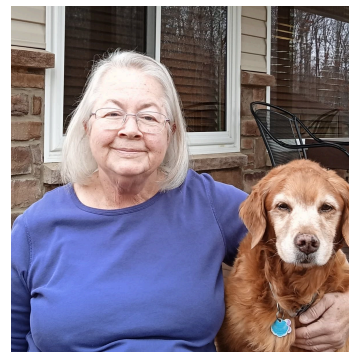
All sessions are recorded. Current  
ABA members who are unable to  
join and would like to watch past  
recordings can email Steven:  
usbr.bowtech@gmail.com

## 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!

# The Utility of Lymphatic Pressure

*~by Jan Casada, practitioner and associate instructor, who lives and practices in Clarkrange, Tennessee*



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Since taking the lymph course, I have been experimenting 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 middle-aged 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 my 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 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!

*Nancy Pierson's online class [The Lymphatic System and Bowenwork](#) begins January 10, on the Ruzuku platform. See details above, in the course section.*

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## Evidence of Bowenwork Training in Action:





Modules 8 & 9 in Highland, Utah. Left to right: Nancy Osmond, Karin Twohig, instructor, Bethel Wagner, Carrie Keen, Laurel Wendt, and Wendy Jones.



Karin Twohig hosted the instructors at her home in the Carmel Highlands, California. Some of the attendees, from left: Doreen Spackman, Terra Sutton, Helen Leonard, Maggie Ralls, Crystal Maciera, Gisela Bosch, Nancy Pierson, Andrea Jones, Joy Marcinkowski, Collin Froman. Photo by Collin Frohman.

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## CONGRATULATIONS ON YOUR ACHIEVEMENT!

### Professional Practitioners

Bethany Howard - Maine  
Kyla Schwartz - Hawaii  
Jennifer Mitchell - Oregon  
Laurel Wendt Rimington - Utah

### Advanced Practitioners

Gina Williams - California  
Miriam Novak - California.

### Master Practitioners

Dana Hardegree - Texas  
Elaine Massa - Nevada  
Tara Pierce - Utah  
Wendy Johnson - Utah



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.

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