



Keeping in Touch

news & updates February 2024

NEW COURSE: Bowenwork for the Everyday(Pregnant) Superhero!

by Anita Tupper, licensed and certified professional midwife, certified preceptor (supervising instructor) to student midwives, certified functional medicine practitioner, and professional Bowenwork practitioner, who lives in Golden, Colorado, and practices throughout the state.



As Bowenwork practitioners, we have unique skills that can be applied to every body around us. However, the *pregnant* body is unique in its constantly changing presentation and the various needs of the mother throughout a relatively short time—less than a year! Not to mention that no other Bowenwork client carries with her a live human passenger that can't be seen or communicated with directly.

Welcome to Bowenwork for the Childbearing Year!

For those Bowenworkers who are unfamiliar with, or limited in their knowledge of the pregnant body, it can seem mysterious and maybe confusing to understand and apply the procedures necessary for the greatest benefit. There are nuances required that can sometimes feel intimidating. There is also a need to understand how to navigate the waters of numerous other medical caregivers who may be providing assistance and advice at the same time we offer Bowenwork. How do we refine our communication with medical professionals to discuss what Bowenwork is and how it can help?

This course will take you through a pregnancy, starting with conception and concluding with postpartum care for mom and baby. Never before has a Bowenwork course been offered with a completely comprehensive approach to understanding the changes taking place, guidance for anticipating possible discomforts that may arise at various points throughout pregnancy, and answering questions such as, "What pregnancy discomforts can Bowenwork relieve?" and "What are common reasons for discomfort?"

The course is offered in parts, with each new part building on the knowledge of the previous one. There will be opportunities and encouragement to participate in group chats online, as well as a chance to reach out to the instructor to discuss specifics, either privately or as a group. Discussion materials are broken down into easy-to-understand segments to create greater proficiency for the Bowenworker.

This series of classes will be offered on the Ruzuku platform. Each part will take a month to complete, and Part 1: Pre-pregnancy and Early Pregnancy will begin on February 24, 2024.

The full series includes:

- Part 1 – Pre-pregnancy and Early Pregnancy
- Part 2 – First Trimester
- Part 3 – Second Trimester
- Part 4 – Third Trimester
- Part 5 – Labor and Birth
- Part 6 – Postpartum Mother and Newborn

Stay tuned for next month's issue of Keeping In Touch, where we will lay out the certification that can be applied for after the successful completion of all six parts. For further details, see the description in the CE Classes section.

Bowenwork for the Childbearing Year is taught by Anita Tupper, a licensed midwife for many years and a Bowenwork practitioner. She has assisted women and their families in birth, both stateside and abroad, for more than 43 years. She has eight children whom she birthed in the comfort and safety of her own home, as well as 32 grandchildren, most of whom she delivered.

CE Classes: Online and In-Person

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

In-Person:

Bowen Inside-Out Level 1 San Marcos, CA. February 17-18th, 2024. 16 CE hrs.

Equine Bowenwork Level 1

Hill City, SD, March 22 - 24, 2024.
Brainerd, MN, April 26 - 28, 2024.
Mill Spring, NC, May 23-26, 2024. 24 CE hours.

Equine Bowenwork Level 2

Chester, NH, May 30 - June 2, 2024.
24 CE hrs.

NEW COURSE:

Bowenwork for the Childbearing Year, Part One Online

This series of classes will be offered on the Ruzuku platform. Each part will take a month to complete, and Part 1- Pre-pregnancy and Early Pregnancy will begin on February 24, 2024.

- Part 1 – Pre-pregnancy and Early Pregnancy
- Part 2 – First Trimester
- Part 3 – Second Trimester
- Part 4 – Third Trimester
- Part 5 – Labor and Birth
- Part 6 – Postpartum Mother and Newborn

The Nerve Tour In a city near you (see description below). Ongoing through December 2024. 5 CE hrs.

Understanding Bowen from an Ayurveda Perspective April-May, 2024. For specific dates and locations, see below. 16 CE hrs.

Associate Instructor Training Gentry, Arkansas. May 24-27-2024.

Practitioner Days A & B Combined
Gentry, Arkansas May 25-26, 2024.

Online:

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

The Lymphatic System and Bowenwork Online. February 17th - March 17th, 2024. 16 CE hrs.

Business Skills for a Successful Bowenwork Practice Online, Ongoing. 16 CE hrs.

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.

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

32 CE hours will be granted, all of which are applied to the 500-hour designation. 24 hours will be applied to the current CE period. Tuition for each part is \$400. NCBTMB hours are pending.

Bowenwork for the
Childbearing Year Class
Info



Bowenwork for Persistent Pain Online March 2nd, 2024. 9 am - 1:30 pm, PST. Cost: \$115.

This 4-hour credit class (video conference via Zoom) aims to provide Bowenwork practitioners with:

- A greater understanding of clients with persistent pain conditions
- Increased confidence in using Bowenwork on clients with difficult and chronic pain issues
- Practical education on applying principles of pain management, based on a neuroscience perspective
- Resources for supporting clients in developing self-efficacy skills for better pain management.

Persistent Pain Class
Info

Looking for a class?

Click [here](#) to use our Find a Class tool. Search by the class you want or your favorite instructor, or search by dates or even by state to find the latest listings of classes available.

BOWEN Inside Out - Reading and responding to body wisdom

This workshop will help each Bowen Practitioner achieve a better understanding of how Bowenwork can achieve lasting change for many ailments of the body.

Practitioners will learn to confidently recognize various signs that the body gives (such as the eye, the facial structure, nails and tongue) in assessing, refining, and setting protocol for Bowenwork and referring clients when necessary.

Course Flyer



*Join International
Bowenwork Instructor
Christos Miliankos in
California, for a rare in-
person learning opportunity,
February 17th-18th, 2024.*

Understanding Bowen from an Ayurveda Perspective

Farida Irani is bringing her CE class, Understanding Bowen from an Ayurveda Perspective to the US in April and May 2024:

Durham, NH, April 27-28
Carmel, CA May 1-2
Vancouver WA May 4-5
Gentry, AR May 8-9

If you have questions or are interested in taking a class with Farida, contact the area coordinator before payment or registration.

Washington or California:

[Karin Twohig – twohigk@aol.com](mailto:twohigk@aol.com)

Arkansas:

[Nancy Pierson –](mailto:bowensource@yahoo.com)

bowensource@yahoo.com

New Hampshire:

[Ainslee Farrington –](mailto:bowenworkartofhealing@gmail.com)

bowenworkartofhealing@gmail.com

**Click to Download
Flyer**



Farida is a Bowtech instructor teaching in India, Australia, and Taiwan, an Ayurveda practitioner and instructor, and a clinical aromatherapist and teacher. She is the creator of Bowtech Ease, author of The Magic of Ayurveda Aromatherapy, and founder of Subtle Energies, which manufactures and supplies skin-care products and high-grade therapeutic prescriptive blends.



The Academy is pleased to grant Continuing Education for any student or practitioner attending Gil Hedley's US nerve tour: The Nerve Project: Exploring the Nerve Tree in Relationship.

Gil started his tour across the United States in October of this year, and it will run through December of 2024, in 111 cities across the country.

This presentation is five hours and the cost is \$150.

In this live talk, Gil will share his latest research and discoveries from his journey dissecting the nerve tree. Through visual presentation, lecture, stories, guided embodiment exercises, and Q & A, Gil will demonstrate the details of both the central, autonomic, and peripheral nervous tissues.

Send your certificate of completion to Steven to receive your continuing education hours.

Click the link below for more information on how you can attend.

The Nerve Tour

Checklist for Success

by Emily Deneault, who lives and practices in Fall River, Massachusetts.

Emily has built a successful practice seeing 25-30 clients per week, working just three days a week. She is developing an online marketing class to share the tips and practices that have made her so successful.

1. Find your passion.
2. Become an expert at it.
3. Share it with your community



This may appear to be a small "to-do" list, but some struggle a lifetime to complete *step one*.

What I can say about the Bowenwork Practitioners that I have had the pleasure of knowing and working with is that we have found our passion.

Haven't we? I know I have. We want to help others free themselves from pain and discomfort, combined with the hidden science behind Bowenwork that is just waiting to be discovered. It drives me every day. It lives at my core and I can't fight it, though I have tried.

What fuels your passion for Bowenwork? Where does it come from and how can you ignite it?

Step two requires self-discipline and effort. There is no end to the amount of studying, observing, reviewing, or questioning you can do. And the process of holding the highest standards for quality care should be reevaluated regularly, by all of us. If 90% of your clients are not getting better or the word is not spreading easily to gain referrals, ask yourself why. Could it be the quality of your work? When was the last time you attended a practitioner review day?

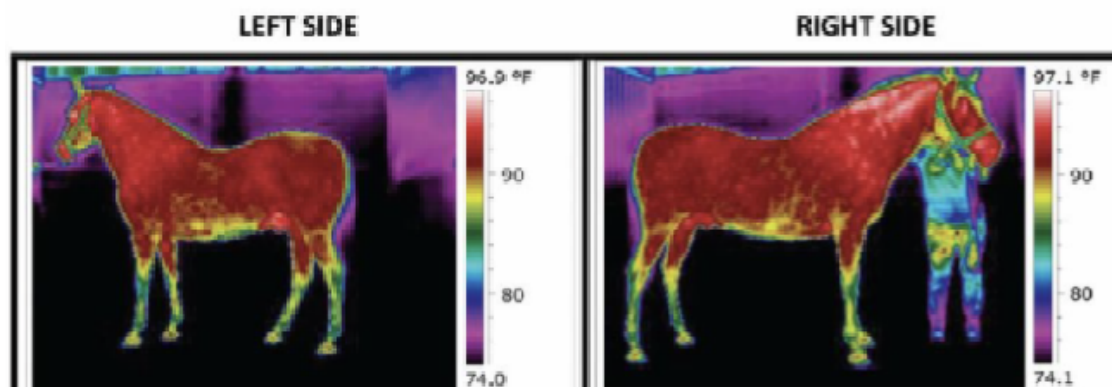
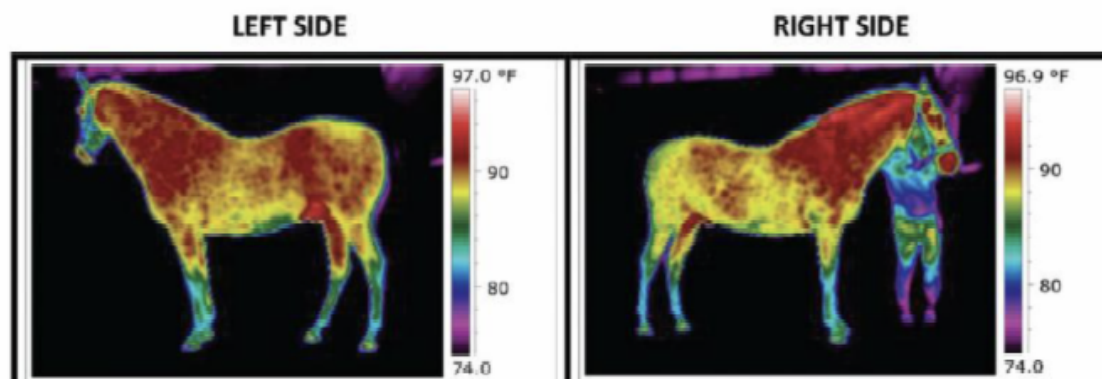
When the work is done well and knowledge is there to back up decisions, Bowenwork just works. It works extremely well, all by itself.

Any time you perform a Bowenwork move on anyone, you hold the responsibility of representing not only yourself but all other Bowenwork practitioners as well. We all need the best work you can do to help make Bowenwork a credible therapy. Are you giving that consistently?

After you embrace *step one* and commit to the never-ending journey of *step two*, *step three* will be easy.

You have prepped yourself with everything you need to become an indispensable asset to your community, and beyond. But, you may need a few clever marketing tips to get the word out...

Digital Thermal Imaging Shows the Difference Before and After in Horses Receiving Bowenwork:



Top: Before Bowenwork. **Bottom:** After Bowenwork. The red color in areas indicates improved blood flow to the area which helps facilitate healing. Bowenwork continues to influence change in the body for up to 10 days after the session. If this improvement happens in horses, we can be sure it also happens in people!

Practitioner Milestones

Congratulations On Your Achievement!

SP-1 Certificate

Nicole Moffat, OR

Professional Bowenwork Practitioner

Lisa Faust, CA

Judy Ketola, NH

Miriam Novak, CA

Catherine Story, CA

Spring Werle, TX



**Fun-filled day
sharing the 4-hour
Intro class with
LMBTs and a yoga
instructor, in
Concord, NC:**

Left to Right: Stacye
Leone, Pachee Rivera,
Associate Instructor
Lindsey Helms-Koury,
Christine Archut.

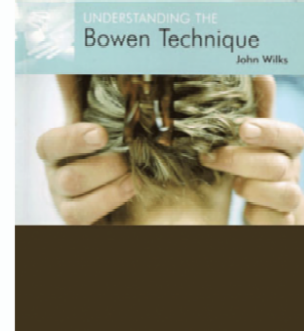
**The next Associate
Instructor training will
be held in NW
Arkansas, May 24-27.**

**Looking for some helpful tools to support you in promoting your
practice?**

PRODUCTS:

Many practitioners find this little book by British author, John Wilks, to be a helpful way to educate clients and new students about the benefits of Bowenwork.

To find this book and other educational materials, or to pay your annual administrative fee, click [here](#).



Understanding The
Bowen Technique

\$5.00

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Is your CPR about to expire?

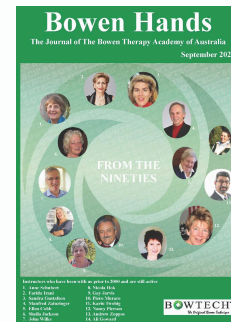
Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<https://www.protrainings.com/client/AMERICANBOW6971>

BOWEN HANDS

Did you know that the paper copy of Bowen Hands Journal magazine is available for only a \$45 subscription (one year/four issues)? If you would like to start (or renew) your subscription, please contact your Administrator, Steven, to start the process:

(866) 862-6936 or usadmin@americanbowen.academy



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



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