



Keeping in Touch

news & updates February 2025

Fascia-nating Plastinate

~by Sandra Gustafson, Instructor and Practitioner who practices in Santa Rosa, California.

Pictured right: Sandra meets FR:EIA at the Body Worlds Exhibition in Berlin.

“The more I live, the more I learn. The more I learn, the more I realize, the less I know.”
~Michel Legrand.



As a nurse, naturopath, and Bowenwork practitioner, I have been studying the human body since Anatomy and Physiology classes in university - and 40+ years on, I am still learning! Recently, I've been drawn to research on fascia and the nervous system that inform my work as a practitioner, and teaching Bowenwork.

In July 2024, I had the opportunity to visit the Body Worlds Exhibition in Berlin, Germany. I went specifically to see FR:EIA – the world's first 3-D Human Plastinate Model. It really was “fascia-nating”! I was so impressed to see the “life-like” model and the artful way in which FR:EIA was displayed as a body in motion. The creators had gone to great lengths to present the various types of deep and superficial fascial layers that support movement and structural integrity; plus, the continuity of the fascia from the head, internally through the torso, and superficially through the limbs to the fingers and toes.

I had been reading some of Robert Schleip's work about fascia and the nervous system being closely integrated, and it reminded me that every time we touch a client and perform a Bowenwork move, we are directly communicating with the soft-tissue structures under our fingers, and the whole nervous system. As Tom Bowen was known to say: “We are giving the body a message.”

PRACTITIONER/INSTRUCTOR DIALOGS

2025											
January				February				March			
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
1	2	3	4				1	2	3	4	5
6	7	8	9	10	11	12	6	7	8	9	10
13	14	15	16	17	18	19	13	14	15	16	17
20	21	22	23	24	25	26	20	21	22	23	24
27	28	29	30	31			27	28	29	30	
May				June				July			
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
1	2	3					1	2	3	4	5
4	5	6	7	8	9	10	4	5	6	7	8
11	12	13	14	15	16	17	11	12	13	14	15
18	19	20	21	22	23	24	18	19	20	21	22
25	26	27	28	29	30	31	25	26	27	28	29
September				October				November			
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
1	2	3	4	5	6		1	2	3	4	5
7	8	9	10	11	12	13	7	8	9	10	11
14	15	16	17	18	19	20	14	15	16	17	18
21	22	23	24	25	26	27	21	22	23	24	25
28	29	30					28	29	30	31	

The academy is now hosting free quarterly video Q & A dialogs. The first of these meetings was held on January 16th.

The next dialog will be held on April 17, 2025 at 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

Have a Question?

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

Looking forward to seeing you then!

SUBMIT
QUESTIONS
HERE

CE Classes: Online and In-Person

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

In-Person:

[Module 8](#) Gentry, AR.

April 10-11, 9 am- 6 pm. 16 CE hrs.

[Module 8](#) Highland, UT. April 16-17, 9 am- 6 pm. 16 CE hrs.

[Module 9/SP1/Module 10 Review and Assessment](#)

Montrose, CO. February 27-28, 9 am- 6 pm. 16 CE hrs.

[Module 11/SP2/Module 12 Review and Assessment](#)

Montrose, CO. March 1- 2, 9 am- 6 pm. 16 CE hrs.

[Module 9/SP1/Module 10 Review and Assessment](#) Gentry, AR. April 12-13, 9 am -6 pm. 16 CE hrs.

[Module 11/SP2/Module 12 Review and Assessment](#)

[Ethics for the Bowenwork 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.

What practitioners are saying about the Quarterly Practitioner/Instructor Dialog:

I really did love seeing everyone together in one "room." It was great to talk about our questions and get suggestions and ideas on what has helped different clients that I can use in my practice.
~Sherie Hatton, AR

Carmel, CA. April 5 - 6, 9 am- 6 pm.
16 CE hrs. contact:
TwohigK@aol.com

**Module 11/SP2/ Module 12
Review and Assessment** Gentry,
AR. April 14-15, 9 am-6 pm. 16 CE
hrs.

**Module 9/SP1/Module 10
Review and Assessment**
Highland, UT April 18-19,
9 am- 6 pm. 16 CE hrs.

Module 9/SP1 Roseville, CA. April
26- 27, 2025, 9 am- 6 pm

The Pelvis Chris Reed will be in the
US in September 2025 to teach his
workshop, "The Pelvis."

Sept 10-11 Portland, OR.
Sept 13-14, Carmel CA.
Sept 17-18 Gentry, AR.
Sept 20-21 Durham, NH.

Chris is a trainer with Bowen
Training Australia and has been
teaching since 2004. Tuition is
\$500 for ABA members. To pay
deposit please Contact Steven @
usbr.bowtech@gmail.com.

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 Part 2, First
Trimester** Online. March 8, - April
13. 32 CE hrs granted for each
class/part, all applied to the 500-hour
designation. 24 hours applied to the

I attended our first Bowen Q&A
call – it was fun!! There was a nice
mix of practitioners, from many
parts of the country, most with lots
of experience, and several with
interesting specialties. Nancy and
Karin were there to answer
questions from the group and add
their client experiences.

Participants too, had great client
experiences to share, enriching
the conversation. I look forward to
the next one! ~Darcy
Cunningham, ME

I took copious notes and learned
lots of tips from fellow
practitioners and instructors. I also
got a preview of upcoming
offerings in the works that I would
otherwise not have known about.
Overall, it felt really good to be
connected to the Bowenwork
community. ~Leah Berger, NM



Practice Doll Included

Specialized Procedures 1 certification
class in San Diego, California. Back
row, left to right: Cathie Wegrzyn,
Wendy Clare, Dharam Medina. Front
row, left to right: Lisa Faust with her
practice dummy, and Instructor Karin
Twohig.

*Please note: Following the lead of
Bowen Therapy Association of*

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.

*Australia and Bowen Training
Australia, American Bowen Academy
will not be granting CE hours for the
Bowen Wellness Summit.*

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!

Equine Bowen with Maria Veale



Click the play button to watch this short video. After determining that the horse's shoulder range of motion was restricted, Maria performed the prerequisite procedures, then performed the shoulder, subscapularis, and pectoralis procedures. Note the improvement in the range of motion immediately afterward.

**PRACTITIONER MILESTONES
DECEMBER 2024- JANUARY 2025**

Congratulations on Your Achievement !

Practitioner Certificate

Susan Smith, CA
Rebekah Scher, CA
Jennifer Paradise, NH
Gryta Van Dyke, ME
Gayle Barstow, ME
Luna Walker, OR
Brooke Crawford, OR
Nancy Osmond, UT
Teresa Noack, AZ
Phaedra Bota, CA

SP-1 Certificate

Wendy Johnson, UT
Wendy Clare, CA
Lisa Faust, CA
Dharam Medina, CO

SP-2 Certificate

Rachael Williams, CA
Irmgard Byrd, CA



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.

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