



Keeping in Touch

news & updates December 2022



Carlos, a man who suffers from agoraphobia and had a stroke one year ago



Carlos after his Bowenwork session with Gisela



Genevieve entertains Marco Aurelio, while Gisela performs the pelvic move

Sharing Bowenwork in Guatemala

by Gisela Bosch, who practices and teaches in Brighton, Michigan

In August of 2022, I traveled to San Lucas Toliman, in Guatemala, where my church has a connection to the House of Healing, or Casa de Curacion, a guesthouse and clinic for the underserved in the community. Just a short walk from the guesthouse is Lake Atitlan, a breathtaking place surrounded by volcanoes. I was able to work with some clients and it was nice to see people relaxing and feeling better as always.

The gentle touch of Bowenwork does not require many words and I was lucky to have nurses with me to help translate it into Spanish. I traveled to some of the clients' homes and worked on Carlos, who has agoraphobia and was not able to leave his property after he suffered a minor stroke one year prior. Once he received Bowenwork, he was more upright, his face was more open and he appeared lighter in body and spirit.

Marco Aurelio, a boy with microcephaly, was the second client we visited. He is often very rigid, which makes it harder for him to walk with his rolling walker. After the session he was relaxed, his hands opened, and his legs straightened. His smile just lights up the room.

I had a goal to teach Module 1 to some of the staff at the House of Healing. Although we were not able to finish the training due to their work schedule, it showed me that the class can be taught with an interpreter. I realized I would need at least two weekends to teach Modules 1 & 2.

Several of the staff experienced Bowenwork for the first time and commented on how relaxed they felt after just learning BRM1. By seeing the effects of the work on clients, as well as experiencing it themselves, they could see more of the potential for this technique.

I was also able to show the local firefighters Lower Stoppers, Upper Stoppers, and Neck 5 & 6 from the *Wellness in Your Hands Manual*. Unfortunately, the additional time we had scheduled was disrupted by an emergency call.

Thank you to everyone from the Bowenwork world who has supported me in this endeavor. It means so much to be able to offer Bowenwork in a place where it is so

needed, and all that I need to carry with me when I travel is the knowledge of the work and my two hands.

Gisela was a State Certified Midwife in her native Germany. Although that credential did not transfer to the US, she found Bowenwork in Michigan, experienced positive changes from it, and felt that it would be important work for her family and husband. She feels there is simplicity and elegance to Bowenwork. She enjoys promoting the healing that comes from the work and learning more about the role of fascia. She is in the final phase of her instructor training and will soon be a full instructor with American Bowen Academy.

CE Classes December - February 2023

These fixed-date classes are shown with the number of hours earned. For more information, click on the class names. (Classes that can begin at any time are listed [here](#))

[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](#). Online. Ongoing, 120 CE hrs

[Workplace Hygiene Health and](#)

[Safety](#). Online. Ongoing. 6 CE hrs

[Fascia, What it is and Why it](#)

[Matters](#). Online. Jan 7th- March

12th, 2023. 80 CE hrs (16 hrs toward 32 hr requirement, remainder toward 500 hr requirement)

[The Lymphatic System and](#)

[Bowenwork](#). Online. Jan 7th-Feb

5th, 2023. 16 CE hrs

[The Core: Diastasis Recti, Hernia,](#)

[and Prolapse](#). Online. Jan 14th-Feb 26th, 2023. 24 CE hrs

What students are saying:

The Core

"This course has helped me to become more aware of how people are standing, moving, using their body, and to use these movements to find where I need to help them."

Mollie Peiren

The Lymphatic System

"I have been able to work with some really sensitive cases since beginning this month's journey and have been amazed at the great responses of my clients."

Sandy Floyd-Bottcher

Fascia: What it is and why it matters

"This class has given me more confidence in how to approach assessment from the whole body, structure/function perspective. The structure, function, characteristics of fascia -- how it connects everything in the body at every level from micro to macro - I have a renewed sense of awe for the intelligence of our bodies!"

Rosemary Maxwell

From Roling to Bowenwork

by Jola Carrick, who lives and practices in Memphis, Tennessee

As a Certified Rolfer for the past 14 plus years, I have always worked with out-of-state family and friends who don't have a Certified Rolfer in their area. Eighteen months ago my niece, who lives in another state without a Certified Rolfer, asked me about Bowenwork because she thought it could help her back and neck.

After researching, I was impressed by all of the things that Bowenwork could help with. The concept of a lighter touch was very interesting to me as this aligned with where Roling was headed. During my first session, I tried to figure out what the

practitioner was doing but kept falling asleep instead. After my first session, I had to know more, and I signed up for Bowenwork instruction.

Following Modules 1 and 2, I fell, hitting my head at the eyebrow and requiring three stitches. I soon noted I no longer had full occlusion on the left side of my teeth, although I'd had no direct impact on my jaw. Several weeks later at Modules 3 & 4, I mentioned the issue with my teeth. In the moment it took for me to receive the TMJ procedure, I had full occlusion on the left side and I could chew again!

At 63 years old, I have just successfully completed Modules 1-7. Learning now is much different than when I was 25 and attended nursing school or at 49 when I went to Roling school. My life is an example of how you're never too old and it's never too late to learn something new. Bowenwork is less physically demanding and thus I can do this for many years to come.

Though I need more time and experience, two days after returning from Module 7 training, I successfully performed the forearm/wrist procedure on someone at a softball game and IT WORKED, in spite of my being a novice!



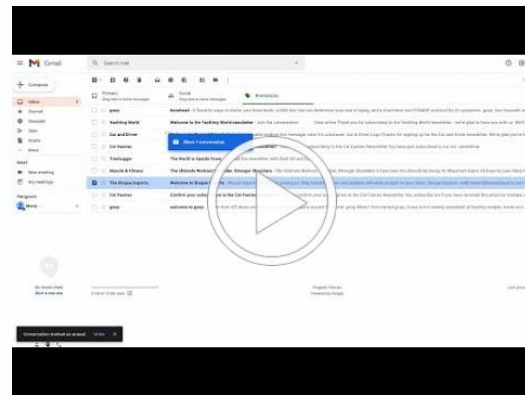
Bowen & 80/20 Meetups with Andrea Jones:

Would you like to be a model of Bowenwork and the 80/20 for your clients? Would you like to resource your clients with a lender library of free ways to implement the program of healing foods that support Bowenwork best? Would you like to learn the latest studies in nutritional psychology, glycobiology, and the reversal and prevention of chronic illness?

All practitioners are invited to learn together at the "Bowen & 80/20" meetups held by video conference on the 2nd Monday of each month at 4:30-5:15 pm, MST.

Send an email to Andrea@BowenUS.com to reserve your spot/get your meeting recap video and resource email.

Call for success stories: Share your excitement! The ABA is looking for testimonials to share in the newsletter, on social media, and on our website. Send us your every day "wins," feedback from clients, or signs from your sessions that let you know Bowenwork works. Long or short, we want to hear it all! Please send submissions to leahrberger@gmail.com



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page ... and then read their syllabi.

you tell us about (hint hint). Click
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on adding images soon.

book and the Academy brochure.
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