



Keeping in Touch

news & updates April 2023



Intro Class Brings Instant Results

-by Phaedra Bota, who lives and practices in Caldwell, Idaho

My family had a Bowenwork practitioner when my children were in school and we lived in California. The sessions were helpful for my husband and son who were both dealing with asthma. My other son found it helpful for injuries and muscle pain from sports. I got relief from back pain and plantar fasciitis. With such effective results for fairly minor issues, I thought that Bowenwork might be a good thing to pursue in retirement. I wanted to help people and earn some money for traveling.

Fast-forward several years: our boys were adults and we moved to Idaho. Other families from California whose children attended the school our boys graduated from started contacting me to see if I had become certified for Bowenwork. Because she knew of my interest in becoming a practitioner, our California Bowenwork practitioner had already begun to refer people to me. I attempted to locate practitioners in Idaho whom I could see or to refer others. Only one person was found in my search, but she wasn't actively practicing. After 18 months of inquiries and becoming settled in our new "Ida-home," I began looking into Bowenwork classes.

The closest location for the half-day Introduction to Bowenwork was in Montana. After an eight-hour drive and an overnight stay, I attended the class and became excited about the modality and possibilities. I headed home with the intent of pursuing certification in Bowenwork. Armed with just the basic moves and an eagerness to become proficient, I started enlisting volunteer "clients" to practice.

One interested family welcomed me into their home to work on a mom and her non-verbal autistic son. When I arrived, the tweenaged son, Filip, was in a bad mood and emotionally upset. I set up a massage table and told the mom, Elida, we should work on her first so Filip could see what I was doing. While she was on the table, her son was interested, but distant, and continued to roam the house. Upon completion of the mini-session with Elida, she called Filip over. He was encouraged to lie on the table. Though he had some reluctance at first, he remained still long enough for the sets of moves but would wander during the wait times. Each time he was called back, he was compliant and became more relaxed and receptive.

The moves I was able to complete on Filip included: Lower Back and Upper Back Stoppers; Respiratory moves 3-5; and Knee moves 1-4. Two-minute therapeutic pauses were included after each set of moves. By the end of Filip's mini-session, his attitude had changed 180°. He was smiling, giggling, and gave me a big hug like he had a new best friend.

The results with Filip alone bolstered my desire to pursue learning Bowenwork. It was eye-opening to see such an instant dramatic change in someone who could not express how he felt, but so obviously had a change in his behavior. This experience was a key inspiration in my pursuit of a basic Bowenwork Certification. I have just passed the Module 7 exam and I'm looking forward to helping many people with various health issues in the future.

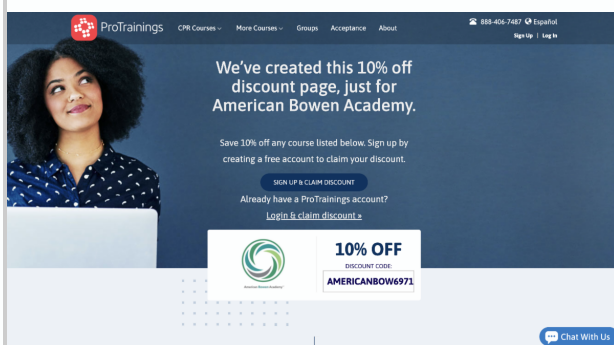
Phaedra Bota was inspired to start her training after taking "Bowenwork – An Introduction to Wellness in Your Hands," taught by Associate Instructor, Crystal Maceira. If you would like to bring Bowenwork to the attention of greater numbers of persons in your area and make extra money while doing so, this may be a program for you. The Academy's next Associate Instructor Training is May 26th-29th, in Northwest Arkansas, taught by Karin Twohig and Nancy Pierson. Prerequisites are Mod 9 and current ABA registration. Contact [Steven Miller](mailto:Steven.Miller@ymail.com) for an application, and/or email Nancy and Karin at bowenvacations@ymail.com for more information.



The resurrection of the "Asthma Exercise"

There is a handout in Module 2 for the Asthma exercise, which is often not taught in class because it is difficult to hold our ribcage stationary with our own hands. In the aftermath of the height of Covid, when breathing has been compromised from respiratory injuries and extensive mask-wearing, it seems time to take a new look at this forgotten exercise -- and maybe rename it, the "Respiratory Exercise."

When the ribcage is not mobile due to weak or non-functioning intercostals – those muscles in-between our ribs – other muscles must bear the brunt of inefficient breathing. The less mobile the ribcage, the more the diaphragm must move to compensate for ribs that don't move. This can put a strain on the tissues of the abdominal wall, potentially leading to a hernia or diastasis recti. Likewise, the muscles of the shoulders are called upon to bear too much responsibility for breathing.



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>

CE Classes April - July 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.

[Intro to Equine Bowenwork.](#) April 14-16, 2023, 9 AM-6 PM. Brainerd, MN. 24 CE hrs.

[Dynamic Fascial Assessment.](#) May 1-2, 2023, 9 AM-6 PM. Vancouver, WA. 16 CE hrs.

[Intro to Equine Bowenwork.](#) May 19-21, 2023, 9 AM-6 PM. Mill Spring, NC. 24 CE hrs.

[Associate Instructor Training.](#) May 26-29, 2023. 9 AM-6 PM. Gentry, AR. 32 CE hrs.

[Intro to Equine Bowenwork.](#) June 9-11, 2023, 9 AM-6 PM. Chester, NH. 24 CE hrs.

Dynamic Fascial Assessment:

Join Karin and Nancy on an adventure into ways both you and your clients can keep that great feeling after Bowenwork sessions. Simple assessments that can be used and taught to your clients, as well as yourself, can bring awareness of dynamic alignment and support optimal function. Further, you will learn how you can perform Bowenwork with the body mechanics that will not only support your body but make your moves feel more effective to your clients.

Sometimes, habits and lifestyles run counter to those that would encourage the body's optimal unwinding and holding of results from a session. The long-term effects of the new reality brought about by the Bowenwork session can be supported through some simple alignment awareness and movement techniques easily incorporated into daily life.

This practical hands-on class weaves together ideas from David Lesondak (fascia), Stanley Rosenberg (polyvagal theory), Katy Bowman (nutritious movement), and Kurt Tittel (muscle slings), with the instructors' own curiosity about Bowenwork to arrive at a unique way of serving clients and keeping vital themselves.



Dynamic Fascial Assessment
presents a happy selection of procedures to revisit together with new insights. Their standard of excellence, attention to detail, and caring supervision of each student produces a satisfying result. And, their interesting approach makes it fun. -Cynthia

Intro to Equine Bowenwork:
I find Michelle exhibits a wealth of knowledge in both Equine and human Bowen... Making sure one understands the placement of moves and procedures is done in a kind and non-judgmental atmosphere, and only continues when she feels you are comfortable. I thoroughly enjoyed the class and highly recommend Michelle as an accomplished instructor. -Susan

Promote Yourself and Your Bowenwork Business

To help support and promote students and practitioners, the ABA marketing team is asking for content to include in our newsletter and social media posts. We have increased efforts to spread the word about the great work being done by our members through social media and have been highlighting your stories in our newsletter. We encourage your participation in this effort by sharing news of what is happening in your clinics and in your local community.

Appropriate photos and videos will be shared on social media; written stories will be considered for the newsletter.



peaceofmaria Relief from hip pain
❤️❤
#bowenwork #mindbodyconnection
#yourbodycanhealitsself
#peaceofmaria
Edited · 1w

Need ideas?

Consider this example of a video that meets the guidelines listed below.

Brief, upbeat, and succinct, this testimonial, was posted by Maria Veale on Instagram.

Click on the play button to watch.

We welcome photographs, stories, or short videos of:

Guidelines for content:

- Videos should have pleasing backgrounds, lighting, and sound

- Successes
- Interviews
- Lessons learned
- Client testimonials
- Business strategies
- Anything else you think your community would find of interest

You may include your business information and the link to your personal website for us to include when posting on social media.

Submit content to:
[Bowenworkmarketing@gmail.com](mailto:b Bowenworkmarketing@gmail.com)

- quality.
- Language should reflect our scope of practice. For example, do not use words such as diagnose, treat, therapist, or patient.
- Videos should be 2 minutes or less.
- Any photo or video should have the client dressed.
- Any photos or videos of clients or students must have consent to use.
- Photos should be accompanied by a succinct narrative.
- If you are speaking in the video, consider including “Everybody is better with Bowenwork” at the end.

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