



Keeping in Touch

news & updates April 2024



Honoring the mountain, in a little bit more than anatomical position. Photo by Liz Vance

Walking Like a Mountain: The Yoga of Bowenwork and Samasthiti

by Leah Berger, LPC, PBP, who lives in northern New Mexico and practices in Albuquerque and Santa Fe. Leah is the editor of the ABA newsletter, Keeping In Touch.

There is a saying within the Zen tradition that the body is a mountain that walks. In both Bowenwork and yoga, balancing, grounding, and providing relief to the body, are anchored in this very same concept of body as mountain.

The most foundational standing pose in yoga is called Mountain Pose. In Sanskrit, this is called *Tadasana*. In Bowenwork, the Mountain Pose of yoga is known to us as Anatomical Position. Prone *Tadasana* is how we orient the client to the table: feet hanging off of the edge, arms laying on either side of the trunk. From this angle, the body becomes a mountain to the practitioner's bird's eye view, for mountains and bodies alike, have spines, saddles, and curves.

As the body becomes more relaxed on the table, I see my clients melt into Mountain Pose, and in the pause between moves, supported in the stillness, where change so

often occurs. The body becomes the mountain, with waters, winds, and abrasions ripe for harmonizing through the gentle strumming of muscle, fascia, lymph, and stimulation of nerves to calm and recalibrate.

In both Bowenwork and yoga, the spine is the central axis or pathway through which energy travels. In yoga, there are seven chakras, or energy centers, starting with the tail bone area, that travel up the spine and above the top of the head. Interestingly, in yoga, the word *Samasthiti*, meaning "even standing," is used interchangeably with *Tadasana* pose. When standing in Mountain Pose we are also standing in alignment with our chakras. Likewise, in every session we start the BRMs with the lumbar spine, traveling upward to stimulate the beautiful balancing effect of Bowenwork. In the end, we ask the client to come off of the table with both feet, equal weight-again, back into Mountain Pose.

There are likely many more parallels between these two healing practices of Bowenwork and yoga, as well as other traditions stemming from eastern philosophy. Although yoga and ayurveda are two separate modalities, I know they are closely related. I am looking forward to learning more about Ayurveda and Bowenwork in Farida Irani's upcoming course: Understanding Bowen from an Ayurveda Perspective.

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
Sacramento, CA 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.

California:

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

Arkansas:

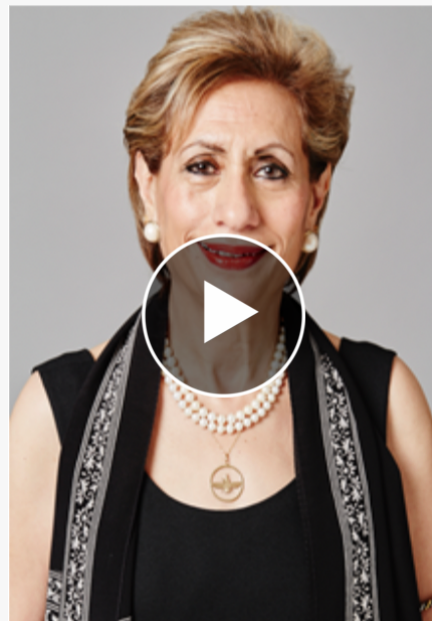
[Nancy Pierson –](mailto:bowensource@yahoo.com)

bowensource@yahoo.com

New Hampshire:

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

bowenworkartofhealing@gmail.com



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.

**Click to Download
Flyer**

CE Classes: Online and In-Person

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

In-Person:

Equine Bowenwork Level 1

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.

The Nerve Tour

In a city near you
Ongoing through December 2024.

5 CE hrs.

Understanding Bowen from an Ayurveda Perspective

April-May,
2024. For specific dates and
locations, see above. 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.

Marketing Your Practice: Tips and Strategies to Increase Your Client Base

Online, Ongoing. 16
CE hrs.

Bowenwork 80/20 Lifestyle Coaching Course

Online, April
13th - June 16th, 2024. 16 CE hrs.

Business Skills for a Successful Bowenwork

NOW OFFERING CERTIFICATION:

Bowenwork for the Childbearing Year, Online Course, Part One

Online, May
18, 2024.

This series of classes will be offered
on the Ruzuku platform. Each part
will take a month to complete.

- 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

32 CE hours will be granted for each
class/part, all of which are applied to
the 500-hour designation. 24 hours
will be applied to the current CE
period. NCBTMB hours are pending.

Coming soon:

Introduction to Animal Bowen

Online class available for students
with any level of Bowen training. The
course is intended for those with a
basic understanding of the “Bowen
move” to use with their own pets.

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.

What people are saying about Understanding

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.

Bowen from an Ayurveda Perspective:

"The thoroughness of the Bowen technique is continuously astonishing, and what makes it even more interesting is seeing how it correlates to Ayurveda's ancient teachings about how systems work in nature and in health. As a practitioner, instructor, and mentor, in both disciplines, Farida Irani confidentially takes all her students on a journey of discovery in a wonderfully accessible and meaningful way. Certainly a class to consider."

Derek Murphy, B. Sc. ND (Naturopathic Doctor), Bowen Instructor, President, Canadian Bowenwork/Bowtech Group

Associate Instructor Training

American Bowen Academy invites confident, capable, and vital practitioners to join the instructor training program in a supportive environment where you will be encouraged to discover your authentic position among distinguished instructors.

We are calling for practitioners who stood out to their peers and instructors during their training; practitioners with impeccable boundaries and ethical behavior; practitioners with the vitality and presence to keep a class interested and learning; practitioners who are confident with their performance of the basic work; practitioners who embody Tom Bowen's philosophy and methodology.

The Associate Instructor training program is a stand alone certification class leading to a contract with American Bowen Academy (ABA), to teach the four-hour class, Bowenwork: An Introduction to Wellness in Your Hands. It is also the first phase (orientation) in the full instructor training,



Blast from the Past:

Associate instructor training, May 2018. Front row: Heather Boyle and Robyn Slagle. Second row: Amy Potter, Wendy Seiler, and Lora Fox. Back row: Elizabeth Masters, Renee Roberts and Sherry Johnson, Instructors Karin Twohig and Nancy Pierson. Photo by Heather Boyle or

which is a program leading to contracts with ABA and Bowen Therapy Academy of Australia (BTAA) to teach Modules 1-6. Becoming an associate instructor does not commit you to going further in the instructor training program.

Robyn Slagle - it's been so long, no one remembers who took it!

For more information:
click here



Marketing Your Practice: Tips and Strategies to Increase Your Client Base

Join Instructor and Professional Bowenwork Practitioner Emily Deneault as she guides and inspires you in practical ways to increase your clientele.

Emily has grown her practice from working in her home and seeing three clients per week, to having a dedicated office and seeing 20-30 clients in three and a half days per week.

This class is offered on the online platform Ruzuku. Emily has created fun and informative videos and assignments for you to complete. This class has no fixed cohort: you can start at any time and go at your own pace; you just must complete the assignments in order.

To enroll or for more
information click here



Bowenwork 80/20 Lifestyle Coaching Course

with Instructor and Professional Bowenwork Practitioner, Andrea Jones

Albert Einstein said: "Future medicine will be the medicine of frequencies" and "Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet." The frequency of Bowenwork, along with Tom Bowen's 80/20 alkaline recommendation and the three Ws, is the future of medicine.

Join Andrea Jones for this practical, 10-week, online, and virtual meeting course anchoring today's Bowenwork in the future of medicine, teaching you how to coach your clients into making and keeping goals that explore the wide-open field of "Lifestyle Medicine" that Bowenwork embraces.

To enroll or for more
information, click here



Bowenwork for the Childbearing Year Certification

with Anita
Tupper, Instructor,
Licensed and Certified
Professional Midwife,
Certified Preceptor
(supervising instructor) to
student midwives,
Certified Functional
Medicine Practitioner, and
Professional Bowenwork
Practitioner

Click the video above to hear about the course!

"I could step back and listen a bit better to a pregnant client from having gone through the class. I am excited to have such a knowledgeable teacher, and I am so happy to have this material be offered as a Bowenwork course."

~Mary Purdy, Bowenwork Practitioner.

This series of classes will be offered on the Ruzuku platform. Each part will take a month to complete, Part 1: Pre-pregnancy and Early Pregnancy will begin on May 18, 2024.

[To enroll or for more information click here](#)



Modules 5 & 6 with Crystal Maceira in Helena, Montana

Top left: Alisha Sublette (front), and Linnea Gariepy (back) performing seated Bowen on models. Top right: Tiffany Dennison with Theo and Rhea, demonstrating the forearm procedure. Right: Crystal's husband, Luis Maceira and daughter, Alisha Sublette, having fun with the "glide exercise." Photos by Crystal Maceira.



Practitioner Milestones

Congratulations On Your Achievement!

500 Hour Certificate

Ava Becker, MO
Sharon Edmiston, CA
Tara Johnson, WA

SP-2 Certificate

Betty Ann Dean, MO

Professional Bowenwork Practitioner

Gina Williams, CA
O. Armando Escobar, CA
Wendy Johnson, UT
Kimberly Cole, NH

The Bowen Lady:

Practicing Bowenwork has been one of my most satisfying activities: endlessly varied, helpful to almost all, and an invaluable service (especially in my extremely rural area with relatively few health care outlets). I am proud to be known locally as "The Bowen Lady."

~Jan Casada, PBP, Clarkrange, Tennessee



Equine Bowen Level I Hill City, South Dakota March 2024:

Left to Right: Krista Fox, Frances Loehr, Peggy Koupal, Cashlyn Krecklau, Instructor Michelle Patterson, Kim Allen, Stacey Jo Ellenwood, Jodi Ensminger, Cynthia Niemela, Cassidy March, Sarah Newton, Cody Newton. Photo by John Niemela. Bottom left: Jodi Ensminger addresses the TMJ. Bottom right: Frances Loehr, EDO and Peggy Koupal practicing the neck moves. Photos by Michelle Patterson



Equine osteopaths, students, massage therapists, and veterinary technicians began their journey learning Equine Bowen in the Black Hills of South Dakota. A late winter snowstorm presented some challenges, but also provided opportunities for some

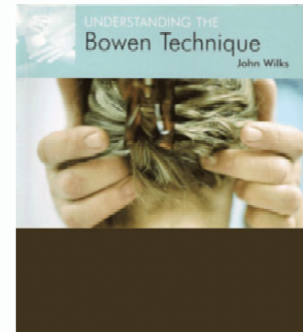
indoor, hands on examination of bones and exploration of the body's interconnection through fascia. Feedback from the osteopaths indicate "Bowen is a game changer!"

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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DISCOUNT CODE:
AMERICANBOW6971

Is your CPR about to expire?

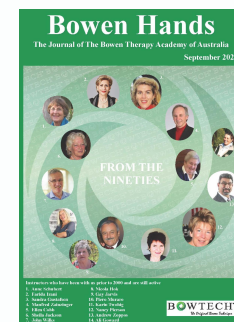
Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<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.



American Bowen Academy™

where gentle touch fosters profound healing



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