



American **Bowen** Academy™

Keeping in Touch

news & updates April 2025



Above: Christina and Rachel with clients. Below: Rachel working on a client who has happily let Breeze, the therapy dog, settle next to her head.



Community Clinics Open Again in Durham, New Hampshire

-by Ainslee Farrington, who lives and practices in Strafford, NH

In March, after a long hiatus, Christina Barrows, Rachel Willerer, and I started with a soft opening of free Bowenwork

Community Clinics

BOWENWORK



The Bowen Team

EVERY 2ND SATURDAY
10AM - 1PM
 At Friends Forever International
 1 Morgan Way, Durham, NH

Bowenwork is a gentle yet effective bodywork therapy that uses small precise 'rolling' moves to stimulate the body's own healing process. Working at the level of superficial fascia.

Bowenwork is a holistic approach to healing and can evoke a powerful response to a wide range of indications, from back pain to headaches, depression to anxiety. It is gentle enough to use on everyone, from newborn babies to those compromised by chronic or acute pain.

For more info, please visit
www.AmericanBowenAcademy
 or email
BowenworkArtOfHealing@gmail.com

Bowenwork is great for...

Injuries	TMJ
Back Pain & Sciatica	Concussion
Digestive Issues	Respiratory Problems
Feet & Knees	Chronic Disease
Migraines	Eye health

All ages are welcome!
Free to all!



sessions at Community Clinics in Durham, New Hampshire. We had our last clinic in March 2020, before the rise of Covid. That was our ninth year of offering mini sessions at the Friends Forever International office in Durham. When Christina called me to ask about getting started with clinics again, I was ready.

This month, we introduced a few new people to the technique and had a long term Bowenwork fan attend. It is good to make time for local practitioners to connect, familiar faces to receive a tune up, and new people have a chance to see what it's all about!

We are open every second Saturday of the month, from 10 am to 1 pm, in the beautiful open space shared with us by **Friends Forever**.



"I like coming here. It's so relaxing. Everybody needs it." - Ten year old Heather O.

"My children, (ages 3 & 4) have been asking when it was time to come back for two weeks!" -Laurie H.



**FREE QUARTERLY ONLINE
 PRACTITIONER/INSTRUCTOR DIALOGS**

2025

January	February	March	April
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The academy is now hosting free quarterly video Q & A dialogs! The next dialog will be held NEXT THURSDAY, 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 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 Gentry, AR. April 14-15, 9 am-6 pm. 16 CE hrs.

Module 9/SP1/Module 10 Review and Assessment Carmel by the Sea, CA. April 25-26, 9 am-6 pm. 16 CE hrs.

Module 9/SP1 Roseville, CA. April 26- 27, 2025, 9 am- 6 pm.16 CE hrs.

Module 11/SP2/ Module 12 Review and Assessment Carmel by the Sea, CA. April 27-28, 9 am-6 pm. 16 CE hrs.

Do you want to get paid for doing your own marketing?

Associate Instructor Training May 23-26, Gentry Arkansas

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

An associate instructor is a practitioner who, having completed the Associate Instructor training, is eligible to teach to the public the four-hour class titled Bowenwork: An Introduction to Wellness in Your Hands. As an associate instructor you will be teaching the lower back and upper back stoppers, supine Respiratory, Knee 1-4, and Neck 5&6.

We are calling for practitioners who stood out to their peers and instructors during their training;

Module 8 Helena, MT. June 26-27,
9 am- 6 pm. 16 CE hrs

Module 11/SP2 Roseville, CA.
June 28-29, 9 am- 6 pm. 16 CE hrs.

**Module 9/SP1/Module 10
Review and Assessment** Helena,
MT. June 28-29, 9 am- 6 pm. 16 CE
hrs.

**Bowenwork and the Vagus
Nerve System** Roseville, CA.
August 16, 4 CE hrs.

Bowenwork for Persistent Pain
Roseville, CA. August 16, 4 CE hrs.

**Bowenwork for People Living
with Cancer** Roseville, CA. August
17, 8 CE hrs.

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. For more
information, see section below.

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 Condensed**

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.

Why Become an Associate Instructor?

- We love the work and want to help it grow
- It is the next step in our professional development
- To market our clinical practice and foster a well-informed client base
- We become more technically proficient
- We stretch our personality and learn to relate to all sorts of people
- For the income
- For fun

Investment

- \$900 – 4 days
- \$300 deposit to indicate commitment and hold your space
- \$600 due 22 days prior to class
- Payment made within 22 days of class, \$50 additional fee

Return on Your Investment

- 32 CE hours credit with ABA; 16 CE hours credit with other CE partners
- Practitioner Days A&B built into the training (\$450 value)
- 10 free Intro-class manuals – teach 10 students, make \$950 immediately

Prerequisites

- Completion of Module 9
- At least five clients seen per week, doing Bowenwork not mixed with any other modality
- Legal to practice Bowenwork in your state
- An application submitted and accepted

Please ask Steven:
usbr.bowtech@gmail.com for an

Course Online. June 14 - August 3. 36 CE hrs applied to the 2-year certification period; 48 CE hours applied to the 500-hour designation. Contact: midwifesong@gmail.com

Bowenwork for Childbearing Part 1: Pre-pregnancy and Early Pregnancy Online. July 12 - August 17. 36 CE hrs applied to the 2-year certification period; 48 CE hours applied to the 500-hour designation. Contact: midwifesong@gmail.com

Bowenwork for Childbearing Part 3: Second Trimester Online. July 12 - August 17. 36 CE hrs applied to the 2-year certification period; 48 CE hours applied to the 500-hour designation. 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.

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.

STAY TUNED!
Introduction to Small Animal Bowen This online course will be available soon!

application, or contact Karin and Nancy: bowenvacations@ymail.com.



Recent Module 1&2 in Mount Shasta, California. Left to right: Katherine Jones, Mila Svanyuta, Miranda Till, Crystal Scarlett, Seadar Green, Elisabeth Morphy, and Instructor, Karin Twohig, stand with the peak of Mt. Shasta in the background.



A majestic, over 14,000 foot snow-capped stratovolcano in Northern California, Mt. Shasta is an active volcanic structure revered for its natural beauty and powerful energy. It is considered a sacred site by many indigenous tribes including the Shasta, Modoc, Wintu and Ajumawi/Atsuwegi. Fortunately, the volcano did not erupt during the Module 1&2 training, and everyone signed a waiver beforehand.

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 at usadmin@americanbowen.academy
Thank you!

Reserve Your Spot!



Click on the video above to learn more about the upcoming CE course, The Pelvis.

Reserve Your Spot

September 2025:

Australian Instructor Chris Reed Brings His Course on The Pelvis

Sept 10-11 Portland, OR.

Sept 13-14 Carmel CA.

Sept 17-18 Gentry, AR.

Sept 20-21 Durham, NH.

ABA Member \$500 (\$75 deposit)

Non-Member \$550 (\$125 deposit)

It Doesn't Take a Firehose to Put Out a Candle: A lesson in Humility from a Bowenwork Instructor

*-By Michelle Patterson, Human and Animal
Bowenwork Practitioner and Instructor, who lives and
practices in Clearwater, Minnesota*



As Bowenworkers, some of us are fortunate to have colleagues nearby who can provide bodywork. Not all of us are so lucky. I have been seeing a lovely massage therapist with years of experience, who is trained in a “variation” of Bowenwork and combines it with other techniques in her approach. She is an avid learner who has pursued many of the high profile, up-and-coming techniques that receive a lot of attention on social media, and I have been curiously optimistic to experience all of her new techniques. My sessions with her have kept me going for the past few years, but my issues haven't really been resolved.

I just taught a Module 3 class this past weekend, during which I had the students work on me. After they did the Low Back, Hamstring, and Sacral procedures on me, for the first time in years, I had releases that provided immediate pain relief, resulting in noticeable improvement in my gait. Admittedly, I was astounded and thought to myself, “Wow! Bowenwork is truly amazing!” The truth of the matter is that the simple and pure Bowenwork moves made the greatest impact on my body. There will always be shiny new approaches to entice us, and some will certainly have their merit. But perhaps the simplicity of Bowenwork is truly a shining star that can stand on its own in the purest form, with no need for “special sauce” to make it even better. The precision of Bowenwork resonates in the body with quiet confidence and focus. There is no need for glitter or hype. The results stand on their own!



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.

BOWENWEAR UNISEX T-SHIRT
—
\$26.00 - \$30.00

[Click Here for More Bowenwear!](#)





American Bowen Academy™
where gentle touch fosters profound healing



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

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