



Keeping in Touch

news & updates June 2024

Wrist Move is Clark-Approved

~ by Sherie Hatton, Professional Bowenwork Practitioner and Associate Instructor who lives and practices in Mount Ida, Arkansas.

My grand-cat, Clark, may look like your average black house cat. He is small, kind of quiet, very friendly and loves being outside. But, he is special in that he is named after a superhero, and more importantly, he happens to belong to a family who loves Bowenwork!

My grandsons began receiving Bowenwork from me even before they were born. Naturally, they wanted Clark to feel good too. On occasion they have said, "Grandma, Clark needs Bowen!" Of course, I would address their concerns about Clark and do some of the BRMs in what I hoped was the equivalent place that most closely resembled the location of the moves on humans. Clark readily submitted to the cuddles and attention, purring happily.

But one day, Clark came home limping on three legs, holding one of his front legs high up with paw bent, hanging down. He did not put ANY weight on that paw, even when jumping up on the porch railing. Upon closer examination, my son found no obvious signs of injury. Clark's leg was not broken, and no cut or open wound was apparent on his paw. A few days went by and Clark still held that leg up with his paw dangling down whenever he walked.

Here is where Bowenwork really became Clark-approved. Some weeks previously, I had performed the Elbow/Wrist Procedure on my daughter-in-law for some carpal tunnel symptoms. I then showed her how to do the gentle medial move #5 across her wrist for any lingering discomfort in the following



Clark the superhero cat, with Sherie's grandsons Leon and Ryland. Photo by Kayly Hatton

days. With that one simple move in mind, my son decided to try the same move on Clark's paw, just at the bend of what we would consider our wrist on our own hand.

Within one hour Clark was observed doing what we would call "toe-touch weight-bearing" with that paw when he walked, though he still did not put any weight on it. What amazing results! Even better, the next day he was fully weight-bearing on that paw and walking as if nothing had ever happened.

One of the main reasons I wanted to become a Bowenwork Practitioner was to help my family. I feel privileged and thrilled to use my knowledge of this amazing therapy to help those I love and to see how the benefits can extend to include beloved family pets.

CE Classes: Online and In-Person

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

In-Person:

The Nerve Tour In a city near you
Ongoing through December 2024.
5 CE hrs.

Deep Anatomy: Exploring Structure and Choice in Bowenwork Moves Phoenix, Arizona. June 29-30. 16 CE hrs.

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.

Business Skills for a Successful Bowenwork Practice Online, Ongoing. 16 CE hrs.

Distance Bowenwork Online. Ongoing, 8 CE hrs.

Ethics for the Bowenwork Practitioner. Online. Ongoing, 8 CE hrs.

Bowenwork for the Childbearing Year, Online Course, Part One Online, June 22 - July 20, 2024

A series of six classes on the Ruzuku platform, with each part taking a month to complete. 32 CE hours granted for each class/part, all applied to the 500-hour designation. 24 hours applied to the current CE period. NCBTMB hours pending.

What students are saying about Deep Anatomy:

"I had no idea this class was going to be as wonderful as it was. I really like Nancy's personality and teaching style. The depth of knowledge that she shared brought me a deeper understanding of the Bowenwork. Nancy was able to convey that not only is the precision of the move important, it is the quality of each move that can turn an average session into a deeply meaningful session. Since taking this course, the Bowenwork sessions I have given have been much deeper and more powerful for the client and for me." ~Anonymous

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.

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.



Cassidy March performing Bowen moves on Copper the dog during an Equine Bowen Class in South Dakota. *Photo by Michelle Patterson*

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.



Karin Twohig and Nancy Pierson offer the four day Associate Instructor training each Memorial Day Weekend in NW Arkansas.

Associate Instructor training in Gentry, Arkansas, Memorial Day, 2024. Front row: Anita Tupper, Stefanie Dwyer, Patricia Hopper. Back row: Instructors Karin Twohig and Nancy Pierson, Elaine Massa. *Photo by Patricia Hopper*

American Bowen Academy is happy to announce four new Associate Instructors:

- Anita Tupper, CO
- Elaine Massa, CO

Associate Instructor Comments:

"An absolute worthwhile course to refine your own Bowenwork moves and learn how to teach 15 powerful Bowen moves to the public. Really empowering and I feel strengthened and more confident to present this wonderful work to my community. And Nancy and Karin are fabulous teachers and examples." ~*Stefanie Dwyer*

- Patricia Hopper, WA
- Stefanie Dwyer, AR

As ABA faculty members, these four are able to teach to the public the four-hour intro class Bowenwork – An Introduction to Wellness in Your Hands.

"I very much enjoyed the recent Associate Training class offered by Nancy and Karin. The other students in the class were such a joy to become acquainted with, and I hope to continue our friendships. I felt the learning environment was a safe place, not only to sharpen my teaching skills, but it was conducive for deeper introspection when I felt I needed it. I would highly recommend the AI training for any Bowenwork practitioner." ~Anita Tupper

Review is a Revelation

"The Associate Instructor Training is a great class, but the real juice for me was in the practice days. The deep learning and mentorship I experienced reviewing the mechanics of the move and revisiting procedures with Nancy and Karin was mind-changing. I have only been back in my office for three days since the class, and I already feel like the refinement has changed my work for the better. My confidence was bolstered by encouragement to keep developing in areas where I am on the right track. Accepting retraining in areas where I'm not as strong has produced immediate positive results in my practice. The review opened a door for me to affect the anatomy and the whole human on my table with greater nuance and precision. I couldn't be more grateful. Whether you're in year three of your Bowenwork practice or in year ten, I whole-heartedly recommend a review of the modules 1-6." ~Patricia Hopper

An Invitation to the 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.

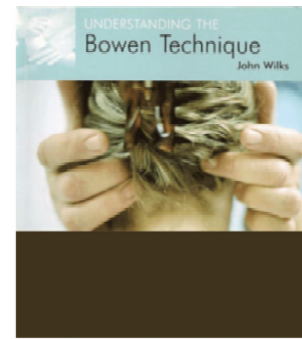
The Associate Instructor training program is a stand alone certification class with no preparation needed beyond Mod 9. In this training, practitioners learn how to teach the four-hour class, Bowenwork: An Introduction to Wellness in *Your Hands*. It is also the first phase in the full instructor training, leading to contracts with the American Bowen Academy 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, but it does provide practitioner days embedded within it as it is also the orientation for the full instructor training.

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](#).



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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.



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