



Keeping in Touch

news & updates June 2025



Like cornstarch in water, connective tissue responds differently, depending upon the approach. Click on this two minute video by the Massachusetts Institute of Technology and watch to the end to learn some surprising uses of cornstarch!

Cornstarch and Tissues

~by Nancy Pierson, Instructor, who lives and practices in Gentry, AR

Some of us who went to massage school earlier in our careers were greeted on the day we were to learn the technique of friction with bowls filled with a white substance. Cornstarch and water, said my instructors, mimicked the way connective tissue responds to speed and pressure.

Sure enough. When I placed my hand on the surface and allowed the mixture to invite me in, at its own pace, I had free access to the depths. If I imposed myself too fast, too forcefully, no way was I getting in.

I thought about this again as I was experimenting with taking slack at the pace of the body, not at my externally imposed pace. The result? More slack and a larger area of response. Slow, light slack allows collagen tissue to remodel and avoids inflammatory responses in structures trying to heal.

That got me thinking about the basic work, the procedures in Modules 1-6. The moves in these procedures are, with a few exceptions, performed slowly. What if we thought of these procedures as those that opened up the body using the principles learned with cornstarch: moving with respect, listening, coaxing.

How many times have I heard students and practitioners say that they don't want to review "the same old stuff." They want new material, new procedures, more classes – yet.... Universes open up with the basic work done well.

On the April practitioner discussion forum, one of the participants, Darcy Cunningham of Maine, told us that she was coming back to a greater appreciation of, and reliance on, the BRMs. To quote TS Eliot:

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.*

I've had work done from practitioners trained in multiple Bowen lineages. Often the moves were faster than ours, with more pressure, and more moves were placed along a single muscle. I wonder: Were more moves needed because my tissue was not listened to? Did the speed and pressure of the moves keep the sphere of influence smaller? One practitioner trained in multiple lineages thought that with other work, more was stirred up, but less was resolved.

Is there genius in learning the moves in SP1 only after the basic work, so that the fluid system of the body can be more coherent and accessible in its entirety before asking the body to process moves performed more quickly? The folks in the physics department at Colorado State University explain: "The cornstarch is made up of long chains of atoms – a polymer. These chains can move past each other, but they take some time to do this. If you pour it slowly, it can flow like a liquid. If you try to force things and make the chains slide more quickly than they want to, they get entangled – and the mixture gets firmer. So if you push hard on it, it acts more like a solid."

"The real explanation is actually a bit more complicated than this. But the exact workings of mixtures like this is something that is not all that well understood. Folks sometimes get upset when there is no really good answer for things in science, but really that's a good thing – if we already knew everything there was to know, there would be no reason to try new things – and what's the fun in that?"

JOIN US ON JULY 10TH!

**FREE QUARTERLY
ONLINE
PRACTITIONER/
INSTRUCTOR
DIALOG**

The academy is now hosting free quarterly video Q & A dialogs! The next dialog will be held **THURSDAY, JULY 10th at 7 PM CDT**. All sessions are recorded. Current ABA members who are unable to join and would like to

2025			
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From April's Q & A:

I just logged out from ABA's second quarterly professional sharing call hosted by Nancy and Karin. I really recommend these calls!

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

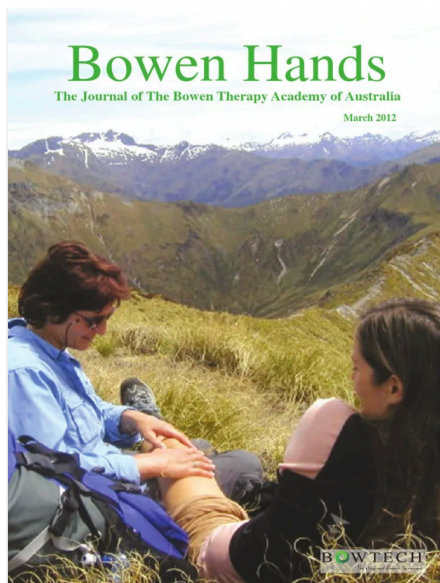
It's a chance to ask questions of peers such as, "What have you done for xyz situations?" Or, "What do you know about this or that condition?" (e.g. sleep apnea, concussions, childhood trauma, etc...) If you send your question in advance, Nancy and Karin even arrange to have a resource on the call who can speak to the condition you are asking about.

It's such fun to hear what different practitioners might do or have done with the same general presenting issue. A topic such as "balance" might generate "outside of the box" suggestions, or even a basic move that just wasn't obvious at first.

For example: a question on sleep apnea brought up the obvious BRM's, UR/TRM and throat, but also Bunion (because the big toe relates to neck and head), mouth taping, and even a parasite cleanse! Other ideas were "anything on the deep front line" (which is so often collapsed in people these days), Esophagus instead of Respiratory, or Sternal, or Traps and SCM as these are enervated by cranial muscles and can help release the throat.

And of course, Nancy mentioned Buttock Pain procedure for all sorts of things (her fave)!

~Darcy Cunningham, Associate Instructor who lives and practices in North Yarmouth, Maine.



Above: Instructor Karin Twohig using Bowenwork on the hiking trail in New Zealand.

Bowen Hands Moves to Paid Subscriptions

Bowen Therapy Academy of Australia (BTAA) has announced changes to Bowen Hands magazine due to the ever-rising cost of production. Starting with the June 2025 issue, Bowen Hands will now only be published twice yearly - June & December. The digital version of the magazine will now require a paid subscription of \$20 per year.

For those interested in receiving either the paper copy or the digital copy, please contact our administrator, Steven, usadmin@americanbowen.academy, or 866-862-6936.



Four new Level one Equine Bowen students completed training in MN in April. Level 2 graduates joined them during the class to refresh and refine their own skills and provide support for the new learners. Front row: Lise Lunde L2 (Level 2), Tina Stay L1 (Level 1), Robyn Gehrke L2, Back row: Brenda Schuldt L1, Michelle Patterson Instructor, Ranone Thompson L2, Staci Gratan L1, Amy Christensen L2, Molly Campbell L1.

CE Classes: Online and In-Person

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

In-Person:

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

Module 9/10/SP1

Helena, MT. June 28-29, 9 am- 6 pm. 16 CE hrs.

Module 8 Roseville, CA. July 19-20, 9 am- 6 pm. 16 CE hrs.

Module 11/12/SP2 Salt Lake City, UT. September 29-30, 16 CE hrs.
karintwohig@gmail.com

Bowenwork and the Vagus Nerve System Roseville, CA. August 23, 4 CE hrs.



Legend, the horse, demonstrates signs of release as Staci Gratan looks on in surprise during Equine Bowen class in MN.

Online:

Bowenwork for the Childbearing Year Condensed Course Online. June 14 - August 3. 36 CE hrs applied to the 2-year certification period; 48 CE hours

Bowenwork for Persistent Pain
Roseville, CA. August 23, 4 CE hrs.

Bowenwork for People Living with Cancer Roseville, CA. August 24, 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.

Bowenwork for Women's Wellness Roseville, CA. Sept. 27-28, 9 am - 6 pm. 16 CE hrs.

Module 8 Gentry, AR. September 25-26, 16 CE hrs.
bowensource@yahoo.com

Module 9/10/SP1 Gentry, AR. September 27-28, 16 CE hrs.
bowensource@yahoo.com

Module 11/12/SP2 Gentry, AR. September 29-30, 16 CE hrs.
bowensource@yahoo.com

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

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!

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

These online classes can be started anytime:

Anatomy by the Modules
Online. Ongoing 6 CE hrs.

Anatomy and Physiology for Bowenworkers Home Study. Ongoing, 120 CE hrs. Contact: bowensource@yahoo.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.

NOW APPROVED FOR CONTINUING EDUCATION CREDIT WITH NCTMB

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)



Associate Instructor Training, May 2025, Gentry, Arkansas.

Left to Right: Spring Werle, Kara Bunch, Instructor Nancy Pierson, Jola Carrick, Gretchen Gray, Instructor Karin Twohig.

Practitioner Milestones

Congratulations on your achievement !

Professional Practitioner

Susan Catherine Smith - California
Carrie Keen - Utah

Specialized Procedures 1 (Advanced Practitioner)

Mary Lowry - Missouri
Regan Luithy - California

Specialized Procedures 2 (Master Practitioner)

Diana Green - Texas
Skylar Bennie - Texas



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BOWENWEAR UNISEX T-SHIRT

\$26.00 - \$30.00

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.

[Click Here for More Bowenwear!](#)



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where gentle touch fosters profound healing



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