



Keeping in Touch

news & updates July 2024



Darcy Cunningham, of Turning Light Center, North Yarmouth, Maine. Photo by Deb Debjani.

Bowenwork and Therapeutic Yoga, Plus Ayurveda for Bowen: A Formula for Success

-by Darcy Cunningham, Professional Bowenwork Practitioner and Associate Instructor, who lives and practices in Yarmouth, Maine.

A client referred her brother to me, telling him maybe I could help him avoid surgery. He agreed to try a “woo-woo” approach for that possibility. He had whiplash from a recent car accident. The pain in his spine led him to the ER where they also found a MRSA infection in his thoracic spine between the shoulder blades. He had surgery, via probe, to clean out the infection. There was no stitched incision, but he was still on IV antibiotics with a pic line when I first saw him. He also had a narrowing/tightening of the esophagus and his doctor said the only remedy was surgery, to “stretch” the esophagus.

Michael's midback and right shoulder were sore, restricting movement. He had already been out of work for over a month and had another six weeks of recovery. He wanted to be in less pain, be able to breathe and swallow well, and get back to work.

We started with Bowenwork in the first session: BRM's, Esophagus and Upper Respiratory. He came back two weeks later, amazed. "It felt like you hardly did anything, but my back feels so much better!" His esophagus had also loosened up and was just barely starting to tighten again.

Over the next couple of sessions I addressed the shoulder restrictions and did UR/TMJ and Coccyx for the whiplash. That third session I also added a bit of scar work over the area of his spine where they inserted the probe and "scraped out" the infection.

After the third session, he said he felt ready to return to work three days a week. He had been off for three months. Self-employed, he laid flooring, usually working alone. Doing heavy manual labor, being out that long, then going back to work is a big risk for reinjury. He agreed to come back for a therapeutic yoga session to develop a morning warm up program for the heavy lifting, squatting, and twisting-with-load movements his work required.

Two weeks later, after his first three-day work week, he said he felt great! I did the BRM's and Hamstrings. I also gave him "homework" involving a "seed sound" for the heart chakra, which includes the esophagus, after attending Farida Irani's class, "Understanding Bowen from the Ayurveda Perspective". I suggested he chant this out loud when alone in his truck, a little every day, and when his esophagus felt tight.

After that, he returned to work four days a week, and then came in again, mostly for upper back and esophagus work. I did Sternal, using Esophagus instead of Respiratory, for the lower stopper. When he returned a month later, he reported his esophagus was still fine, and that he chanted in his truck daily!

Just as encouraging was a report from the doctor who had been considering surgery to fuse two vertebrae in his spine. Initially the MRSA infection had greatly deteriorated these plus the disc between, but in a new x-ray they were fusing themselves nicely.

Michael is an "ideal client" who did his homework! We will still work monthly or so, helping his back adapt and minimizing scar tissue formation. With two surgeries averted, he has become a believer, is referring family, and continues to chant his heart chakra seed sound in his truck!

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.

[Bowenwork for the Childbearing Year:](#)

Online, July 27th, 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.

[Click here for Part One](#)

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.

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.

Click here for Part Two



Modules 1 & 2 in Hawi, Hawaii

Left to Right: Jack Smith, Leiana Smith, Anais Kyle, Kyla Schwartz, Instructor Terra Sutton. *Photo by Suzi Sutton.*



Staying Cool in the Pool: Module 7 in Phoenix, Arizona

Left to Right: Amanda Miller, senior instructor Nancy Pierson, model Robbie Froman, instructor Collin Froman. Front: Teri Noack. *Photo by Ray Ralls.*

Congratulations on your Achievement!

500 Hour Certificate: Andi Krause,
Nevada City, California,

**Professional Bowenwork Practitioner
Certificate:** Mary Lowry (pictured right),
Wheaton, Missouri.



Bowen is Love

Liz Vase interviewing Farida Irani

May 9th, 2024

Farida Irani schools us on the importance of love and intention in an interview about Bowenwork. Click the play button to watch and share. To view the full interview from her training, "Understanding Bowen from the Ayurveda Perspective" in Gentry, Arkansas, [click here](#).



Bowtech Ease, a Unique Ayurveda Aromatherapy Blend

Last month Farida Irani toured the US teaching her class Understanding Bowen from the Ayurveda Perspective. The enthusiasm for her class and her products has prompted American Bowen Academy to offer Bowtech Ease for sale.

Bowtech Ease was specially formulated for the Bowen Therapy Academy of Australia to complement Bowenwork and as a substitute for Iodex.

Potential side effects from Iodex?

The use of Iodex for relief from bunion pain has come into question because of potential side effects of iodine for people with certain thyroid problems. Further, the other active ingredient is the essential oil of wintergreen, which in concentrated form can irritate the skin. While Mr. Bowen did indeed recommend Iodex, it was the only option readily available, and many of the side effects were not well recognized (including skin irritation, dryness, and joint pain). Today, it is not so easy to source Iodex.

About Bowtech Ease

The Bowtech Ease Ayurveda aromatherapy blend is based on vibrational principles and works in harmony with Bowenwork to relieve pain, inflammation, and congestion.

It has also been shown to be effective in:

- warming up the body in winter
- helping with relief from chilblains (pernio)
- relieving coughs and colds when applied on the chest and back
- relieving sore throats and sinuses

The Bowtech Ease blend is made in base carrier oils of cold-pressed black seed sesame oil and ashwagandha (*withania somnifera*, or winter cherry) infused in sesame.

Both these carrier oils are used extensively in Ayurveda herbal oil decoctions and are renowned for their relief actions, especially on the musculoskeletal and nervous systems. These carrier oils enhance the properties of the essential oils they carry.

Aromatic essential oils are known to be the life force, prana, or chi of the plant; and, according to Farida, by applying them on the body you are synergizing the life force of the plant with your own life force, thereby enhancing the work you are doing with Bowenwork. The essential oils in the blend are ginger, camphor, black pepper, eucalyptus, lemon grass, peppermint, cinnamon leaf, and kunzea.

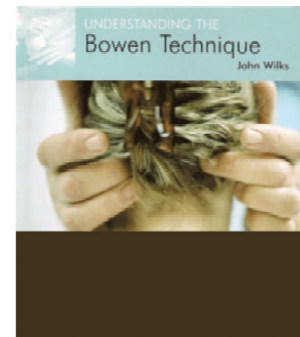
To order Bowtech Ease, contact our Administrator, Steven at usadmin@americanbowen.academy. Once the new website and store are up and running, Bowtech Ease will be available there for ease of ordering.

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

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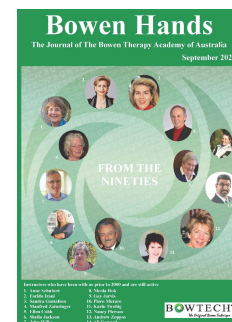
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BOWEN HANDS

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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