



American Bowen Academy™

Keeping in Touch

news & updates July 2025

JOIN US TOMORROW, 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, 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

2025

January	February	March	April
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For those who cannot make July's event, please mark your calendar for October 9th at 7 PM CDT!

JOIN CALL HERE

Assessment as Key: Chris Reed on His Course, The Pelvis

-by Leah Berger, PBP, who lives and practices in Albuquerque, New Mexico, and Chris Reed, Bowenwork Practitioner and Instructor, who lives and practices in Grovedale, Australia.



Australian Instructor, Chris Reed, will be coming to the US in September to offer his course, "The Pelvis." I interviewed him about this unique opportunity and compiled the answers to my questions into this article. I was particularly interested in how he is using his knowledge to assess and better care for his clients. What follow are his words:

I began my journey in natural medicine through massage therapy, but was introduced to Bowenwork early in my studies. I completed both massage and Bowen qualifications concurrently. When I first started my clinical practice, I focused primarily on Bowenwork and used very little massage.

After completing the advanced Bowenwork training, I felt a strong need to deepen my understanding of human anatomy, the mechanisms behind Bowenwork's effectiveness, and how to support clients better with tailored aftercare. This curiosity led me to further studies over two decades, culminating in a Bachelor of Health Science (Clinical Myotherapy) in 2022. Despite this additional training, Bowenwork remains my primary modality. While I don't believe Bowenwork is magic, as John Wilks says, it truly "offers the body another possibility."

Over time, I've developed a clearer understanding of the origins and types of pain. This knowledge allows me to approach these issues with greater clinical precision using Bowenwork. In my course on the pelvis, we spend some dedicated time on the first morning discussing pain. While I adhere closely to how Bowenwork is taught, I now vary the pressure I use, ranging from very light to firm, when appropriate. Some of Tom Bowen's patients have mentioned he occasionally used more pressure, which aligns with research in fascial manipulation, suggesting that stronger input may create a necessary local inflammatory response to facilitate remodeling of the endofascial collagen fibres.

The Pelvis course is designed to expand practitioners' understanding of clinical presentations related to the low back, pelvis, and groin. While every practitioner brings different experience and knowledge, the course provides structured frameworks for assessment, treatment planning, and aftercare. It also introduces practical rehabilitation advice that can be immediately integrated into client care. The usual demographics I see for these conditions are adults and elderly clients. One of the most frequent issues I see is women presenting with lateral hip and leg pain, often misdiagnosed or poorly managed by other practitioners. My interest in improving outcomes for these clients was the starting point for this workshop.

Recently, I had a 62-year-old lady say to me, "I cannot believe how good this hip feels now!" Her physical therapist had not been able to help, and her GP had

suggested a corticosteroid injection. The condition is often referred to as Greater Trochanteric Pain Syndrome (GTPS), gluteal tendinopathy, or hip bursitis. I was able to determine with confidence that she was suffering from gluteal tendinopathy and informed her that research is showing that the CSI was not the best approach. With this assessment, we embarked on a plan of Bowenwork with specific exercises and lifestyle changes, with great effect after eight weeks. This is exactly the kind of insight and practical knowledge I aim to share in the course.

Assessment was limited in my original Bowenwork training, and I now see it as essential. The Pelvis course covers both subjective and objective assessment strategies, extending beyond special tests, and focuses on how to gather meaningful clinical information. Assessment helps guide our treatment planning, allowing us to determine whether our interventions are making a difference. While we may never be able to offer a definitive diagnosis, assessment helps rule conditions in or out. Through targeted Bowenwork and improved clinical reasoning, I've seen significant changes in client outcomes. As Bowenwork continues to gain recognition as a professional modality, our ability to assess, reassess, and document outcomes is key to credibility and effectiveness.

To find out more and to register for The Pelvis course, please click on the link below, or contact Chris at chris@geelongbowen.com.au.

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)

CE Classes: Online and In-Person

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

In-Person:

Module 8 Roseville, CA. July 19-20,
9 am-6 pm. 16 CE hrs.
bwnwk4lf@sonic.net

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

Module 8 Highland, UT. October 1-2, 9am-6pm, 16 CE hrs.
twohigk@aol.com

Module 9/10/SP1 Highland, UT.
October 3-4, 9am-6pm, 16 CE hrs.
twohigk@aol.com

Module 11/12/SP2 Highland, UT.
October 14-15, 9am-6pm, 16 CE hrs.
twohigk@aol.com

Module 8 Roseville, CA. October 11-12, 9 am - 6 pm, 16 CE hrs.
bwnwk4lf@sonic.net

Module 9/10/SP1 Roseville, CA.
October 25-26, 9 am - 6 pm, 16 CE hrs.
bwnwk4lf@sonic.net

Module 8 Carmel, CA. October 30-31, 9 am-6 pm, 16 CE hrs.
twohigk@aol.com

Module 9/10/SP1 Carmel, CA.
November 1-2, 9am -6pm, 16 CE hrs.
twohigk@aol.com

Bowenwork and the Vagus Nerve System Roseville, CA.
August 23, 4 CE hrs.
bwnwk4lf@sonic.net

Bowenwork for Persistent Pain Roseville, CA. August 23, 4 CE hrs.
bwnwk4lf@sonic.net

Bowenwork for People Living with Cancer Roseville, CA. August 24, 8 CE hrs.
bwnwk4lf@sonic.net



Module 8, Helena, Montana, June 2025. From left to right: Marla Haquet, Tamra Anderegg, Vanessa Davis, Barb Muller, Carrie Jones, Instructor Crystal Maceira, Instructor Karin Twohig.

Online:

Last Call for these two courses:
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

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 and article above.

Bowenwork for Women's Wellness Roseville, CA. Sept. 27-28, 9 am - 6 pm. 16 CE hrs.
bwnwk4lf@sonic.net

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!

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!

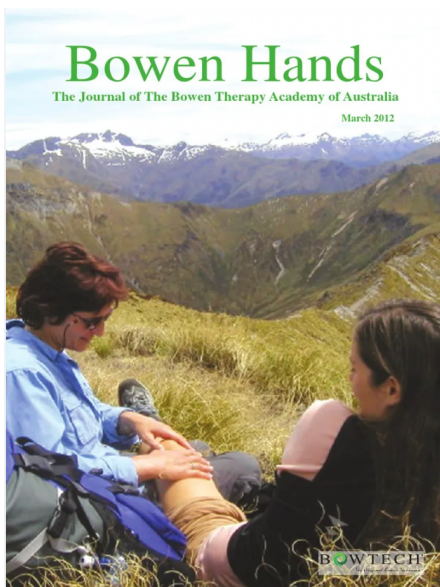


Above: Magic is a small semi-anxious dog who benefits from occasional Bowenwork and time in the garden.



In June, Sherie Hatton started her Practicum portion of instructor training in Mena, AR. From left to right: Vivian Bartow, Anna Cooper, Instructor Nancy Pierson, Instructor-in-Training Sherie

Hatton, Kayly Hatton, Lisa Weiss, Stephanie Urban. Class was held at Vivian's Aerial Pilates studio, where Nancy and Anna enjoyed a session with the silks.



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.

Practitioner Milestones Congratulations on your achievement !

Professional Practitioner

Bethany Howard - Maine
Susan Catherine Smith - California
Carrie Keen - Utah

Specialized Procedures 1 (Advanced Practitioner)

Mary Lowry - Missouri
Regan Luithy - California
Erin Shimp - Oregon

Specialized Procedures 2 (Master Practitioner)

Diana Green - Texas
Skylar Bennie - Texas



[View Bowenwear Unisex](#)

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!](#)



American Bowen Academy™

where gentle touch fosters profound healing



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American Bowen Academy | 220 Countryside Drive | Sparta, TN 38583 US

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