



American **Bowen** Academy™

Keeping in Touch

news & updates August 2025

NEW ONLINE CLASS!

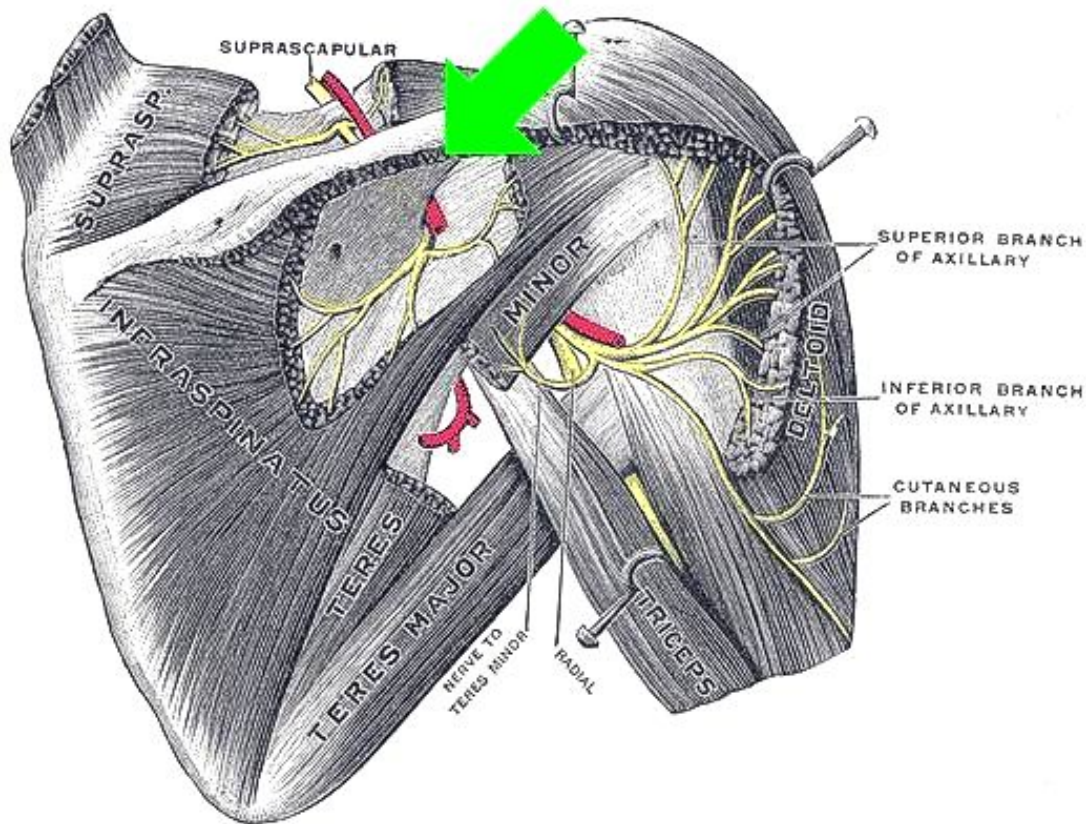


The highly anticipated online class, Bowenwork for Small Animals, is in its final stages of editing and the release date is only days away. This class is open to individuals with any level of Bowen training, including those who have completed the 4-hour Introductory class. Non-ABA members are also welcome to join.

This class is designed for participants who wish to apply their Bowen technique skills to support the wellbeing of their own pets as well as those belonging to friends and family. To be first in line for class information and sign-up, send your contact information to Michelle Patterson, ABA Animal Bowen Instructor:
solidago.michelle@gmail.com.

The Wonders of Infraspinatus

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



The Suprascapular nerve runs through the infraspinatus. Photo origin unknown.

For years I have performed Infraspinatus Procedure prone, despite often confidently and delightedly performing it standing, on the fly, in class for students with recalcitrant shoulders.

Infraspinatus: that muscle engaged strongly when rowing or throwing – any activity that brings the humerus posterior, in parallel with the floor. The infraspinatus is one of the four muscles of the shoulder known as the rotator cuff. This muscle is often weak, which increases the risk of injuring the shoulder. Activities that rotate the shoulders or bring the elbows behind you can increase the chances of injury if the infraspinatus is weak.

Infraspinatus externally rotates the arm. Problems with this muscle often result in pain deep in the anterior deltoid region and shoulder joint, sometimes extending down the anterior and lateral aspect of the arm and forearm, and occasionally into the radial half of the hand. Suboccipital and posterior cervical pain can also be experienced; and with this presentation, I have found that seated or standing Infraspinatus is more effective than prone. Perhaps this is because of gravity, in the same way that our Shoulder Procedure is more effective when seated or standing?

A client with a head-forward position and accompanying hyperextension of the neck from an auto accident early in life gets much cervical relief from seated Infraspinatus even if I have done prone Infraspinatus earlier in the session. Experimenting with Infraspinatus in the same way one might use North at the end of the session has often yielded faster relief than trying other usual suspects. Experimenting with the placement of the move has also been effective, as the tight fibers are sometimes not where we normally perform the move.

Another client, with both shoulder issues and asthma, displayed infraspinatus fibers,

where we do our move, the size of a breakfast sausage, rather than the somewhat thin, ropy fibers I generally encounter.

I hypothesize that this is related to what a Louisiana doctor discovered in his work with asthmatic patients who all presented with exquisite tenderness of the infraspinus muscle. Dr. Harry Philibert discovered what he termed the IRR – Infraspinus Respiratory Reflex:

“These early observations eventually resulted in determining that the infraspinus muscle is the location of a special autonomic nerve center which is very significant in respiratory health. The autonomic nervous system regulates body functions that are not under our conscious control or on “auto-pilot,” such as breathing, heart rate, perspiration, dilation or constriction of blood vessels, etc.

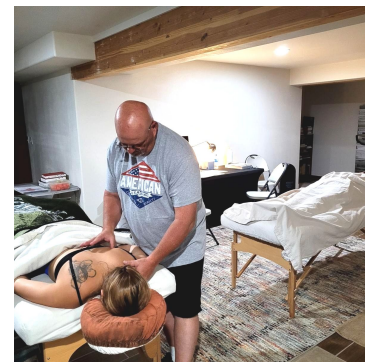
Once this nerve center– the Infraspinus Respiratory Reflex (IRR)–becomes irritated, it can become a broadcasting station of sorts, sending distress signals to the paraspinal autonomic ganglia. When these signals are received, the result is tightness or spasm of the muscles that regulate air flow in our lungs, resulting in chest tightness, wheezing, coughing, difficulty breathing, etc. Many existing pharmaceutical drug therapies for asthma address the resulting constriction of airways, but stop short of addressing this underlying source of irritation of the autonomic nervous system in the IRR.”¹

Dr. Philibert found that lidocaine injections in the nerve center (essentially the suprascapular nerve which innervates infraspinus through the upper trunk of the brachial plexus from spinal nerves C5 and C6) greatly reduced breathing difficulties in 85% of asthmatic patients, in addition to resolving shoulder pain. Daniel Keown, an MD and Acupuncturist and author of "The Spark in the Machine," finds that the small intestine sinew channel (meridian), which encompasses the entire scapula in addition to running up the arm, is also very useful for neck pain.

This writer has had success with clients with both breathing difficulties and neck and shoulder restrictions, in addition to shoulder issues alone, using the Infraspinus move. Definitely try this procedure seated for non-responding neck discomfort.

1. Wilson, John L. Jr., MD (2005, August 22). New Approach to Asthma. Health Unlocked. healthunlocked.com/asthmalunguk

Modules 1 & 2, July 2025:



Helena, Montana. Chance Burns and Cherokeeanne Hart, with Instructor Crystal Maceira. Left: Cherokeeanne performs the Shoulder procedure without an assistant. Center: Chance, Crystal, and Cherokeeanne. Right: Chance performs the "Boomerang" move on Cherokeeanne.



Corte Madera, CA. There is a distinct dress code for aspiring Bowenwork practitioners in California, though not everyone got the memo. Left to Right: Kacey Fitzpatrick, Tyler Hopkins, Jeanmarie Alo, Braden Krellwitz, Instructor Terra Sutton.

Left to Right: Kelsey Baker, Instructor-in-Training Maggie Ralls, Instructor Nancy Pierson, Mary Roth, and Nicole Seitz brave the July heat in Phoenix to participate in Modules 1 & 2. Photo by Ray Ralls.



CE Classes: Online and In-Person

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

In-Person:

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

The Pelvis Chris Reed will be in the US in September 2025 to teach his workshop, "The Pelvis."

Sept 10-11 Portland, OR.

Online:

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.

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.

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

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!



Module 9/10/SP1 Carmel, CA.

November 1-2, 9am -6pm, 16 CE
hrs. twohigk@aol.com

Module 11/12/SP2 Roseville, CA.

November 15-16, 9am-6pm,16 CE
hrs. bwnwk4lf@sonic.net

Modules 3 & 4 in Mount Shasta. Left
to right: Miranda Till, Instructor Karin
Twohig, Mila Svanyuta, Libby
Morphy. Seadar Green, Crystal
Scarlet.

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)

FREE QUARTERLY ONLINE PRACTITIONER/INSTRUCTOR DIALOG

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 **THURSDAY,**
OCTOBER 9th, 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



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\$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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