



Keeping in Touch

news & updates September 2025



Imagining themselves as panelists at the next International Fascial Research Congress: Kathryn Jul (Bowenwork Practitioner, OH), Dr Kyle Paulssen (MD and head of Human Biology, Cape Town University, South Africa), Chris Reed (Bowenwork Instructor & Practitioner from Geelong, Australia), and Sandra Gustafson (Bowenwork Practitioner & Instructor, CA).

Notes from the 7th International Fascia Research Congress

~by Sandra Gustafson, Instructor, who practices in Santa Rosa, CA.

In August, over 600 attendees at the world's largest fascia congress were treated to five days of inspiring presentations by leading fascia researchers Gil Hedley, Robert Schleip, Helene Langevin, Carla Stecco, Antonio Stecco, John Sharkey, and Polyvagal Theory developer Stephen Porges—to name only a few!

Held in New Orleans, LA, the conference was jam-packed with plenary sessions, movement, and hands-on workshops, from 7am – 4pm. Aimed at promoting interdisciplinary exchanges where movement, manual therapy, clinical science and the arts come together, the workshops served to illuminate

fascia from many perspectives. Additionally, there were pre- and post-congress workshops that included dissection and special interest workshops.

I was delighted to meet some of my Bowenwork colleagues there: Kathryn Jul from Ohio, and Chris Reed from Geelong, Australia.

Kathryn, along with Ohio State University cohorts, presented a great research poster: "The Anatomy of a Definition: Engaging Students in the Complexities of Fascia." At her poster stand, Kathryn also spoke to people about Bowenwork and handed out informational flyers.



Kathryn Jul (left) and Sandra Gustafson (right), with Robert Schleip (center).

Some of the presentations included research on fascia and the nervous system, particularly the Vagus nerve system; pain perception; lower back pain; working with scar tissue; fascia and concussion symptoms; the use of ultrasound imaging to observe changes in fascia after the application of bodywork or therapeutic devices.

Congress keynote presentations included:

- Robert Schleip - Fascia as a Neuro-immune Interface; Bridging Autonomic Regulation, Emotion and Pain Modulation
- Mark Driscoll – Beyond Muscles and bones: Understanding Fascia's Role in Spine Biomechanics and Health
- Antonio Stecco – The Biomechanics of the Fascial System
- Gil Hedley – The Vagus Nerve in Context
- Helene Langevin – Taking Fascia to Research to the Next Level
- Stephen Porges – Fascia, Autonomic Regulation and the Pathways of Connection: A Polyvagal Perspective

The congress evening programs were very social events, designed to promote fun engagement and networking among attendees. Kathryn, Chris Reed and I met many interesting people from around the world, and we were delighted to learn that quite a number knew about Bowenwork!

There was not much time for sleep. After the congress activities, we went out exploring New Orleans's French Quarter cuisine, cocktail and jazz bars, and

enjoyed the Big Easy vibe – it was a memorable experience!

CE Classes: Online and In-Person



Click on the video above to learn more about the upcoming CE course, The Pelvis, with Chris Reed.

Reserve Your Spot

LAST CALL FOR 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)

**APPROVED FOR CONTINUING
EDUCATION CREDIT WITH NCTMB**

*For more information and to register, click on the **blue** class titles, or contact via the email provided.*

IN-PERSON:

LAST CALL!

The Pelvis

Sept 10-11 Portland, OR.
Sept 13-14, Carmel CA.
Sept 17-18 Gentry, AR.
Sept 20-21 Durham, NH.

Chris Reed 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 video above.

Bowenwork for Women's

Wellness Roseville, CA. Sept. 27-28, 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.

ONLINE:

Set-Date Classes:

Bowenwork for the Childbearing Year, Parts 2 and 3

In these courses, we identify and discuss discomforts commonly experienced by mothers during the first trimester (Part 2) and second trimester (Part 3) of pregnancy, exploring which Bowenwork procedures can be safely and successfully applied to relieve them. We also address explaining Bowenwork to clients (and caregivers, if necessary), and differentiate it from other alternative modalities. This course is a series and each class builds upon the former class.

Part 2: First Trimester September 27- November 2. 24 CE hrs applied to the two-year certification period; 32 hrs applied to the 500-hour designation. Prerequisite: Successful completion of: Bowenwork for the Childbearing Year, Part 1 and Professional Bowenwork Practitioner certification. Tuition is \$400. Contact: usbr.bowtech@gmail.com

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

Module 11/12/SP2 Roseville, CA.

November 15-16, 9am-6pm, 16 CE

hrs. bwnwk4lf@sonic.net

NEW ONLINE CLASS!

Online Small Animal Bowen
Registraton is now open
12 ABA CE credits



Bowenwork for Small
Animals
Introductory class for Bowenworkers

For more information, contact:

Michelle Patterson
Solidago.michelle@gmail.com

Part 3: Second Trimester

September 27- November 2. 24 CE

hrs applied to the two-year

certification period; 32 hrs applied to

the 500-hour designation.

Prerequisite: Successful completion

of Bowenwork for the Childbearing

Year, Part 2, and Professional

Bowenwork Practitioner

certification. Tuition is \$400. Contact:

usbr.bowtech@gmail.com

Bowenwork and the Vagus

Nerve System December 6th,

9am-1pm PST, 4 CE hrs.

bwnwk4lf@sonic.net

Bowenwork for Persistent Pain

December 13, 9am-1pm PST, 4 CE

hrs. bwnwk4lf@sonic.net

These online classes can be started anytime:

Anatomy by the Modules

Online. Ongoing 6 CE hrs.

Anatomy and Physiology for

Bowenworkers Online. 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.

Small Animal Bowen Online,
Ongoing, 12 CE hrs. Contact:
Solidago.michelle@gmail.com

A one-of-a-kind distance learning opportunity focused specifically on small animals! For individuals with prior hands-on experience. Content includes video demonstrations, detailed instructions, downloadable images and diagrams.

Workplace Hygiene Health and Safety Online. Ongoing, 6 CE hrs.

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!

FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOG

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

2025						
January	February	March	April	May	June	July
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
August	September	October	November	December		
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

Bowenwork in a Hard Hat:



Above: Vivian Bartow, in Mena, Arkansas, has success after her Module 1 class.

While at a construction project, one of my crew members was in pain and very uncomfortable. She was having kidney issues and a urinary tract infection. During one of our breaks, we went into a construction trailer and I just did the simple Upper Back and Kidney moves. During the Kidney move I went very slow and I could feel hesitations under my fingers on the problem side. When I was done, she felt so much relief that she did not want to move and stayed for a bit. When she showed up back on site, she said she got a very strong smell of celery and there was none around and thought that was odd but most importantly, she had no pain and was able to work the rest of the day.

Evidence of Bowenwork Training in Action:



Kara Bunch taking a selfie with her recent Intro to Wellness Class in Early, Texas. Left to right: Mary Jane Ellis, Catrina James, Katha Shawver, Carol White, Julie Hahn, Krysta Bunch, Instructor, Kara Bunch.



Module 7 in Michigan. Left to right: Instructor Karin Twohig, Mary Aymen, Gail Przytulski, Andrea Edelmann, Linda McMichael, Instructor Gisela Bosch.



Module 5 & 6 in NW Arkansas. Left to right: Lora Fox, Angela Reetz, instructor Nancy Pierson, instructor-in-training Heather Boyle, Angie Jaraczewski.



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



The opinions expressed in *Keeping in Touch* are those of the authors, not the American Bowen Academy.

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!