



Keeping in Touch

news & updates September 2024

NEW INSTRUCTOR: CRYSTAL MACEIRA

Pictured here with her Mod 7 training class. Back row, left to right: Instructor Crystal Maceira, Module 7 Instructor Karin Twohig, Barb Muller, Tamra Anderegg, Alisha Sublette. Front row, left to right: Melissa Smith, Bethel Wagner, Vanessa Davis. Photo by Crystal Maceira.



From Massage Therapist to Bowenwork Instructor

-by Crystal Maceira, Instructor and Professional Bowenwork Practitioner, who lives and practices in Helena, Montana.

I had been a successful massage therapist for more than 16 years. In September of 2016 I was searching for CEs to satisfy the requirements for the Oregon Board of Massage Therapists when a retired massage therapist told me she was able to find relief from her migraines from something called Bowenwork. I had never heard of it, but when I heard her testimony, I immediately wanted to know what it would take to learn it.

After researching, I signed up for a class at a college in Portland, only to have it cancelled. Luckily there was another Bowenwork instructor in Portland, Cobalt Coy, who was willing to teach me one-on-one (as long as I brought someone else as a model), and within six months I was a practitioner. As I was learning the technique, I was amazed at how forgiving the Bowenwork moves are. I was getting results, even when I felt like I was not doing them as well as I thought I should. My most inspiring clients were those with Parkinson's, because they had exciting results.

By the time I took Module 7 at the end of April 2017, my husband and I had decided to move to Helena, Montana. I managed to fit in a Module 8 class before leaving Oregon, and as Karin and I were taking walks on the breaks, I was already talking to her about hosting classes in Montana. By September of 2018, I hosted my first class in our home. This was a turning point in my journey, as I was able to gain knowledge

from an extremely experienced instructor and gain a better understanding of this truly valuable form of bodywork, all while taking the advanced modules.

When I first arrived at the Associate Instructor training, I had only completed Module 9. I didn't feel very confident among others who had been doing this longer and had more training. But Nancy and Karin were able to guide me into this part of my journey with such grace and wisdom that by the end of the class I felt at ease and had much more confidence. I also realized from previously hosting Karin in my home that I knew more than I gave myself credit for.

I wanted to use my newfound skills right away. Within the first couple of weeks of my return, I had an Introduction to Wellness in Your Hands class with my neighbor and my husband. It solidified my skills and helped me gain the confidence I needed.

After that I worked hard to schedule classes regularly throughout the Covid crisis. I found that Facebook was a great advertising venue, and keeping record of those who couldn't make a class also helped. At least one person was able to be one of my students during my later practitioner training period.

It took me three years from the Associate Instructor training to join the Boot Camp training. I took the Independent Study class in 2021, but the timing just wasn't right for me to take the Module 1-6 instructor training. My age was also a big factor in why I didn't want to pursue it further; but in December of that year, I revisited that part of my journey. I prayed to see if this was what I was really supposed to be doing, and the Lord answered my prayers with a YES! From that point on, everything seemed to fall into place. I found a way to work on my other job remotely so I could leave town for short periods of time.

By the time I attended Boot Camp I had more than six students lined up to teach afterward. I felt it was important for me to gain confidence and settle into my own style of teaching. When all was said and done, I taught Modules 1 and 2 twice on my own, and the other sets of modules at least once. I knew from the experience of hosting Karin that not all the students would make it through all six modules, but by Module 7, five of the original ten students were still with the class.

I know that the most important aspect of teaching is to continue to advertise the Intro class. Many of these students want to continue, and by getting the basics down, it is so much easier for them to learn Modules 1 and 2. Only one of my students hadn't taken the Intro class, and she was one of the students who struggled to gain the confidence needed. I am so happy that we now have more practitioners in the state of Montana -- my daughter, Alisha, being one of them!

Wellness in Your Hands

Associate Instructor Lindsey Helms-Khoury (left) after teaching Wellness in Your Hands, also known as the Intro class: "Fabulous group of ladies - all occupational therapists that are Certified Hand Specialists. Becky Lisz (my OT when I worked in rehab in 1997



organized this group), Christine Benet, and Joyce Love."



Modules 3 & 4 in Highland, UT

Back Row: Jack Smith, Instructor and Trainer Karin Twohig, Carrie Keen. Front Row: Leiana Smith, Instructor -in-Training Doreen Spackman, Laurel Wendt, Nancy Osmond. Not pictured: Beverly Cangioli, who attended Module 3.

CE Classes: Online and In-Person

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

In-Person:

[Equine Bowen Level II - Intermediate Equine Bowenwork](#)

Brainerd, Minnesota. September 20th - 22nd, 9am - 6pm. 24 CE hrs

[Bowenwork and the Vagus Nerve](#) Roseville, California. October 5th, 9am-1pm. 4 CE hrs



CE Instructor Anita Tupper, in her role as midwife, supporting a client during birth.

Bowenwork for Persistent Pain

Roseville, California. October 5th,
2pm to 6pm. 4 CE hrs

Bowenwork for People Living with Cancer

Roseville, California
October 6th, 9am to 6pm. 8 CE hrs

Equine Bowen Level I- Introduction to Equine

Bowenwork Mill Spring, North
Carolina. October 18th-20th, 9 am -6
pm. 24 CE hrs

The Nerve Tour In a city near you
Ongoing through December 2024.
5 CE hrs.

Online:

These online classes can be started
anytime. For more information, click
on the class names.

Bowenwork for Persistent Pain

Online, September 28th. 2pm-6pm
PST. 4 CE hrs

Bowenwork and the Vagus

Nerve Online, September 28th. 9am
to 1pm, PST. 4 CE hrs.

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

BRAND NEW CLASS OFFERED SOON!

Childbearing Bowenwork

Overview:

For those of you who currently have
pregnant clients and do not have
time to move through the entire
Bowenwork for the Childbearing
Year course, or if you are unsure that
you want to commit to the full
course, we have an option for you!

We have taken the two most
common discomforts discussed
throughout Parts 1-6 of the full
Bowenwork for the Childbearing
Year course and condensed them
into the Childbearing Bowenwork
Overview class that takes only six
weeks to complete. This overview
class is a good fit for those wanting
to explore childbearing Bowenwork
but are not certain they can commit
to the full course.

The pregnancy and birth discomforts
selected for this overview class are
those most frequently encountered
by the instructor in her midwifery
practice. This overview class will
prepare the Bowenwork practitioner
for opportunities where they have
exposure to pregnant clients so they
can be prepared for the most
common needs that women
experience throughout the
childbearing year.

The successful completion of this
overview class will entitle the
Bowenwork practitioner to a 20%
discount on all Parts 1-6 of
Bowenwork for the Childbearing
Year. The full childbearing course is
still the best choice for those who
have an avid interest, want to go
deeper than a basic overview class,
and/or specialize in this area of
Bowenwork.

Prerequisite for the Childbearing
Bowenwork Overview is active
Professional Bowenwork Practitioner

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.

Bowenwork for the Childbearing Year Online. 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.

status. A handy reference document will be provided to each student at the completion of class that may be used when meeting with a client for Bowenwork procedure recommendations to address discomforts that were discussed in class. Stay tuned for class offering times!

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:

usadmin@americanbowen.academy

Thank you!



Freny Palia, Bowen Instructor from Mumbai, India, and Tracy Surrett, Bowenwork Practitioner from Skull Valley, AZ. Photos by Equine Bowen Instructor, Michelle Patterson.

From Mumbai to Minnesota, Bowenwork Crosses Culture and Species

-by Michelle Patterson, Professional Bowenwork Practitioner and Instructor, who lives and practices in Clearwater, Minnesota.

In May, Freny Palia, Bowtech Instructor from Mumbai, India, traveled to Minnesota to learn Equine Bowenwork. Freny is a breeder and owner of racehorses in Mumbai. She feels an energetic connection to the horses in her care and provides them with the highest quality of life.

Freny was joined in the class by Tracy Surrett, a Bowenwork practitioner and lifelong horse owner from Skull Valley, Arizona. After learning the basic body balance for horses, the two were able to take the training to a whole new level by working on humans and horses simultaneously.

Freny and Tracy both moved from horse to human during the pauses, keeping the horse within the proximity of the human energy field. During the sessions, they observed shared responses between the humans and the horses. The connection between the horses and the humans was remarkable. Emotions held deep were released and energetic bonds were solidified.

Remarkably, Freny and Tracy's human Bowenwork technique was identical in every way -- a credit to the quality and consistency of the Bowtech education program world wide. Regardless of where or with whom one learns, our Bowenwork protocol is recognizable and repeatable around the globe!

From Freny:

"Michelle is not just a teacher; she is a true master of her craft. Her deep knowledge of Equine Bowen therapy is matched only by her passion for teaching and her genuine care for both her students and the horses we worked with. From the moment the class began, Michelle's warm and approachable demeanor put everyone at ease. She has a unique ability to break down complex concepts into easy-to-understand steps, making the learning process enjoyable and accessible for everyone, regardless of prior experience. What truly sets Michelle apart is her dedication to her students' success."



Freny Palia, Bowtech Instructor from Mumbai, India, practicing the Saddle Area Procedure on "Cowboy" in Clearwater, MN. Click to watch.

Instructor Sandra Gustafson Reports From the Field:

One of my clients who has notable kyphosis emailed me after I had done Sternal Procedure on her:

"Hi Sandra,
...I also wanted to let you know that after I left my last appointment and got in the car, I was so much taller that my head was scraping the ceiling of the car. I had to lower my seat!! Thank you!

Lisa"



Above: August Module 7 class: Roseville, CA. Left to right: Instructor Sandra Gustafson students Beka Scher and Susan Smith, student and model, Nancy Murphy.

Below: August Module 9 class, Roseville, CA. Left to right: Nancy Vick (review), Angi Vining, Gina Williams, Miriam Novak, and Instructor Sandra Gustafson.





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\$26.00 - \$30.00

INTRODUCING BOWENWEAR!

We are pleased to reveal the first curated items in this easy-to-use dropship site for cool, thoughtful, promotional gear from Christina Barrows, a Bowenwork practitioner from the New Hampshire seacoast.

[Click Here for More
Bowenwear!](#)

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



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