



Paying respects with Thoracic

-by Gretchen Gray, Professional Bowenwork Practitioner, who lives and practices in rural southwest Missouri

I think Bowenwork is one of the most amazing gifts.

I had a client who came regularly for a few weeks and she was so impressed by her results that she insisted on continuing her weekly schedule. Her husband would bring her. He and I would visit during the waits, as he knew my husband before we were married.

A couple of months passed, and then her husband died in an accident. We live in a very rural community, and paying respects to someone who has passed is customary. As we arrived at her house, there were many people. We wanted to be respectful, but quick.

My client saw us as we came in and came over to us, asking us to sit and stay. We told her we couldn't stay, that we just came to pay respects. As we were about to leave, I asked her—just to be neighborly—to let me know if I could do anything.

"My chest and heart hurt," she said. "Do you have moves for that?"

I told her that I understood, that she was literally heartbroken, and that I actually did know some moves that might bring her comfort.

"Do you mind doing them now?" she asked.

I replied that I didn't mind, but that with her company she may not want them, because she would need to stay still for about 20 minutes.

She insisted, so she sat in her comfy chair and I did Thoracic Procedure. I told her I was going to leave her to relax, and that we would see her later.

After several days, she called, recounting how she sat there, quietly listening to loved ones share stories and memories of her husband. She wasn't sure how long she sat there but realized that all the tension and pressure she had was gone. She said she felt so peaceful for the next few days.

She is still a client, and every so often requests what she calls "the calming move."

CE Classes August - November 2023

In-Person:

For more information, click on the class name.

[Intro to Equine Bowenwork.](#)

September 8-10, 2023. 9 AM-6 PM.
Flagstaff, AZ. 24 CE hrs.

Online:

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

[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.](#) Online. Ongoing, 120 CE hrs.

[Workplace Hygiene Health and](#)

[Safety.](#) Online. Ongoing, 6 CE hrs.

Looking for a class?

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Pictured Above: Equine Bowenwork student [Robyn Gehrke](#) and her mare "Si."

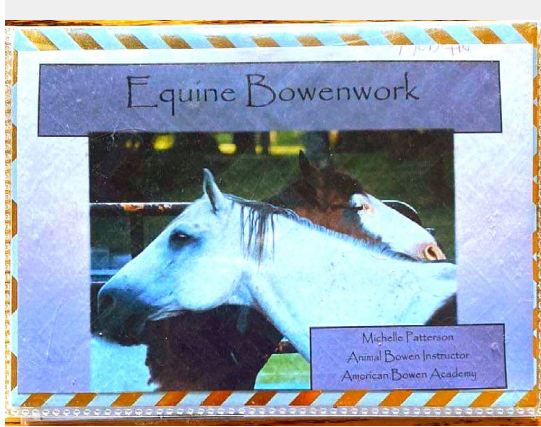
Featuring equine student [Robyn Gehrke](#)

-by Michelle Patterson, Equine Bowenwork Instructor

Robyn is a discerning horsewoman. She doesn't buy into the latest fads and she expects results. After taking the Equine Bowenwork class in 2021, Robyn says: "Si is my partner for many things, including sorting cattle. It can get pretty intense in the pen at times. I felt she would benefit from Bowenwork. On the outside, she looks just fine."

"Watching her release the tension makes my heart happy! It's my responsibility to give in return for everything she has given me."

While working on another horse, Robyn noticed a response indicating that "something wasn't right." Because Bowenwork is not a substitute for veterinary care, students are educated on the scope of practice and the need to refer for Veterinary care. Robyn referred the



Robyn's pocket sized portable Equine Bowenwork manual.

horse for veterinary care and confirmed that the horse had ulcers.

After the course, Robyn took the manual from the equine class and created a pocket-sized portable version that she can easily carry in her back pocket. Great work, Robyn!

Module 7 in Big Spring, Texas:

Left to Right: ABA's newest instructor, Collin Froman; Kelly Calcoate; Lexis McCrae; Robbie Froman; Pamela Merrill; Anna Munguia. Instructor Nancy Pierson stands behind the students, leaning into the tree.

Photo by Collin Froman



Congratulations On Your Achievement!

Practitioner Milestones

July 2023

Instructor Certificate

Collin Froman, Texas

Professional Bowenwork Practitioner 500 Hours Certificate

Maria Lofquist, Minnesota

SP-2 Certificate

Debra Park, Missouri

Meet new instructor, Collin Froman

I started my journey back in 2015 with "Bowenwork: An Introduction to Wellness in



Your Hands." Before then, I had been diagnosed with severe scoliosis that was causing several different problems throughout my body. I was getting results using other forms of natural healing but hit a roadblock. At that time, I decided to give Bowenwork a try. Within four weeks I had experienced relief from almost all of the problems created by the scoliosis. In another four weeks, I found that my back had straightened even more.

After experiencing this kind of healing, I decided that I wanted to learn Bowenwork to help friends and family. Throughout my time taking classes I had absolutely amazing results with case studies and log hours. By the time I received my certification, I had already built up a clientele and I had fallen completely in love with Bowenwork.

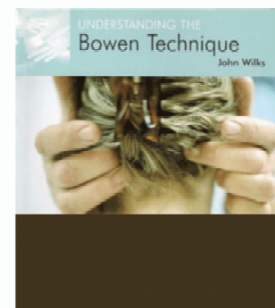
As an instructor, I look forward to sharing this wonderful modality with the world! I intend to teach classes not only here in my hometown of Big Spring, but also all over the state of Texas and anywhere else that I am asked to travel. Bowenwork has shown me a passion for helping others heal naturally and a passion for teaching that I never knew that I had. I look forward to teaching this wonderful modality in Big Spring and beyond!

Looking for some helpful tools to support you in promoting your practice?

PRODUCTS:

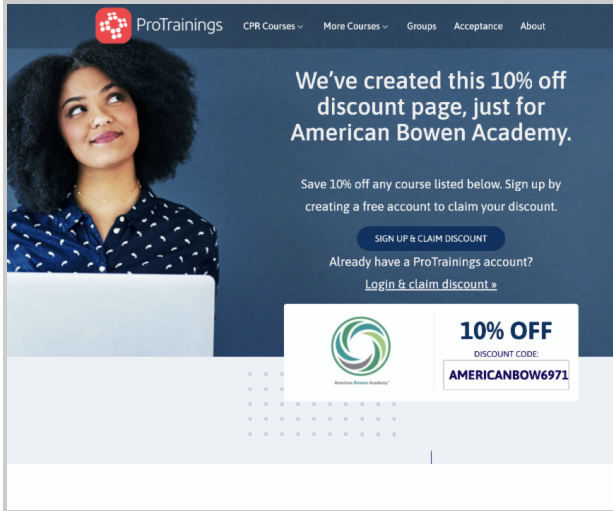
Many practitioners find this little book by British author, John Wilks, to be a helpful way to educate clients and new students about the benefits of Bowenwork.

To find this book and other educational materials, or to pay your annual administrative fee, click [here](#).



Understanding The
Bowen Technique

\$5.00



Is your CPR about to expire?

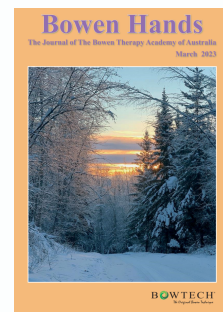
Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<https://www.protrainings.com/client/AMERICANBOW6971>

BOWEN HANDS

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