



American **Bowen** Academy™

Keeping in Touch

news & updates December 2023



Dear Students, Practitioners, and Instructors,

In this festive season, we at the Academy wanted to take a moment to extend our warmest holiday greetings to each and every one of you. This has been an incredible year for the American Bowen Academy, filled with growth, learning, and shared experiences.

First and foremost, we want to express our heartfelt gratitude for your unwavering dedication to the art and science of Bowenwork. Your commitment to excellence and the pursuit of knowledge has undoubtedly contributed to the success and reputation of the Academy. Together, we've created a community that values collaboration, education, and the well-being of others.

As we reflect on the past year, let's celebrate the achievements, milestones, and the countless lives positively impacted through the transformative power of Bowenwork. Your passion for healing and the continuous pursuit of excellence have not only enriched your individual practices but have also elevated the field of bodywork as a whole.

The holiday season is a time for joy, reflection, and connection. May you find moments of peace and happiness, surrounded by loved ones and the warmth of the season. Take this time to recharge, rejuvenate, and embrace the spirit of giving, both to others and to yourselves.

Looking ahead, we are excited about the opportunities and adventures that the coming year will bring for the American Bowen Academy. Together, we will continue to shape the future of Bowenwork, pushing boundaries, and exploring new horizons.

Thank you for your passion, dedication, and enthusiasm throughout the year. We are truly grateful to be part of this remarkable community. May your holidays be filled with laughter, love, and the joy of shared moments.

Wishing you a festive holiday season and a bright and prosperous New Year!

Warm regards,

American Bowen Academy

CE Classes December 2023 - February 2024

In-Person:

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

Bowen Inside-Out Level 1

California- City TBA. February 17-
18th, 2024. 16 CE hrs.

Online:

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

Fascia, What it is and Why it

Matters Online. January 6th -
March 10th, 2024. 80 CE hrs.

The Core: Diastasis Recti, Hernia, and Prolapse

Online.
January 6th - February 18th, 2024.
24 CE hrs.

What Students are Saying:

Fascia -What it is and why it matters

*"I find myself already different with
clients – my hands feel more, my
intentions are clearer, and I am
doing much better with 'less is
more.' I can see and feel a bigger
picture of my client, their 'whole'
from cell through tissue to
patterns of flow to Whole Being.
This course is a MUST for all of
us, helpful once we have the
basics (Mods1-6) under our belts,
and necessary if we have gone on
into SP 1 and 2."*

-Darcy Cunningham, Maine

The Lymphatic System and Bowenwork Online. February 17th - March 17th, 2024. 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 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?

Click [here](#) to use our Find a Class tool. Search by the class you want or your favorite instructor, or search by dates or even by state to find the latest listings of classes available.

The Core: Diastasis Recti, Hernia, and Prolapse

"This class started me thinking outside the box about what procedures to use. I've resisted postural exercises in the past because it felt to me it was a set of repetitions to strengthen an area including imbalances/restrictions. But I prefer the focus of this book and class on alignment which makes more sense to me, I think because its approach encompasses the entire body, not just one focused area of the body."

- Melodie Balmer, Oregon

The Lymphatic System and Bowenwork

"This course has opened up a new conversation for me to be able to talk to clients and potential clients about how Bowenwork helps with the whole system and addresses immune issues and the pathologies we talked about in class. I love knowing that I can assist clients better with a lighter touch and actually have evidence that it is beneficial to do so."

-Leah Berger, New Mexico

BOWEN Inside Out - Reading and responding to body wisdom

This workshop will help each Bowen Therapist achieve a better understanding of how the Bowen Technique can achieve lasting change for many ailments of the body.

Practitioners will learn to confidently recognize various signs that the body gives (such as the eye, the facial structure, nails and tongue) in assessing, refining, and setting protocol for Bowen and referring clients when necessary.



Join International Bowen Instructor Christos Miliakos in California, for a rare in-



The Academy is pleased to grant Continuing Education for any student or practitioner attending Gil Hedley's US nerve tour: The Nerve Project: Exploring the Nerve Tree in Relationship.

Gil started his tour across the United States in October of this year, and it will run through December of 2024, in 111 cities across the country.

This presentation is five hours and the cost is \$150.

In this live talk, Gil will share his latest research and discoveries from his journey dissecting the nerve tree. Through visual presentation, lecture, stories, guided embodiment exercises, and Q & A, Gil will demonstrate the details of both the central, autonomic, and peripheral nervous tissues.

Send your certificate of completion to Steven to receive your continuing education hours.

Click the link below for more information on how you can attend.

The Nerve Tour

Understanding Bowen from an Ayurveda Perspective

Farida Irani is bringing her CE class, Understanding Bowen from an Ayurveda Perspective to the US in April and May 2024:

Durham, NH, April 27-28
Carmel, CA May 1-2
Vancouver WA May 4-5
Gentry, AR May 8-9

If you have questions or are interested in taking a class with Farida, contact the area coordinator before payment or registration.

Washington or California:
[Karin Twohig – twohig@aol.com](mailto:Karin.Twohig@twohig@aol.com)
 Arkansas:

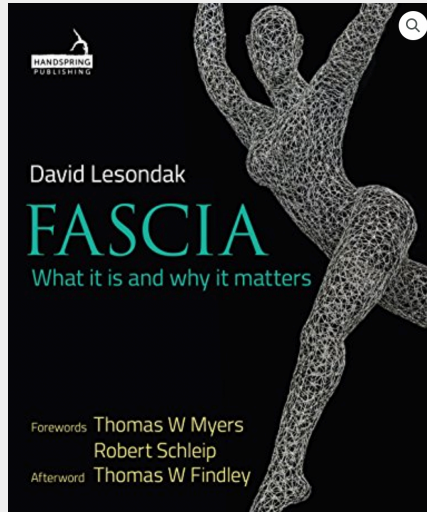


Farida is a Bowtech instructor teaching in India, Australia, and

Nancy Pierson –
bowensource@yahoo.com
New Hampshire:
Ainslee Farrington –
bowenworkartofhealing@gmail.com

[Click to Download
Flyer](#)

Taiwan, an Ayurveda practitioner and instructor, and a clinical aromatherapist and teacher. She is the creator of Bowtech Ease, author of *The Magic of Ayurveda Aromatherapy*, and founder of Subtle Energies, which manufactures and supplies skin-care products and high-grade therapeutic prescriptive blends.



Fascia, What it is and Why it Matters

Fascia, more than just a buzzword, underpins everything we do as Bowenwork practitioners.

Rapidly evolving research in the field of fascia shines new light on what we have been doing all along, giving clarity, support, and a deeper understanding of the effectiveness of Bowenwork.

We all want to speak with confidence about Bowenwork, and perform Bowenwork with confidence. Learn how the newest research in fascia can impact the way we look at, think about, and do Bowenwork.

By the end of this course, you will be able to:

~articulate the various types and layers of fascia and the components of the extracellular matrix

The Core: Diastasis Recti, Hernia, and Prolapse

An online class with Nancy Pierson and Karin Twohig

January 6 - February 18, 2024

As Bowenwork practitioners, we may encounter a client – even perhaps ourselves – with a hernia, diastasis recti, or prolapse of internal organs, which are pressure-related issues. This class will educate us about the forces that contribute to those medically diagnosed symptoms; we can then educate our clients on what Bowenwork can do to support a change, and what the clients can do for themselves.

We will explore how and why moving through the world with tight shoulders and tight legs and hips will pull on the structures of the abdomen and deform the connective tissue of the linea alba. This deformation can lead to hernias, prolapses, and a diastasis recti. If we look at these symptoms as a whole-body issue, we can not only perform Bowenwork on our clients but partner with them to enhance awareness of alignment and the importance of movement within that alignment.

The class uses the text, *Diastasis Recti – The Whole Body Solution to Abdominal Weakness and Separation*, by Katy Bowman, and is presented on the online

~analyze how Bowenwork is inherently a tensegrity modality

~describe how Bowenwork can affect the body, all the way from the fascia to the cells, using the process of mechanotransduction and the integrins (a cell receptor)

~use the fascial lines and other systems as a way to expand the indications for use when doing Bowenwork moves and exercises

~compare and contrast Bowenwork with other fascial modalities

This class uses the second edition of David Lesondak's text, *Fascia: What It Is and Why It Matters*.

PLEASE PURCHASE THE TEXT BEFORE STARTING THE CLASS.

platform Ruzuku. Kinesthetic awareness assignments will be part of this class.

PLEASE PURCHASE THE TEXT PRIOR TO STARTING THE CLASS



Gut Intuition

-by Tiffany Simpson, Professional Bowenwork Practitioner, who lives and practices in Tulsa and Broken Arrow.

This article is part one of two articles by the author exploring intuition in one's Bowenwork practice. Look for the second article in the January edition of KIT.

As Bowenwork practitioners, honoring our intuition enables us to make more authentic, aligned decisions that resonate with our true selves. I was recently challenged by a situation that caused me to shift my approach with a client.

A husband and wife came to see me for Bowenwork: the husband had migraines and back pain; the wife had suffered a stroke, with a history of paralysis, and severe depression that would keep her in bed for days. When I met her, she was able to walk with some assistance. She had already tried all of the depression medications and was taking ketamine at the time she came to see me.

On their first visit, I did the BRMs for her, and for the husband, I added the TMJ moves. I tried to do just enough. I left long waits and paid attention to where the energy went. I called the following day to see how they were doing. The husband reported that his wife had been very skeptical of Bowenwork,

not expecting it to impact her so much. He relayed how she was impressed and had talked about feeling things that surprised her. The husband said his migraines and back pain were improving. They were both excited.

When it got closer to the next week's session, the husband called to report that his wife was struggling with depression so bad she hadn't gotten out of bed in days. We put off our session for a week.

After their second session, the husband reported back that his wife was very emotional. He said her body was responding to Bowenwork, yet she wasn't sure if it was good or bad, as some nerve pain returned after being gone for over a year. She was worried that it would never go away.

Nerve pain? This was the first I was hearing about this.

All along, there had been quite a few phone conversations with the husband about his wife, but none with her directly. My first impression of the husband was that he was kind and supportive. They had children, and he had to work and take care of the children and his wife. I encouraged him to take care of himself as well, so that he didn't experience burnout.

Come to find out, I didn't have all the wife's backstory. Over the course of several weeks, each time I spoke with the husband over the phone, he would reveal more.

He told me that when the wife was a young mother, she became paralyzed with transverse myelitis – a rare condition, most often idiopathic, of inflammation of both sides of one section of the spinal cord. She had constant nerve pain that originated from her low back and traveled down to her legs, which lasted for years. The doctors eventually cauterized her nerves and used a nerve stimulator to stop the pain. She also went through Electroconvulsive Therapy (ECT) several times for depression. This caused memory loss, including the loss of memories of her children as babies. This is only some of the severe trauma that this woman has experienced, including long-term childhood sexual abuse by a family member.

During one call with the husband, I suddenly got this feeling that something wasn't right. I physically felt punched in the gut, and a voice in my head said, "He is not what he appears." I realized every communication I had was always with him. He asked to be in the room when I gave his wife Bowenwork; if I would ask to speak to her on the phone or by text, he would always say she wasn't up for it. There was nothing about his tone, demeanor, or behavior that was uncomfortable, but after having that feeling I knew I had to trust it.

I wanted very much to help the wife find some relief, but my intuition was telling me to let it go because the husband was a barrier to providing her with direct care. I never saw her again.

I'm sharing this story as a reminder to listen to and trust your intuition with your clients. It can provide valuable wisdom and insights that are not immediately apparent, leading to more informed choices and a greater ability to navigate uncertainty.

Practitioner Milestones November-December 2023

Congratulations On Your Achievement!

SP-1 Certificate

Kelle Lambers, UT

Tara Pierce, UT

Level One Practitioner

Regan Luithly, UT

Wendy Clare, CA



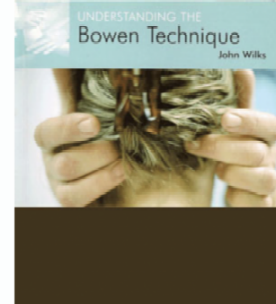
MODULE 7 CLASS, DECEMBER 2-3, 2023, ROSEVILLE, CA. *Left to right: Danielle Pedro (model), Catherine Story, Angi Vining, Sandra Gustafson (Instructor), Margarita Bozhenkova, Miriam Novak, Amber Thompson, Dena Walker.*

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

ProTrainings CPR Courses More Courses Groups Acceptance About

We've created this 10% off discount page, just for American Bowen Academy.

Save 10% off any course listed below. Sign up by creating a free account to claim your discount.

[SIGN UP to CLAIM DISCOUNT](#)

Already have a ProTrainings account?
[Login & claim discount](#)

 **10% OFF**
DISCOUNT CODE:
AMERICANBOW6971

Is your CPR about to expire?

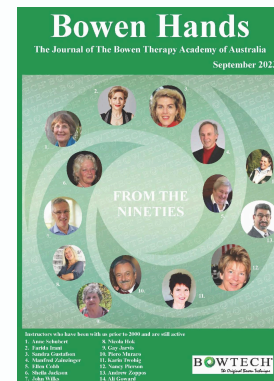
Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

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

BOWEN HANDS

Did you know that the paper copy of Bowen Hands Journal magazine is available for only a \$45 subscription (one year/four issues)? If you would like to start (or renew) your subscription, please contact your Administrator, Steven, to start the process:

(866) 862-6936 or usadmin@americanbowen.academy



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



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



Try email marketing for free today!