



Keeping in Touch

news & updates July 2026

A Beginning Rooted in Hope

*~by Crystal Maceira,
practitioner and associate
instructor, who lives and
practices in Helena, MT.*



Crystal and newborn infant, just
after assisting with the birth.

In 2017, a sweet young couple helped my husband and me move into our home in Helena. Newly married and full of joy, they were eager to start a family. Coming from large families themselves, they deeply desired children. But as time passed, that dream did not come easily. After three years without conceiving, they began making plans to travel to New York for in vitro fertilization treatments—a big step filled with both hope and uncertainty. Just two weeks before their scheduled trip, I offered something different: Bowenwork.

Both husband and wife had been diagnosed with underlying issues affecting their ability to conceive, so I worked with both of them on separate tables, in the same room. For this couple, the sessions became a quiet space of rest, hope, and renewed connection during a time that had been emotionally heavy. We continued consistently for six weeks. It would have been longer, but the world shifted suddenly as COVID-19 restrictions took effect in April 2020.. By that point, the changes they were experiencing were so encouraging that they decided to postpone their trip to New York. In the end, they never needed to go—the Bowenwork sessions had already begun supporting their bodies in the way they had hoped IVF might.

Then, something remarkable happened. In October of that same year, they shared the news—they were expecting. By June, they welcomed a healthy, beautiful baby boy. In the years that followed, their family continued to grow. They were blessed with a daughter and another son—each child healthy and deeply cherished.

In November, 2025, the couple announced they were expecting their fourth child. A few months later, the mother approached me after church with a heartfelt request:

Would I be present at the birth? I was truly honored. They had chosen another home birth, just as they had with their previous child. But as the due date approached, an unexpected concern arose. At a routine checkup just weeks before her March 28th due date, doctors discovered two potential complications:

- borderline anemia
- veins positioned in a way that could increase the risk of hemorrhaging

It was a serious situation—one that required careful consideration.

After prayer and thoughtful research, they decided to proceed with a home birth, supported by a prepared and experienced midwife equipped for emergency care if needed.

I suggested she begin taking Crystal's Super Greens to support her nutritional levels. I also offered to bring Shepherd's Purse, a traditional herbal preparation often used to support healthy postpartum recovery. She committed fully and took the Super Greens faithfully. A few days before delivery, she had follow-up blood work done. She called me, overjoyed—her levels had increased by 40 points.

On the day of delivery, just before 4 a.m., I received the call—labor had begun. I gathered the Shepherd's Purse and supportive herbal formulas and went to their home. When I arrived, I immediately began using Bowenwork techniques to help relieve her back tension. Labor places unique demands on the body, and Bowenwork can offer gentle support by helping the muscles soften, the breath deepen, and the nervous system settle. It doesn't push the body or try to control the process—it simply encourages the body to do what it is already designed to do.

Throughout labor, I applied additional gentle procedures to ease discomfort and support her body as it progressed naturally. These small, intentional movements often create a surprising sense of relief, helping a laboring mother stay centered, grounded, and connected to her breath. About an hour before active labor intensified, she took a dose of Shepherd's Purse. Then, after just an hour and a half of active labor, her baby boy was born. He was alert for hours—bright-eyed, calm, and absolutely perfect.

The mother later described it as the best birth experience she had ever had—peaceful, surreal, and empowering. She shared that she felt increased energy leading up to the birth, strength and clarity during labor, and remarkably stable afterward.

What struck me just as deeply was the harmony of the people surrounding her. Birth has a way of revealing the quiet strength of a family, and in that room, it was unmistakable. Her husband's presence grounded the room with deep love. He offered his hand, his breath, his calm. Her sister became a gentle anchor of encouragement—soft, steady words that helped her breathe through the hardest contractions. Her voice wove peace into the space. Together, the three of them created a circle of support that felt almost choreographed—

intuitive, unified, and full of grace. It was a reminder that birth is not only physical but deeply relational.

As the room settled into that sacred stillness that follows a new arrival, I reflected on the journey that had brought us all here—from years of waiting, to unexpected blessings, to this fourth little life now resting peacefully in his mother's arms.

I also felt humbled by the role I was able to play: throughout her labor, I used gentle Bowenwork procedures to help ease tension and support the mother's body's natural rhythms, reminding it of what it already knows how to do.

Watching her move through labor with such clarity, strength, and peace reminded me why I love this work so deeply. Birth reveals God's design in a way few other experiences can. The body knows. The spirit knows. And when a woman is surrounded by love, supported with gentle tools, and covered in prayer, something extraordinary happens. This birth was a testament to that truth.

Healing is often quiet. It grows in small decisions, steady support, nourishment, faith, and hands-on techniques that help the body find its balance again. And it reaffirmed something I have witnessed many times: **When the body is supported, it often responds with wisdom beyond what we expect.**

2026

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			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	

Next Online Q & A:
Thursday, July 16th
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

CLICK TO JOIN HERE

CE Classes: Online and In-Person JULY - NOVEMBER 2026

For more information and to register, click on the [blue](#) class titles, or contact via the email provided.

IN-PERSON:

[Module 11/12/SP2](#) Roseville, CA.
August 15- 16, 9 AM- 6 PM, 16 CE

ONLINE:

[Bowen Inside Out Level 1](#) August
7, 9 AM -5 PM EST 8 CE hrs.

[Bowen Inside Out Level 2](#) August
8, 9 AM -5 PM EST 8 CE hrs.

hrs.

Module 11/12/SP2 Brighton, MI.
August 8-9, 9 AM-6 PM, 16 CE hrs.

Module 8 Brighton, MI. August 11-12, 9 AM-6 PM, 16 CE hrs.

Equine Bowen Level 1 Capitan, NM. August 27-30, 9 AM - 5 PM, 24 CE hrs.

Module 8 Roseville, CA. September 19-20, 9 AM-6 PM, 16 CE hrs.

Module 9/10/SP1 Roseville, CA. October 10-11, 9 AM-6 PM, 16 CE hrs.

Practitioner Days A & B
Highland, UT. October 15-16, 9 AM-6 PM, 16 CE hrs.

Module 8 Glendale, AZ. October 27- 28, 16 CE hrs.

Module 9/SP1 Glendale, AZ
October 29 - 30, 16 CE hrs.

Module 10/SP1 Review and Assessment. Glendale, AZ.
October 29-30, 16 CE hrs.

Associate Instructor Training
Highland, UT. October 15 -17, 28 CE Hrs

The Associate Instructor training has a new format: blended learning, with an online portion that must be completed before the 3 day hands-on portion. Tuition is \$675; 28 ABA CE hours; 16 hours with other CE partners. Contact Nancy:

bowensource@yahoo.com for more information.

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: bnwnwk4lf@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.

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

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

Tom Bowen's Water, Walk, Wait and the 80/20 Online. Ongoing. 12.5 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!

Signs of Bowenwork Joy



June 20th Intro to Bowen class in Concord, NC, at the Trinity Cottage, Left to right: Anne Mitchell, Lindsey Helms-Khoury, Instructor, and Jenny Hainge.



Module 7, Mount Shasta, CA, Left to right: Kasey Fitzpatrick, Terra Sutton, instructor, Karin Twohig, instructor, Libby Morphy, Mila Svanyuta, Crystal Scarlett Chavez, Seadar Green.



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!