



From case study to organ donation

-by Gina Williams, who lives and practices in Grass Valley, CA

I am new to Bowenwork as a student and practitioner, but I have been so blessed to have many eager friends and family who have let me practice my newfound modality.

I have had great success so far. One of my first case studies was with my girlfriend, Nikki. At 39, she has suffered from severe pain most of her life. She was hit by a car when she was 15 years old and was in another car accident a little over a year ago, in which her car was hit in the front passenger side. Each of these car accidents had a significant impact on her hips and knees. Her job requires her to be on her feet all day and her pain has caused her to suffer more hours out of the day than not.

Nikki was eager to come to try Bowenwork, as her chiropractor, whom she usually would see multiple times per month, was out of town. I did the BRMs 1, 2, and 3. I then did Sacral and Knee on her. I chose the Sacral procedure based on the results of the pelvic assessment. The Sacral procedure "hit the spot," so to speak.

I sat her up and she was shocked that she was no longer feeling any pain. She said that usually she feels better after her chiropractor until she gets into her car and has to sit, and within 30 seconds she is in pain again. So, the real test would be once she got into her car and what she experienced after her 10-minute drive home.

She texted me when she got home... "NO PAIN!!" She said, "These last two hours were really awesome for me and everything that I needed. I drove all the way home and still have no pain. That says a lot."

Nikki's first treatment was on November 23rd. On November 29th, I got another text from her: "Hi friend! I just want you to know that my hip still feels better, everything feels better than it did, and I would love to come see you again."

During her third treatment, I learned that Nikki wants to be a living donor for her dad and give him a kidney. She also told me how much of a believer her husband is and that he wanted to see me after seeing how much of a change it had on his wife.

For the last couple of months, I have been seeing Nikki and her dad every week with the goal to help them with their future exchange of organs. Her dad has already had one kidney removed and is on dialysis twice weekly for the other kidney. He is so sweet and says he always feels so much better the day after I see him. He sleeps so much better and

feels less dizzy. I bring my two tables and we usually do the family, three to six peeps in an evening. They all can't wait to get their treatments each week.

Nikki has said she hasn't needed her orthotics and her feet are feeling so much better. Her hip is feeling much better and she can make it through her day in far less pain than before. Her main goal now is to help her dad have a smooth kidney transplant and I am hoping to help both of them before and after. She is one of my biggest fans and always tells everyone about Bowenwork and how much it has done for her.

Thank you, Bowenwork, for coming into my life. I am truly looking forward to this new chapter.

Congratulations On Your Achievement!

Practitioner Milestones

April 2023

**Professional Bowenwork
Practitioner 500 Hours Certificate**

Mishelle Knuteson
Barbara Bason

**Specialized Procedures 2
Certificate (SP-2 Module 12)**

Kara Bunch

**Specialized Procedures 1
Certificate (SP-1 Module 10)**

Skylar Bennie
Diana Green
Dana Hardegree
Jenny O'Dell
Denise Walther
Caran Johnson
Alisha Johnson

May 2023

**Professional Bowenwork
Practitioner 500 Hours Certificate**

Crystal Maceira
Doreen Spackman

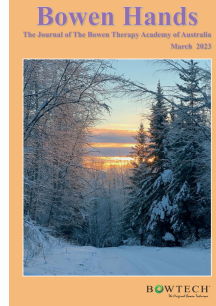


From this Specialized Procedures class, SP -1 Module 10 certificates went to Alisha Johnson-second from left, and Caran Johnson-third from right. Congratulations!

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



CE Classes June - September 2023

In-Person:

For more information, click on the class name.

[Deep Anatomy: Exploring Structure and Choice in Bowenwork Moves.](#) August 10-11, 2023. 9 AM-6 PM. Strafford, New Hampshire. 16 CE hrs.

[Intro to Equine Bowenwork.](#) September 7-10, 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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What students are saying:

Deep Anatomy: Exploring Structure and Choice in Bowenwork Moves

"I must admit I expected a list of maladies and what moves to use for them. What Nancy taught me was to use my head and think of the moves and what they could affect. The strongest aspect for me was how to slow down and execute the moves properly. This has proved invaluable in my practice since the class. Nancy was a very powerful presenter and a wealth of knowledge. I would definitely like to invite her here again."

"It was great to listen to, watch, and learn from Nancy. Her sense of humor is great and she is wonderful at allowing space for individual's learning."



Meet our future practitioners:

Module 3 Class with Cobalt Coy.
From left to right: Leslie Kidd, Katie

dates or even by state to find the latest listings of classes available.

Radez, Luna Walker, and instructor, Cobalt Coy.



The banner features a woman with dark curly hair looking up. Text on the banner includes: '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 & CLAIM DISCOUNT', 'Already have a ProTrainings account? Login & claim discount >', and a '10% OFF' badge with the discount code 'AMERICANBOW6971'.

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If you want to learn it, teach it: Associate Instructor Class with Nancy Pierson and Karin Twohig Gentry, Arkansas May, 2023



AI training was fantastic! I'd highly recommend it to anyone looking to refine their skills and gain confidence in teaching... I've already seen the benefits of the training with my clients since I've been back... I was nervous about teaching an intro class but now after this training, I feel excited and ready! (Ok maybe a little nervous too but definitely ready thanks to this class.) If you're thinking

I found the Associate Instructor training class to be knowledgeable, inspirational, and a great way to refine Bowenwork! The dynamic duo of Karin & Nancy's teaching styles and personalities made the class an experience to be treasured. I am excited to teach this work & pass it into the hands of anyone who wants to learn! - Monica Bradley, Portland, OR

I have been looking forward to this class for many weeks... months! My first 4-hour "Introduction to Bowenwork" class was filled almost before I took the class. There is a fabulous learning curve with each class I take, AI is no exception. The ability to teach, to think strategically about what I say, what I do, and exactly how I do it, for the benefit of someone else, is just wonderful. These bits

about taking the training... do it! You won't regret it. It'll make you an even better Bowen Practitioner and you'll have a lot of fun too. What a treat! - Janelle Klaus, Oceanside, CA

Nancy and Karin are so hospitable... fantastic health educators through how they live and such adventurers!! This was more than a class, it was an experience... I can go back home with refined moves and a renewed mind and body!... I am ready to teach my first "Wellness in Your Hands" class. -Lindsey Helms-Koury, Concord, NC

of information will help them to help themselves. I am also aware of the great responsibility that comes with this.- Maggie Simpson-Ralls, Glendale, AZ

A 6 AM kayak and paddleboard excursion on a nearby lake. "A harebrained scheme," said Monica, with delight.

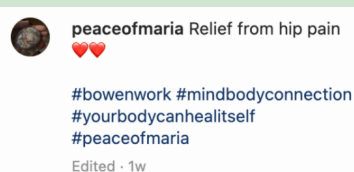
Pictured from Left to right: Karin, Monica, Lindsey and Nancy.



Promote Yourself and Your Bowenwork Business

To help support and promote students and practitioners, the ABA marketing team is asking for content to include in our newsletter and social media posts. We have increased efforts to spread the word about the great work being done by our members through social media and have been highlighting your stories in our newsletter. We encourage your participation in this effort by sharing news of what is happening in your clinics and in your local community.

Appropriate photos and videos will be shared on social media; written stories will be considered for the newsletter.



Need ideas?

Consider this example of a video that meets the guidelines listed below.

Brief, upbeat, and succinct, this testimonial, was posted by Maria Veale on Instagram.

Click on the play button to watch.

We welcome photographs, stories, or short videos of:

Guidelines for content:

- Videos should have pleasing backgrounds, lighting, and sound

- Successes
- Interviews
- Lessons learned
- Client testimonials
- Business strategies
- Anything else you think your community would find of interest

You may include your business information and the link to your personal website for us to include when posting on social media.

Submit content to:
bowlworkmarketing@gmail.com

- quality.
- Language should reflect our scope of practice. For example, do not use words such as diagnose, treat, therapist, or patient.
- Videos should be 2 minutes or less.
- Any photo or video should have the client dressed.
- Any photos or videos of clients or students must have consent to use.
- Photos should be accompanied by a succinct narrative.
- If you are speaking in the video, consider including "Everybody is better with Bowenwork" at the end.

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