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## Keeping in Touch

news & updates June 2026

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### 2026 International Bowen Conference in Geelong, Australia

*~by Sandra Gustafson,  
practitioner and Instructor who  
practices in Santa Rosa, CA.*

Sandra Gustafson visited the  
memorial statue dedicated to Tom  
Bowen in Geelong, Australia.



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On May 1-3, 2026, the Bowen Therapy Association of Australia hosted a conference in Geelong, the hometown of Tom Bowen, and celebrated his 110th birthday.

It was a fun and inspiring few days for Australian, New Zealand, and international Bowenwork Practitioners to gather after a 10-year hiatus from in-person conferences.

Key speakers included:

- Merrin Wake, Tom Bowen's granddaughter, who spoke of her childhood memories of growing up around her grandparents' home and Tom's clinics.
- Prof. Amie Steele, who encouraged participants to become involved in B-EAGER, the research collaborative for Australian and international Bowenwork practitioners.
- Ossie and Elaine Rentsch, founders of the Bowen Therapy Academy of Australia, who reflected on their time and interactions with Tom Bowen.
- Various Australian and international instructors also gave interesting presentations.

Conference highlights included a bus excursion through Geelong to visit the cemetery where Tom & Jessie Bowen are buried, Tom Bowen's various clinic sites, and the park in which there is a memorial statue honoring his gift to the

world with the wonderful technique, now known as Bowenwork. The conference gala dinner was a lively event with attendees enjoying the fun band and dancing.

It was announced that the next international Bowen conference is scheduled for October 2028 in Hawaii!



Terra Sutton, Elaine Rentsch, Cobalt Coy, Ossie Rentsch, and Helen Leonard enjoy time together at the conference.

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Sandra Gustafson with Elaine and Ossie Rentsch at the Bowen Conference in Geelong, Australia in May.



Ossie and Elaine shared their memories about the times they spent with Tom Bowen at the Bowen Conference.

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**2026****JULY**

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## Next Online Q & A: July 16th

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](mailto:usbr.bowtech@gmail.com)

CLICK TO JOIN HERE

## CE Classes: Online and In-Person JUNE - OCTOBER 2026

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

### IN-PERSON:

**Equine Bowen Level 1** Brainerd, MN. June 4-7, 9 am -5 pm, 24 CE hrs

**Module 11/12/SP2** Roseville, CA. August 15- 16, 9 am- 6pm, 16 CE hrs

**Module 11/12/SP2** Brighton, MI. August 8-9, 9 am-6pm, 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 - 5pm, 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

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

### ONLINE:

**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](mailto:bowensource@yahoo.com)

**Business Skills for a Successful Bowenwork Practice** Online, Ongoing. 16 CE hrs. Contact: [bwnwk4lf@sonic.net](mailto:bwnwk4lf@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**



**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 at [bowensource@yahoo.com](mailto:bowensource@yahoo.com) for more information.

**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](mailto:Solidago.michelle@gmail.com)

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

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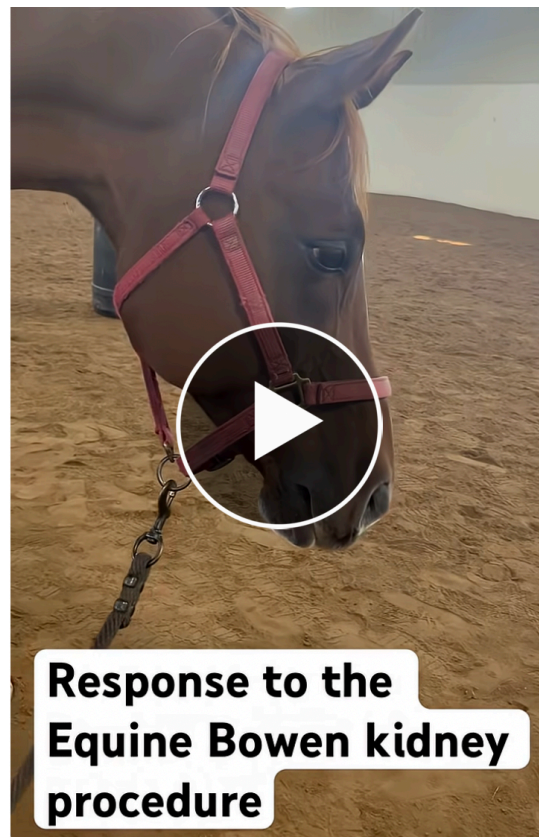
### Link not working?

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](mailto:usadmin@americanbowen.academy)  
Thank you!

## OBSERVING SOMATIC RESPONSE IN EQUINE BOWENWORK

*~by Michelle Patterson,  
Instructor and Equine  
Bowenwork Instructor who  
lives and practices in  
Clearwater, MN*

Click on the image to the right to observe a virtual response to the Equine Bowenwork Kidney Procedure.



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In Traditional Chinese Medicine, the kidneys are associated with the emotion of fear. This connection is particularly relevant in horses, whose survival as prey animals has depended for millions of years on their ability to rapidly detect and respond to danger. Their highly developed fight-or-flight response is governed by the autonomic nervous system, allowing them to react instantly to potential threats. While this survival mechanism

is essential, physical or emotional stress can become stored within the body's tissues and nervous system, leaving the horse stuck in patterns of tension and hypervigilance- the state of chronic arousal in which the brain is perpetually alert and on guard. By addressing the kidney area, Bowenwork encourages a shift away from sympathetic "fight-or-flight" dominance toward the parasympathetic state often described as "rest, restore, and digest." As the nervous system settles, the body is given an opportunity to release held tension, improve self-regulation, and support healing on both physical and emotional levels.

Although the horse in this video lives in a safe, loving environment, earlier Bowenwork sessions suggested lingering emotional patterns that may have contributed to ongoing stress and anxiety, resulting in potentially dangerous behaviors. During Equine Bowenwork training in the United States, Freny Palia—a Level II Equine Bowen student and Human Bowen instructor from Mumbai, India—performed the Kidney Procedure on Joey for the first time. Featured in the video above, one can observe the dramatic somatic response in Joey, with the nervous system showing physical signs of release through sweating.

Freny continues to provide Bowenwork to assist racehorses at her family farm outside of Mumbai, India.

### Monique's Confidence and Training Initiate Little "Peanut's" Healing



Monique with "Peanut." Photo by Peanut's Mom.

*Monique completed the Intro to Wellness course in January of 2026 with Maggie Ralls, Professional Bowenwork Practitioner and Instructor in Glendale, AZ.*

"I did Bowen on this little peanut when she was 11 days old. She wouldn't sleep more than an hour at a time, very gassy and would only sleep in a reclined position. This is the text my niece sent me: 'The next day and since then she has been doing a regular day schedule—four hours sleep and mostly in the bassinet. She slept in the bassinet from 1ish to 7 which was amazing! Brett (spouse) slept in the recliner with her from 9-12. He said he was afraid he would wake her....'"



# Signs of Bowenwork Joy

**Successful Module 7 students!** May 30 & 31, 2026, Roseville, CA. Left to right: Christine Murakami, Kamryn Crowley, Christine Sorensen. Back: Instructor, Sandra Gustafson.



Lindsey Helms-Koury (NC), Karin Twohig, Patricia Hopper (WA), and Nancy Pierson spend the day off from the instructor training bootcamp on the Kings River in NW Arkansas. Photo by Lindsey Helms-Khoury.



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

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