



American **Bowen** Academy™

Keeping in Touch

news & updates February 2026



Julie and Luna receiving Bowenwork to balance their energy at their farm in New Hampshire. *Photo by Maria Veale.*

Rebalancing the Equine Partnership

by Maria Veale, who lives and practices in Chester, NH.

Julie contacted me because she knew about Bowenwork, but wanted the unique experience of having a session at the same time as her horse, Luna. Having been through a couple of traumatic situations together in the past few years, they were ready to release and heal, both physically and emotionally. At first, Luna was very skeptical. She watched carefully as Julie received Bowenwork, but still walked away from me when I entered her stall. I told her that we would take as much time as she needed and retreated to the opposite corner to give her space. After a few minutes, she carefully approached and slowly turned to the side so I could access her hind end for the Lower Back procedure. Once she agreed to allow the work, she couldn't get enough. Her licking, chewing, yawning, and head shaking let us know that she was experiencing the releases we had hoped she would.

Luna and Julie are both grateful to have found Bowenwork and look forward to future sessions!

MLESTONES

Congratulations on your achievement!

Master Practitioner (SP-2)

Dvinder Mand - CA

Wendy Clare - CA

Advanced Practitioner (SP-1)

Catherine Story - CA

Vanessa Davis - CA



SPECIAL ONLINE OFFERING WITH CHRISTOS MILLIANKOS

Bowen Inside Out: Level One

March 27, 9 am-5 pm, 8 CE hrs.

Bowen Inside Out: Level Two

March 28, 9 am-5 pm, 8 CE hrs

Christos Miliankos in front of a slide of his own irises, showing the genetic tendencies inherited from his parents, grandparents, and great grandparents. Whether he manifests these predispositions depends upon his daily lifestyle. Find out more about how you can improve assessments in **Bowen Inside Out**.

CE Classes: Online and In-Person
FEBRUARY - JUNE 2026

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

IN-PERSON:

Module 9/10/SP1 Vancouver, WA.
March 19-20, 9 am-6 pm, 16 CE hrs.

Module 11/12/SP2 Vancouver, WA.
March 21-22, 9 am-6 pm, 16 CE hrs.

Module 8 Gentry, AR. April 16-17, 9 am-6 pm, 16 CE hrs.

Module 9/10/SP1 Gentry, AR. April 18-19, 9 am-6 pm, 16 CE hrs.

Module 11/12/SP2 Gentry, AR.
April 20-21, 9 am-6 pm, 16 CE hrs.

Equine Bowen Level 1 Chester, NH. April 23-26, 12:30 pm -6 pm, 9 am -6 pm, 24 CE hrs

Equine Bowen Level 1 Mill Spring, NC. May 7- 10, 9 am -5 pm, 24 CE hrs

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

ONLINE:

Set-Date Classes:

Bowen Inside Out: Level One
March 27, 9am-5pm, 8 CE hrs.

Bowen Inside Out: Level Two
March 28, 9am-5pm, 8 CE hrs

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: 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 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

Mikee's Colon Lives Again!

by Maggie Ralls, BSN, RN, Bowenwork Instructor and Trainee, who lives and practices in Glendale, AZ.

On April 5, 2022, a man in his 50's came into my clinic and told me he might only have five weeks and four days to live. He had perforated his colon three weeks earlier. The first doctor he saw said, "We can heal your colon, you'll be NPO (Nothing Per Oral) for a week, and you will have IV antibiotics; or, you can have a radical, probably-going-to-fail, corrective surgery with a permanent colostomy."



Maggie's client, Mikee.

Mikee had undergone a colon resection and an incisional hernial repair already. Another doctor told him, "Less than 10% of perforated colons heal without surgery." So, Mikee related, he was going into the hospital feeling like a basket case, thinking his colon was going to fail, from the get-go. Mikee went on to say, "I was admitted to the hospital and was kept NPO and got IV antibiotics for a week."

"Stabilized and released, but not feeling well, I heard about Bowenwork and called Maggie Ralls. I told her the basic story and asked if she could fix me. She said she would do her best. She had me fill out forms and she made a five-week plan. She would do my abdomen (Abdominal Procedure), my guts (Gallbladder 2 Procedure) and then she would work specifically on my colon (Colon Procedure) for the last three weeks before the surgery that was scheduled. She explained what she was doing that first day and shared some of the reactions I could have, including a possible intense healing reaction. I was nervous at first, but the hour flew by and I didn't feel different, just tired. She told me to call if I had any questions and to please rest. I said I couldn't do much else."

On April 6, the day after our session, I got a call from Mikee. His first words were, "What did you do to me? My urine STINKS!" He laughed and we talked about the Herxheimer effect. Then I asked him "Mikee, what does it smell like?" He responded boldly, "ether." He then relayed that he has had 26 surgeries over the years.

I worked on him for the first two weeks, performing BRMs, Kidney, Respiratory, Gallbladder, and Pelvic. He called and sent texts on how he was doing. His body seemed to be "doing internal flips, like slow-motion flux", in full blown healing crisis mode. His white count skyrocketed for a few days, and he was briefly hospitalized again.

After the fifth week of Bowenwork, Mikee was still feeling lots of body changes. He had said his guts were "...easing up a little, but still kinda like an E ticket roller coaster, at the sh*t-storm, no-fun, non-amusement park." (He has a way with words.) I did not think I would hear from him again. He had been through so much, and I had done what I could.

He called two days later, after he'd had the "final scan" for the surgeon to know how much they would need to cut and where the colostomy could be placed.

He waited many hours after the radiologist said that the surgeon needed to come see him. When the doctor did come, he asked what Mikee had been doing recently for his health. Mikee finally told him about the Bowenwork. "Well, whatever you are doing, keep doing it," the doctor said. "I've never cancelled a surgery like this before, until today. I cannot find enough inflamed tissue on your scan to warrant this surgery."

Then Mikee said, "Maggie, the CT Scan stated it was healed; you fixed my colon." I said, "No, Mikee, you and Bowenwork fixed your colon; I have been blessed to be a part of it."

When I got off the phone, I cried.

I still see Mikee every few months. His spouse will smell something, and she sends him to see me for another session. She drove him a few times. Now he drives, is happy, and lives again.

FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOGS

MARK YOUR CALENDAR FOR 2026:

**Thursdays:
April 23rd
July 16th
October 29th**

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

Signs of Bowenwork Joy



Intro Class:

Spring Werle is an Associate Instructor from deep in the heart of Texas – Brady, Texas. She showed her first intro-class students how much fun learning Bowenwork can be: “My first Bowen Intro class went really well! We finished on time, and everyone left feeling confident. I enjoyed teaching this class.”

Spring has taken all the modules and added her Bowenwork practice to The Works building, where she still runs her dance classes.



Demonstrating proper hand positioning: Isabella Herman, Spring Werle, Carla Long, Kara Koeberl, Danielle Martinez. Spring's daughter, Autumn, is photo-bombing at right.



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



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