



Keeping in Touch

news & updates January 2026

Bowenwork's Success with Chronic Regional Pain Syndrome

~by Debra Park, who lives and practices in Joplin, Missouri.



In 2001, Tina was thrown from her horse and it kicked her in the head. As a result, she developed Reflex Sympathetic Dystrophy (RSD), now commonly called Complex Regional Pain Syndrome Type 1. It is a chronic pain condition that usually develops after an injury and causes persistent, disproportionate pain involving abnormal nerve and inflammatory responses, leading to symptoms like swelling, color or temperature changes, and sensitivity in the affected limb.

Tina, my client, writes: "For more than 25 years, I have lived with chronic, debilitating pain, especially in my legs and feet; I was told by multiple doctors that there was no cure for my condition, Reflex Sympathetic Dystrophy, and that by the time I was 60, I would be confined to a wheelchair. After going down the route of opioids and their side effects, I began to look for more natural pain relief.

Bowenwork has been by far the most powerful treatment I have found. Due to nerve damage, I still live with pain, but I'm not in a wheelchair, although I'm almost 64. And because of Bowen, I have days where I am able to get out and enjoy life again.

One of the issues I was dealing with was extremely tight muscles in my neck and right shoulder area, which was making it very difficult to use my right arm. Although I received weekly deep tissue massages, I could get no relief. I was told that the area was like a brick wall. I tried various treatments, but nothing could penetrate the area to relax the muscles.

After just one Bowen session, my chiropractor told me to keep doing whatever I was doing because it was changing the muscle structure, and he was finally able to adjust my ribs and collarbone. When I finally went back to my massage

therapist, she was amazed at the difference in that area and said she could even feel the difference in my legs.

Another issue contributing to mobility difficulties was that my calf muscles were pulling my feet flat, so when I lay on my back, the bottoms of my feet would be flat against the table or bed instead of the toes pointing to the ceiling as most people's feet do. Debra targeted that specific issue, and by the end of the Bowen session, my toes were pointing up toward the ceiling. I have experienced many other benefits from Bowenwork, but these are the two major areas of relief I have received. I am so thankful that a friend cared enough about me to tell me about Bowen."

Tina began seeing me in January of 2025 and has continued on a monthly basis, with immediate, overall improvement. Every session she gives me big, grateful hugs because of the improvement in her quality of life.

FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOGS

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 M.L. King Day	20	21	22	23	24
25	26	27	28	29	30	31

MARK YOUR CALENDAR FOR THE NEXT DIALOG:

**Thursday, January 15th, 2026,
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

CE Classes: Online and In-Person JANUARY - APRIL 2026

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

IN-PERSON:

Module 11 San Diego, CA. January 17, 2026 9am-6pm 16 CE hrs. TwohigK@aol.com

Module 12 San Diego, CA. January 18, 2026 9 am-6 pm 16 CE hrs. TwohigK@aol.com

(online set-date continued)

The Core: Diastasis Recti, Hernia, and Prolapse Jan 24 - Mar 8, 24 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,

Practitioner Day C San Diego,
CA. January 19, 2026 9 am-6 pm, 8
CE hrs. TwohigK@aol.com

Module 11/12/SP2 Roseville, CA.
January 24-25, 9 am-6 pm, 16 CE
hrs. bwnwk4lf@sonic.net

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 20-21-17, 9 am-6 pm, 16 CE
hrs.

ONLINE:

Set-Date Classes:

**The Lymphatic System and
Bowenwork** Jan 10 - Feb 8, 2026
16 CE hrs.

**Fascia: What it is and Why it
Matters** Jan 10 - Mar 15, 2026, 80
CE hrs (16 toward required biannual
ABA 32 CE hrs and 80 CE hrs
toward 500 CE hrs)

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

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!



SPECIAL ONLINE OFFERING WITH CHRISTOS MILLIANKOS

**Bowen Inside Out: Level
One** March 6, 9am-5pm, 8 CE hrs.

**Bowen Inside Out: Level
Two** March 7, 9am-5pm, 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.

The Light at the End of a Long Tunnel!

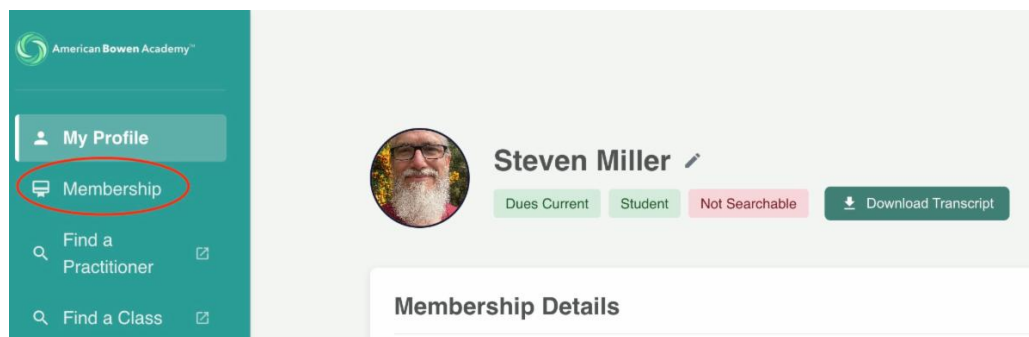
~by Steven Miller, ABA Administrator

Our website and database have been "under construction" for two years now. We so appreciate your patience, as this has been a long journey with many ups and downs. Both the Academy and our website company apologize for any frustration you have encountered during this process.

The major improvements have been to the profiles and to the practitioner and class search functions (search results are now instantaneous). Other upgrades include: multiple profile addresses, the ability to share search results, downloadable, unofficial transcripts, membership renewal from your profile, and much more. There are so many great new functions, and we are continuing to add more in the coming months.

You will need to claim your new profile in the upgraded system. This time, the process is simple:

- Click on this [email link](#) to send the administrator an email with your name.
- If the email doesn't work, send your name to usadmin@americanbowen.academy
- You will receive an email with very simple steps required to reset your password.
- Once in your new profile, there is a membership tab where you can renew your annual admin fee in one step. (See photo below.)



Check out the new profile and let us know what you think. If you encounter any issues or need assistance, please contact me at (866) 862-6963 /(866)-TO BOWEN, or at the email above.

Thank you again for being with us during this process. The American Bowen Academy is here to serve its members and support our instructors.



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.

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