



Keeping in Touch

news & updates May 2026

GLOWIN' BOWEN

*~by Heather Boyle, Practitioner and **new Instructor**, who lives and practices in Waupaca, Wisconsin*



Only a few years into my career as a licensed massage therapist, my body was beginning to show signs of stress and fatigue, in spite of my self-care routine. Additionally, I couldn't help but wonder what other techniques were available to help clients achieve lasting relief. The universe provided, and I was introduced to Bowenwork. Little did I know that in experiencing my first Bowenwork session, I was embarking on a whirlwind journey that would lead to certification as a practitioner within a year, the reinvention of my bodywork practice, and ultimately, a personal rebirth.

Bowenwork has a beautiful way of enriching the lives of those it touches. Not only has it resulted in countless stories of pain relief and improved quality of life for my clients, but it has provided me with opportunities to travel for classes, meet new people from around the world, be part of a community, and expand my education and understanding of the human body.

I love both working as a practitioner and teaching, but according to others, teaching is what makes my face light up. Whether teaching someone an introductory course, a module, or a few Bowen Moves for self-application, it's so rewarding to witness others become empowered to help themselves and others. After a session or class, everyone is 'glowin' Bowen!'

It's both exciting and humbling to walk alongside others in their Bowenwork journeys, and I look forward to continuing to inspire contagious passion for this amazing technique.



New Instructor, Maggie Ralls

Maggie & Nancy at Goldfield Mine
Ghost Town, Superstition Mountains
in background. Photo by Ray Ralls

-by Maggie Ralls, Professional Practitioner and Instructor, Bowen Works Magic Clinic, Glendale, Arizona

My Bowenwork journey began after meeting my spouse in late 2018, while dancing. He did a Bowenwork session on me several days later. I thought it was a bunch of hooey until three days later when I realized my back didn't hurt. I had him go see my chiropractor and he had me go see his "Bowen chick" (yes, that's what I called Dr Audrey Butko at first.) After realizing the power of Bowenwork, I never saw a chiropractor again.

Fast forward to COVID in 2019: I worked in a large hospital in Phoenix, AZ, as part of the Solid Organ Transplant Team. I loved my job teaching and being senior staff on the unit—28 years there and 32 years in nursing. I decided to retire in 2021 as the pandemic issues became more complicated and stress increased at work. Dr Butko also abruptly announced she would be retiring. After a discussion and weeks of shadowing her, she encouraged me to take classes and become a practitioner. Within a couple of weeks of her retirement, I began classes – Cobalt for Modules 1 & 2, the remainder with Nancy.

With Bowenwork, I saw results I had never seen in all my years working in the hospital setting. Next thing I knew, I became an associate instructor and was teaching classes. I was always asking Nancy questions, jokingly telling her I had her phone number on speed dial.

Always wanting to know more, I signed up for the online Independent Study with the Academy. It was incredibly enlightening to see what and how Bowenwork functions from a scientific and biological perspective, delving far beyond what I learned in all the prior practitioner training. That led to the Instructor Boot Camp with Nancy and Karin. They were great, although more than once I was overwhelmed with the technical precision and how-tos of the teaching specifics.

Presently, I'm teaching an average of two modules and one Introduction to Bowen four-hour class monthly now, after co-teaching the modules with Nancy. I love doing Bowenwork!

**CE Classes: Online and In-Person
APRIL - AUGUST 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 8 Roseville, CA. June 13-14, 9 am-6 pm, 16 CE hrs.

Module 9/10/SP1 Roseville, CA. August 15-16, 9 am-6 pm, 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.

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:

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

Watching it Unwind in Real Time

~by Collin Froman, who lives in Weatherford, Texas, and practices in Weatherford, Dallas-Fort Worth, Big Spring, and surrounding areas

I had just started with Low Back Stoppers during my client's second session and she started almost immediately unwinding. This continued on for several minutes. I did the next set of moves and then it started again. I didn't make it through the full BRMs in this session due to this strong and visible response. She told me that it continued throughout the week. When asked if she had any emotions or memories come up with the unwinding, my client said, "I felt like I was going through the motions that I go through at work, which is a very stressful environment." So, I assumed that she was unwinding the stress from her job. I think this is a great example of how just two small moves, in this case, the Low Back Stoppers, can have such a strong impact within the body.



Click on the image above to see the unwinding response in the client's left arm.

Signs of Bowenwork Joy



Modules 1&2 in Monterey, TN, from left: Dorothy Shen, Associate Instructor and facilitator Jan Casada, Tracy Stiles-Zabrisky (in front), Lisa Rodriguez, Kathryn Hammer, Jessica Morris, Kimberly Hoover, Instructor Nancy Pierson, Faith Hendrix, Marilyn Bauman.



Module 7 in Helena, Montana: Chance Burns, Instructor Karin Twohig, Bowen Maygren, Instructor Crystal Maceira, Jessica Kerr, Cherokeeanne Hart.



Module 7 in Glendale, AZ: Scott McVay, Valerie Kobbero, Instructor Nancy Pierson, Kelsey Baker, new Instructor Maggie Ralls, and local model Seadar Green, who recently went through a different Module 7.



SP1 class in NW Arkansas: Stefanie Dwyer, Bradley Moreland, instructor Nancy Pierson, Rain Grimm, Becky Herlocker.



Continuing the journey with SP1 in beautiful, big sky Montana: Crystal Maceira, Tamra Anderegg, Instructor Karin Twohig, Bethel Wagner, Barb Muller.

MILESTONES

Congratulations on your achievement!

Professional Practitioner

Rebecca Sanker PA
Ana Mackey UT
Amber Thompson CA
Scott McVay WA
Bowen Maygren ID

Advanced Practitioner (SP-1)

Barb Muller MT
Bethel Wagner MT

Master Practitioner (SP-2)

Angel Keyes OR
Erin Shimp OR
Alisha Johnson Simpson OR
Regan Luithly CA
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