



Keeping in Touch

news & updates September
2023



Maria, performing the Neck Procedure during an Equine Bowen class. Photo by Michelle Patterson

For Horse and Rider, Bowenwork Pays Off

-by Maria Veale, Professional Bowenwork Practitioner who lives and practices in Chester, NH.

I attended Michelle Patterson's Intro to Equine Bowenwork in June at Senator Bell Farm in Chester, NH. I've been around horses for 40 years and am fascinated with modalities that support their well-being. This class was transformational for me, and I couldn't wait to apply what I learned in the equine world.

In July, the American Quarter Horse Association (AQHA) hosted a Regional Championship Show in West Springfield, MA. I was there as a competitor, but also took the opportunity to hang flyers to gauge interest in Bowenwork for both horses and humans. There were seven days of competition with hundreds of horses and people, and on the first day, I was approached by someone who had a frozen shoulder and an anxious horse.

I worked on Lauren and her horse, Harley, in a tandem session. This was overwhelmingly rewarding. As people walked by and saw what we were doing, several booked appointments with me. One woman had neck pain, a trainer had knee pain and her horse had TMJ issues, another had carpal tunnel issues from braiding manes. I loved the opportunity to spread awareness of Bowenwork, to help humans and horses feel better, and to integrate that with my passion for horse showing. I didn't have



After receiving Bowenwork, client Lauren and her horse Harley were Reserve Champions (2nd Place) in Hunt Seat Equitation at AQHA's Region 6 Regional Championship Show. *Photo by Maria Veale*

to choose work OR fun, they were blended together.

By day six of the competition, Lauren and Stanley were feeling so much better that they were Reserve Champions! I am excited to continue this work and to see where it will take me. Thanks to Michelle Patterson for her leadership. I encourage anyone with a passion for animals to attend her classes!

CE Classes September - December 2023

In-Person:

None at this time. Please check the website for changes.

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](#)



Understanding Bowen from an Ayurveda perspective: Spring 2024

Farida Irani is bringing her CE class Understanding Bowen from an

[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?

Click [here](#) to use our Find a Class tool. Search by the class you want or your favorite instructor, or search by dates or even by state to find the latest listings of classes available.

Ayurveda Perspective to the US in April and May 2024.

Farida is a Bowtech instructor teaching in India, Australia, and Taiwan, an Ayurveda practitioner and instructor, and a clinical aromatherapist and teacher. She is the creator of Bowtech Ease, author of The Magic of Ayurveda Aromatherapy, and founder of Subtle Energies, which manufactures and supplies skin-care products and high-grade therapeutic prescriptive blends.

This class will be held in various locations across the country. Stay tuned for more specific details.

Future Bowenwork Practitioners:

Module 6 in La Jolla, CA: Taught by Joy Marcinkowski, August 12-13th

From left to right: Lisa Faust, Instructor Joy Marcinkowski, Regan Luithly, Cathie Wegrzyn, Wendy Clare



Congratulations On Your Achievement!

Practitioner Milestones

August 2023

[Professional Bowenwork Practitioner 500 Hours Certificate](#)

Cynthia Bowen, UT
Rebecca Roberts, ME

[SP-2 Certificate](#)

Jenny O'Dell, ME
Rebecca Roberts, ME

[SP-1 Certificate](#)

Anita Tupper, CO



SP1 class in Dover, NH: Anita Tupper, Betsy Brimmeier, Ishmael Dengate, Instructor Nancy Pierson, Bonnie Bastian, Barbara Engelsing, Holly Halloran, Anna Rembisz, Dominique Hain.

Ishmael Dengate, MA
Holly Boiselle, MA
Bonnie Bastian, NH
Betsy Brimmeier, PA
Barbara Engseling, PA
Dominique Hain, RI

Professional Bowenwork Practitioner Certification

Cherie Shetler, CA
Pamela Merrill, TX
Kelly Calcote, TX
Lexis McCrea, TX



SP2 class in Dover, NH: Holly Halloran, Anita Tupper, Betsy Brimmeier, Barbara Engseling, Bonnie Bastian, Larina Paoletti, Rebecca Roberts, Jenny O'Dell, Instructor Nancy Pierson, Dominique Hain.



On shore, getting ready to paddle to class

Ainslee Farrington graciously hosted the August Deep Anatomy class on her island -- Pine Island, on Bow Lake in Strafford, New Hampshire. As far as Instructor Nancy Pierson is concerned, the commute is almost as much fun as the class!

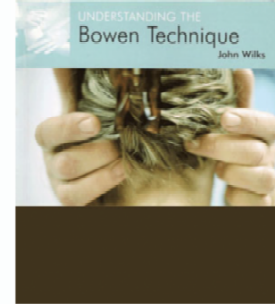
Left to Right: Judy Ketola, Instructor Nancy Pierson, Darcy Cunningham, Lisa Rhodes, Sue Marte, Ainslee Farrington, Sheila Hatch.

Looking for some helpful tools to support you in promoting your practice?

PRODUCTS:

Many practitioners find this little book by British author, John Wilks, to be a helpful way to educate clients and new students about the benefits of Bowenwork.

To find this book and other educational materials, or to pay your annual administrative fee, click [here](#).



Understanding The Bowen Technique

\$5.00

The screenshot shows the ProTrainings website interface. At the top, there's a navigation bar with links: ProTrainings, CPR Courses, More Courses, Groups, Acceptance, and About. The main content area features a woman looking at a laptop. Text on the page reads: 'We've created this 10% off discount page, just for American Bowen Academy.' Below this, it says 'Save 10% off any course listed below. Sign up by creating a free account to claim your discount.' There are two buttons: 'SIGN UP & CLAIM DISCOUNT' and 'Already have a ProTrainings account? Login & claim discount'. At the bottom, there's a box with the American Bowen Academy logo and a '10% OFF' discount code: 'AMERICANBOW6971'.

Is your CPR about to expire?

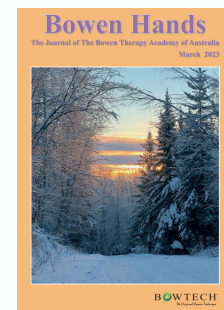
Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<https://www.protrainings.com/client/AMERICANBOW6971>

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



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





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