



Keeping in Touch

news & updates August 2026

LEAVING A LEGACY

*~by Jan Vidal Casada,
Certified Master Practitioner
and Associate Instructor, living
and practicing in Clarkrange,
Tennessee.*



I delightedly watch a new class of local practitioners (many of whom are clients of mine) get comfortable with slack, sink, challenge, roll, and think back to my first exposure to Bowenwork, 21 years and hundreds of clients ago. Wow, was I skeptical! Coming from a deep tissue massage background, I sure didn't see how Bowenwork's gentle moves could "do anything!"

I hope to never forget my initial concerns or doubts about Bowenwork, since so many people— both clients and introductory students —come to it with that same mindset. Over the years I have found that compassionate education and encouragement often results in clients giving Bowenwork enough chance to help themselves with lasting results, and students the confidence to continue in the work.

After all these years, I believe, and the results support, that Bowenwork is the "King of Bodywork," often resulting in significant relief in pain and resolution of conditions for folks who feel they have tried everything and have lost hope. Getting out of fight or flight mode and moving into rest and repair is something at which Bowenwork excels, and so many people really need. When given the energetic time and space to heal itself, the body often does, and in ways that surprise and exceed expectation.

I encountered Bowenwork in an article that I read two days before a class was starting quite a long way from where I then lived, in Florida. After several years of full-time deep tissue massage practice, I realized I would need to find work that would not be so tough on me physically, as the years went forward. There were no practitioners in the state; I had never heard of the work, nor even had

the benefit of a session. I went, learned, got my hands on lots of people (a strategy I recommend to new learners) and never looked back.

As a 50-something divorcee with a thriving massage practice I needed income. I had to prove quickly that this work really did get results and was worth the fee I charged. Thirteen clients agreed to try a few sessions. Imagine my surprise when 12 of the 13 preferred to stay with Bowenwork, rather than return to their regular massage schedule! It was a ringing endorsement at a time when I was reshaping a very busy massage practice to include Bowenwork clients.

I have always stayed true to the teaching I received to not mix this with any other directive therapies. Along with God's amazing healing power, I know that this is a big reason for the success I have observed. I encourage all practitioners and students to resist the allure of "I'll just add a little _____ to the Bowen."



Above: Students Dorothy Shen (standing) and Lisa Rodriguez (reading), practicing Module 1&2. Photo by Jan Casada

Through many years, several states and remarriage, I am now about to turn 70 and still going strong in the work! I run my practice as a mission, part-time, (though the last few years have become close to full time due to demand) and have lived in middle Tennessee enough years that word-of-mouth interest in Bowenwork has become more than I can reasonably handle.

This year, a great group of folks from the area have started training as practitioners. I will admit to calling them "my kids" though they range from young to older! I cannot wait to watch them develop their clientele, experience the joys and occasional frustrations of the work, and expand the availability of this terrific therapy to a much wider area than I can reach alone. I am already seeing my students feeling the confidence build in their hands and moves. This makes a difference for the people on whom they are practicing. I am really proud of their courage to learn something so useful that most people will not attempt because it's "too hard, or too inconvenient." I'm very complimented when they call with questions that start with, "Hey Jan, I have this client who _____. What would you do?" In them, I see my legacy, and I know that Bowenwork will not die out in this area when at some future point I am gone. Hopefully their influence will eventually extend to others learning the work as well. That seems to me to be a work-life well spent!

Milestones

Congratulations on your achievement!

Professional Practitioners:

Christine Sorensen, CA

Tina Miller, TN

CE Classes: Online and In-Person AUGUST - DECEMBER 2026

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

IN-PERSON:

Module 8 Brighton, MI. August 8-9, 9 AM - 6 PM, 16 CE hrs.

Module 9/SP1 Brighton, MI. August 10-11, 16 CE hrs.

Module 10/SP1 Review and Assessment Brighton, MI. August 10-11, 16 CE hrs.

Equine Bowen Level 1 Capitan, NM. August 27-30, 9 AM - 5 PM, 24 CE hrs.

Module 11/12/SP2 Roseville, CA. August 29 - 30, 9 AM - 6 PM, 16 CE hrs.

Module 8 Mt. Shasta, CA. September 17-18, 9 AM - 6 PM, 16 CE hrs.

Module 9/SP1 Mt. Shasta, CA. September 19-20, 9 AM - 6 PM. 16 CE hrs.

Module 10/SP1 Review and Assessment Mt. Shasta, CA.

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: bowensource@yahoo.com for more information.

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

September 19-20, 9 AM - 6 PM. 16 CE hrs.

Module 8 Roseville, CA. September 19-20, 9 AM - 6 PM, 16 CE hrs.

Module 9/SP1 Roseville, CA. October 10-11, 9 AM - 6 PM, 16 CE hrs.

Module 10/SP1 Review and Assessment Roseville, CA. October 10-11, 9 AM - 6 PM, 16 CE hrs.

Practitioner Days A & B Highland, UT. October 15-16, 9 AM - 6 PM, 16 CE hrs.

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

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.

Module 8 Helena, MT. November 5-6, 9 AM - 6 PM. 16 CE hrs.

Module 9/SP 1 Review and Assessment Helena, MT. November 7-8, 9 AM - 6 PM. 16 CE hrs.

Module 10/SP 1 Review and Assessment Helena, MT. November 7-8, 9 AM - 6 PM. 16 CE hrs.

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

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



2026		OCTOBER					
SUN	MON	TUE	WED	THU	FRI	SAT	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

Next Online Q & A: Thursday, October 15th 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

[CLICK TO JOIN HERE](#)



Signs of Bowenwork Joy



Intro to Bowenwork. Left to right: Anne Mitchell (demo), Tamara Ayers, Instructor-in-Training Lindsey Helms-Koury and Alana Donohue. A bunch of natural Bowenwork practitioners.



Introduction to Bowenwork: Rogers, Arkansas, July 2026. From left to right:

Associate Instructor Stefanie Dwyer, with students Aida, Leila, Christina and Katy.



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

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