

An Introduction to Bowen Therapy

4-hour workshop

OPEN TO ALL

Bowen Therapy is a gentle, effective and non-invasive style of bodywork that helps stimulate the body's natural ability to heal itself. It is deeply relaxing, safe and suitable for everyone from infants to the elderly, and elite athletes to those living with chronic pain or complex health conditions.



In this four-hour practical class, you will learn to apply key elements of Bowen Therapy to:

- **Help ease breathing difficulties**
- **Relieve or reduce muscle tension, joint pain or stiffness**
- **Help ease heartburn, acid reflux and other gastrointestinal complaints**
- **Relieve or reduce neck, back and knee pain**
- **Help the body come out of the stress of 'fight and flight', and into 'rest, digest, repair' nervous system dominance.**

Bowen can be done through light clothing, and can be given on a massage table, on a bed or you can do some moves on yourself or on your recipient while they are seated.

If you would like to learn a safe way to promote wellness in yourself and others, then this workshop will give you some Bowen moves to use straight away on yourself, and your friends and family. **No prior Bowen or allied health experience needed!**

This is a small-group workshop where we will learn specific Bowen moves and practice on each other through light clothing. Covid-19 prevention procedures will be in place.



Bowen Training Australia

Cost: \$125.00 includes a comprehensive manual with photos and anatomical illustrations designed for beginners.

Revision: \$110 (no new manual).

Dates: Saturday 25 July OR Saturday 8 August 2020

Time: 2pm-6pm (includes afternoon tea).

Location: Canberra Bowenwork, Suite 18, 14-16 Brierly St, Weston (just out the back of Cooleman Court)

Contact: Julie on **0417560225** or visit www.canberrabowenwork.com.au for further details.