

## Is it suitable for me?

The Bowen Technique is extremely gentle and is considered suitable for everyone, from pregnant women to new-born babies, the frail and the elderly. No adverse side effects have been reported.

## Can it help me?

It can assist recovery from many conditions from traumatic injury to chronic illness, depending on each individual's capacity to heal.

## Bowen should be considered for:

- SCIATICA/BACK PAIN
- DIGESTIVE /BOWEL PROBLEMS
- EARACHE/EAR INFECTIONS
- MIGRAINES
- FIBROMYALGIA
- CHRONIC FATIGUE SYNDROME
- KNEE,ANKLE,FOOT PROBLEMS
- MENSTRUAL AND HORMONAL IRREGULARITIES
- NECK AND SHOULDER PROBLEMS/WHIPLASH
- GROIN PAIN AND UNEVEN PELVIS/LEGS
- RESPIRATORY PROBLEMS/HAYFEVER
- SPORTS INJURIES/ACCIDENT INJURIES

## History of The Bowen Technique

The Bowen Technique was developed in the 1950's by the late Thomas Bowen in Geelong, Australia.

He became a therapist, regularly treating over 13,000 patients per year. In 1974 Oswald and Elaine Rentsch studied with him and began to document his work.

However it was not until 1986, four years after Bowen's death, that they began to teach the technique and ensuring that it was taught in the original form, they founded the Bowen Therapy Academy of Australia in 1987.

Since then another school The European College of Bowen Studies was formed by one of The Rentsch's protégé's, and now there are 2 established and recognised training schools for this therapy in the UK.

The Bowen Technique has over 12,000 practitioners worldwide that is growing every year.

Details of professional associations and training schools :

### The Bowen Association UK

PO Box 4358, Dorchester; Dorset DT1 3BA

[www.bowen-technique.co.uk](http://www.bowen-technique.co.uk)

### Bowen Training in the UK

[www.bowentraining.co.uk](http://www.bowentraining.co.uk)

[www.bowtech.com](http://www.bowtech.com)

[www.thebowentechnique.com](http://www.thebowentechnique.com)

[www.bter.org](http://www.bter.org)

## The Bowen Technique



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Every body is better with Bowen

## Understanding The Bowen Technique

### What is The Bowen Technique ?

A gentle form of bodywork in which very subtle moves are performed over the muscles and connective tissues, sending messages deep into the body, retrieving cellular memory of a relaxed balanced way of well-being.

### How does it work ?

The Bowen moves are light, gentle and very precise. There is no forceful manipulation.

The practitioners are able to discern stress build up in the muscles and other soft tissue, enabling them to perform specific Bowen moves to assist recovery and pain relief.

There are frequent but very essential pauses throughout the session that allow the body time to respond and begin the healing process.

The practitioner can target a specific problem or address the body as a whole.

A Bowen session initiates a cascade of beneficial changes that continue for several days. Applying other manipulative therapies during this time can interrupt this process and undermine the overall effectiveness of the Bowen work. It is therefore recommended that the client waits a week before commencing any other manual therapy.

### How Many sessions will I need?

Results can be remarkable, even from the first session. Most people find that a small number of treatments are enough even for long-standing complaints.

### What Can I expect?

Clients often report major or total improvement in seemingly unrelated problems that they may have forgotten to mention to the practitioner.

### Where can I find a practitioner ?

Here at The Willow Herbal Centre we have 2 practitioners of the Bowen Technique, treating both the local community and clients from further afield.

Bowen practitioners are registered with a strict code of professional ethics, are covered with indemnity insurance, and undertake at least 2 days of ongoing postgraduate development) every year.

Our registered practitioners carry the designated letters BTA, BTAA or BTER after their names.



## Fees

First Consultation	£45.00
Subsequent consultations	£40.00

