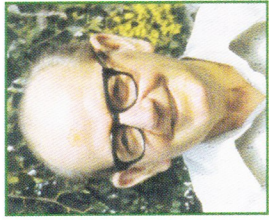


## How Bowenwork originated

Bowenwork was developed in the 1950s by the late Thomas Bowen of Geelong, Australia. Bowen's approach was to reset the tension in certain muscles and muscle groups by using a unique type of stretch-and-roll-through move and then pausing between sets of moves to give the body time to begin its response.



Tom Bowen (1916–1982)

He achieved amazing results. According to a 1974 survey of alternative health practitioners performed by the Victorian Government, Bowen was found to be doing over 13,000 treatments per year. In over 85% of his cases, the problems for which his patients sought treatment were resolved completely.

In the last years of his life, Bowen allowed several practitioners to observe him. He recognized only six of them as understanding his work. One of these, Oswald Rentsch, promised at Bowen's deathbed to make his work known around the world. Ossie's interpretation of Mr. Bowen's work is now taught in over twenty-five countries under the auspices of the Bowen Therapy Academy of Australia (BTAA) and is known under the internationally registered trademarks "Bowtech" and "Bowenwork."

Photos courtesy: [www.activebodyworks.com](http://www.activebodyworks.com)  
Jo Gravelly, [www.jogravelly.com](http://www.jogravelly.com)  
Dr. Lise Maltais, [www.doveclinic.ca](http://www.doveclinic.ca)  
Boomer Jerritt, [www.strathconaphotography.com](http://www.strathconaphotography.com)

## How to find practitioners

Individuals who successfully complete the training program of the Bowen Therapy Academy of Australia (BTAA) and meet its other stringent requirements are accredited by the BTAA as Professional Bowenwork Practitioners. Continuing education is required in order to maintain that accreditation.

You can find a complete list of Professional Bowenwork Practitioners in the United States (and over thirty other countries where Bowenwork is practiced) at [www.BowenworkAcademyUSA.com](http://www.BowenworkAcademyUSA.com). You may also obtain practitioner referrals by contacting:

**Bowenwork Academy USA™**

**U.S. Bowen Registry, Inc.**

**337 North Rush Street**

**Prescott, AZ 86301**

**1-866-TO-BOWEN**

**(1-866-862-6936)**

**[usadmin@bowenwork.com](mailto:usadmin@bowenwork.com)**



# How Bowenwork® can help you



Bowenwork  
evokes deep  
relaxation . . .

and renews the  
body's capacity  
for self-healing.



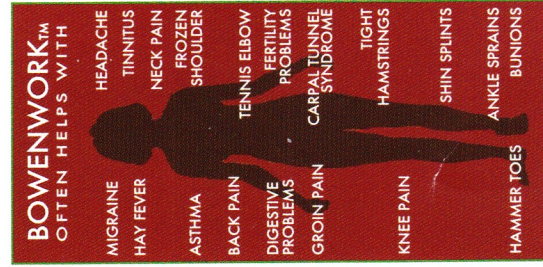


## What Bowenwork is

Bowenwork is a gentle and effective manual therapy that balances tension patterns in the body, resulting in a state of deep relaxation.

### **Bowenwork:**

- **Addresses the body as a whole.** It affects not only the musculoskeletal framework, but also the fascia, nerves, and internal organs. The body's integrated response to Bowenwork improves circulation and lymphatic drainage; it also enhances the assimilation of nutrients and the elimination of toxins from the body.
- **Is extremely gentle.** It is appropriate for anyone.
- **Can assist recovery from many conditions:**



- Traumatic injuries
- Overuse injuries
- High/low blood pressure
- Stress reactions
- Arthritic pain
- Fatigue
- Fluid retention
- Ear/throat problems
- TMJ problems
- Insomnia
- Depression
- Stroke recovery
- ADD / ADHD
- Developmental delay

## What Bowenwork does

The practitioner places fingers or thumbs on the skin over precise points on muscles, tendons or other soft structures.

He or she then applies gentle rolling pressure to effect a change in



the underlying tissue. The changes stimulate the body's autonomic nervous system to rebalance. Once this occurs, the body can initiate a healing response on structural and energetic levels.

## How many sessions are needed?

- Three to five sessions one week apart are usually all that are required for most sports injuries, work-related injuries, and problems brought about by long-term overuse.
- Clients with more complex conditions usually improve with additional sessions.
- Neurological and some other chronic conditions may require ongoing maintenance sessions.



Clients often report major or total improvement in seemingly unrelated problems they had forgotten to mention to their practitioners.

## What to expect in a session

- Wear or bring light-weight, loose-fitting clothing that your practitioner can work through. Or you may choose to wear your underclothes and be professionally draped for modesty and comfort.
- Your practitioner will take a health history and ask about the reason for your visit so as to select the best "Bowenwork moves" to apply that day.
- The actual hands-on work may take very few of the 20 to 60 minutes of the entire session.
- After each series of moves, your practitioner will make sure you are comfortable and will leave the room to allow your body time to begin responding.



## What to expect afterward

Some changes may be noticeable right away:

- **Reduced pain**
- **Greater range of motion**
- **A sense of relaxation and well-being**

You will most likely notice changes in the next several days as your body continues the process that began during your session. Sounder sleep and increased energy are commonly reported.

If your practitioner assigns "homework" of gentle Bowenwork exercises, do them daily beginning on the day after your session. This is an essential part of your care and will improve your results.