



renews the
body's capacity
for self-healing

What Bowenwork is

Bowenwork is a system of touch that initiates a series of responses throughout the nervous, musculoskeletal and fascial systems and the energetic pathways.

- **Bowenwork addresses the body as a whole.** The body's integrated response to Bowenwork improves circulation and lymphatic drainage and enhances the assimilation of nutrients and the elimination of toxins.
- **Bowenwork stimulates the body's autonomic nervous system to rebalance.** Once this occurs, the body can initiate a healing response on structural and energetic levels.
- **Bowenwork is gentle on the body,** effective and appropriate for anyone to receive.

Bowenwork can assist recovery from:



What to expect in a session

- You will be asked to wear lightweight, loose-fitting clothing that your practitioner can work through.
- Your practitioner will take a complete health history and ask about the reason for your visit.
- When you receive the work, you will rest on a bodywork table or in a chair, whichever position is more comfortable for you. You can expect to be on the table or in the chair for 20-60 minutes.
- When performing the "Bowenwork moves" your practitioner will place fingers or thumbs on precise points and apply a gentle rolling pressure to the underlying tissue.
- After each series of moves, your practitioner will assure your comfort and leave the room to allow your body time to begin its response to, and integration of, the changes.



What to expect afterward

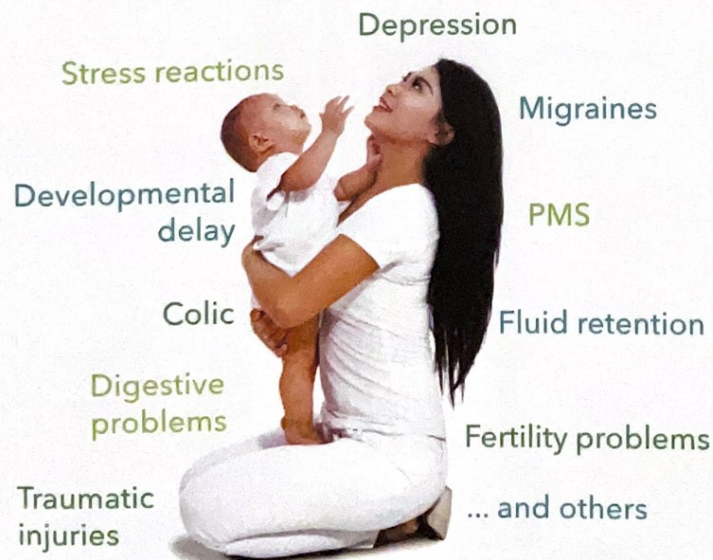
Some changes may be noticeable right away:

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

Over the next several days, your body will continue the process begun during your session. If your Bowenwork practitioner assigns you "homework" of gentle Bowenwork exercises, do them daily beginning the day after your session; they are an essential part of your care and will improve your results.

How many sessions are needed?

- Clients with acute sports, work-related, or overuse injuries often experience partial or full recovery within the first few sessions.
- Clients with more complex injuries will usually experience continued improvement with additional sessions.
- Clients with neurological and some other chronic conditions may require ongoing periodic maintenance.

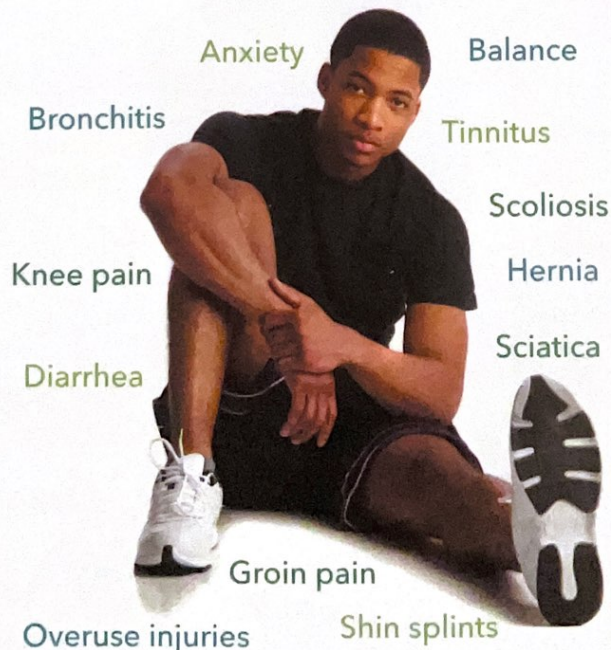


How Bowenwork originated

Bowenwork was developed in the 1950s by the late Thomas Bowen of Geelong, Australia. Mr. Bowen's approach was to reset the tension in specific muscles and muscle groups by using a unique stretch-and-roll-through "move" and then allowing the body time to integrate the changes during pauses between sets of moves.

He achieved amazing results. According to the Victorian Government's 1974 survey of alternative health practitioners, Mr. Bowen was completing more than 13,000 sessions per year. In over 85% of his cases, the problems for which his clients sought treatment were completely resolved.

In the last years of his life, Mr. Bowen allowed several practitioners to observe him in his clinic. One of them, Oswald "Ossie" Rentsch, has been teaching his "Bowtech" interpretation of Bowen's work since 1986 in over 25 countries. In the U.S. it is better known under the internationally registered trademark, Bowenwork.



American Bowen Academy™

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