

Bowenwork: Put Wellness In Your Hands

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Bowenwork: Wellness Class Description:

The human body has an incredible ability to heal, so if it not healing, it is stuck. Bowenwork through a series of gentle moves releases the restrictions that keep the body from accommodating to a better place. Once released the body finds its own way back to health. Bowenwork looks for the cause of the problems, which is not always in the same place where the problem occurs. Once the cause is addressed the problem does not return.

Bowenwork is a relatively new concept in therapeutic manual therapy, however it has been practiced in Australia where it originated since the 1950's. Developed by Tom Bowen, it is now worldwide in over 30 countries. Bowenwork gained recognition from its remarkable results and its gentle holistic approach on the client and gentle on the massage therapist.

Bowenwork resets the tension in certain fascia, muscles, tendons, joints and nerves, by using a specific targeted touch. These gentle stretch-and roll moves stimulate the proprioceptors, which send messages to the brain on how we hold ourselves in space. The brain then sends messages back down into the body to initiate an unwinding. This also stimulates the body's innate healing intelligence to mobilize to take the liberated energy and use it where the body most requires it. Bowenwork promotes profound relaxation, promotes healing, decreases pain, increases range of motion, decreases stress, improves postural alignment.

This 4 hour Wellness class is focused on learning the Bowen Move and it's application to specific areas which ignites the healing mechanism in the body. You will learn practical and influential techniques to:

1. Relieve muscle tension and stiffness
2. Ease breathing difficulties
3. Address injuries
4. Ease heartburn and other gastrointestinal complaints
5. Decrease neck, back (low and upper), and knee pain

You will be able to immediately apply these techniques in your practice. Many of the participants notice positive changes in themselves as part of the class.

Detailed Manual is included in cost of class.