

# Put Wellness in Your Hands

## INTRODUCTION TO BOWENWORK® CLASS, OPEN TO ALL



Bowenwork is a gentle, effective, noninvasive touch therapy that stimulates the body's ability to heal itself. It can be done through clothing. In this four-hour, introductory class, you will learn to apply key elements of Bowenwork to different parts of the body to:

- Ease breathing difficulties
- Relieve muscle tension, joint pain or stiffness
- Ease heartburn, acid reflux and other gastrointestinal complaints
- Relieve neck, back and knee pain
- Address injuries

Bowenwork is safe and appropriate for all — from infants to the elderly, from elite athletes to people with chronic conditions.

If you would like to learn a safe way to promote wellness in yourself and others, then this introductory Bowenwork class may be right for you.

**Bowenwork - the complement to complementary therapies - places wellness in your hands!**

\$95.00 (includes a manual with photos and anatomical illustrations designed with care for the needs of beginners)

**Saturday September 11, 2021,  
930 AM to 130 PM**

Space limited to 4 students. Pre-Register now to hold your space!

Turning Light Center, N Yarmouth ME  
Darcy Cunningham, C-IAYT, Bowenwork,  
Bowen Wellness Associate

FMI or to register: [darcy@TurningLight.org](mailto:darcy@TurningLight.org)

Bowenwork® 