



Turning Light Center  
Darcy Cunningham

*Finding ease in body mind & soul*

 THE INTERNATIONAL ASSOCIATION OF  
YOGA THERAPISTS | Bridging Yoga  
and Healthcare

Certified in Yoga, Yoga  
Therapy, Meditation, &  
Bowenwork  
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## What is Bowenwork?

### ***Unique form of neuromuscular re-patterning***

Bowenwork (aka Bowtech) was developed in Australia by the late Thomas Bowen. *It is a unique form of neuromuscular re-patterning.* It works primarily through the nervous system on both structural and energetic levels. Small, gentle, precise moves are made on muscles, tendons, ligaments and nerves, triggering the body's internal healing response to restore balance, ease, and improved function. Nerve receptors activated during treatment act to calm the body and mind, and facilitate the body's ability to heal. The technique is gentle and non-invasive, and can be performed through lightweight clothing.

Bowenwork is a completely new concept in bodywork. It is neither derived from nor similar to any other physical modality:

- ❖ Misalignments commonly right themselves- yet there is no manipulation of joints or bones as in chiropractic.
- ❖ Muscle tensions and strains are relieved, fascia rehydrates, adhesions release, scar tissue softens, and normal lymphatic flow is restored - yet there is no heavy pressure or squeezing as in massage or deep tissue work.
- ❖ Meridians show immediate improvements- yet the work does not resemble acupuncture.

Bowenwork is completely safe and appropriate for everyone from the highly trained athlete to newborns, pregnant women, the elderly and chronically ill. Bowenwork has been successful in addressing musculoskeletal problems such as back and neck pain, scoliosis, sporting injuries, TMJ alignment and carpal tunnel syndrome. It is also renowned for its effectiveness with internal conditions such as migraines, digestive and elimination complaints, colic in babies and respiratory problems, including asthma.

A Bowenwork session, done on a massage table, consists of gentle, rolling movements. These stimulations activate a systemic response so powerful that a few minutes' pause is observed to allow them to be integrated. A pattern of movements and pauses continues throughout the session. The rhythm is soothing and most clients fall asleep at least once. Benefits are usually apparent within two sessions, even with long-standing conditions. Bowenwork results are lasting and profound because it is the body that does the work.

FMI: [www.americanbowen.academy/](http://www.americanbowen.academy/)