



Turning Light Center
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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 was developed in Australia by the late Thomas Bowen. *It is a unique form of neuromuscular re-patterning.* It works primarily through the fascial system leading to both structural and energetic shifts. Fascia is a 3-dimensional matrix that interpenetrates and surrounds all parts of our body; fascia plays a major role in muscle coordination, postural alignment, and overall structural and functional integrity. All of these are negatively affected when the fascia stiffens, contracts, torques or dehydrates, such as with injury, surgery, sports, repetitive use, aging, etc. Bowenwork helps to restore balance, ease, improved function, and to facilitate the body's ability to heal.

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.
- ❖ Posture and mobility improve without harsh mobilization or stretching.
- ❖ 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, sciatica, scoliosis, also sporting injuries, TMJ alignment, frozen shoulder 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. The technique is gentle and non-invasive and can be performed through lightweight clothing.

A Bowenwork session, done on a massage table, consists of gentle, rolling movements on muscles, tendons, ligaments, nerves, and even organs. 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/