



About Bowenwork

Bowenwork is a specific series of muscle and connective tissue movements designed to stimulate healing by resetting muscle tone and balancing the autonomic nervous system. It addresses every system in the body, internal organ systems as well as the musculoskeletal system. These gentle, yet powerful moves send neurological impulses to the brain, which then is given time to process and feed impulses back to realign the body. Respecting this feedback loop is essential for allowing the body to restore its own natural balance.

What to expect during a session

Using minimal touch, a practitioner makes gentle, precise, moves over tendons, muscles and nerve bundles. The moves create a resetting of the body's various systems for the purpose of bringing the body into balance, thereby promoting healing and well-being. The body can use the energetic signals facilitated during a session to elicit deep, healing responses within the body on many different levels - mind, body and spirit.

The practitioner will make a few moves on the client's body and then leave the room for several minutes to allow the body to process and integrate the work. The practitioner will then return, make a few more moves and then leave the room again, and this process will continue until the day's work is done. A typical session will last between 15 minutes to an hour, depending upon the client's needs. A second session is always recommended to "set" the work.

Why choose Bowenwork?

- The work is gentle on both client and practitioner. It is so gentle that anyone can safely receive a treatment, even if they can not receive other body therapies. Although there are three circumstances in which a specific series of moves is contraindicated, there are no contraindications for a Bowenwork session, as other parts of the body and the body as a whole will still benefit.
- Bowenwork can be performed in many settings, with no special equipment, lotions, or oils needed. Most of the moves can be performed over clothing, if necessary.
- Most often, a surprisingly few sessions are needed to alleviate complaints, whether structural or functional. And the results hold for a long time, generally until there is a re-injury. Chronic and/or systemic conditions may take longer.

Conditions that have been shown to respond to Bowenwork:

* Frozen shoulder and shoulder pain	* Postural and gait problems	* Asthma
* Tennis elbow	* Sports injuries	* Bronchitis
* Carpal tunnel syndrome	* Shin splints	* Hay fever
* Arthritis pain	* Plantar fasciitis, other foot and ankle problems	* Sinusitis
* Fibromyalgia	* Hernia	* Allergies
* Scoliosis	* Knee and hip restrictions	* Colic
* Migraine	* Pelvic problems	* Crohn's disease
* TMJ syndrome	* Sciatica	* Indigestion/Constipation
* Chronic diarrhea	* Infertility	* Chronic fatigue syndrome
* Hemorrhoids	* Menstrual pain/PMS	* Balance problems
* Bed wetting, children	* Fibroids: breast and uterine	* Tinnitus
* Mastitis		* Ear ache and ear infections