

# BOWEN ASSOCIATION UK



## *Bowen News*

January 2019 – Issue 78



EVERY BODY IS BETTER WITH BOWEN

## Editor's Column

Well, as someone commented to me on the Module 8 that was running in Hammersmith at the beginning of December, "I haven't seen the newsletter for a while?" ... to which I replied, you're right and part of the reason for the delay of this edition is...the lack of articles!

Remember, this newsletter exists only because you have something to say, be it something quick or long, seemingly trivial or highly important...whatever, please send it to me. Otherwise, it'll be June before the next edition arrives through your letterbox!

### Newsletter Prizes

At the AGM, someone mentioned to me that someone was overheard to observe that the Association's Chair didn't deserve to win the newsletter prize, after all she is the Chair!

And I feel moved to comment on this, since it also relates to my opening comments.

*[Flame on...showing my nerdy side again!]*

Several editions ago, I described the way in which I select the winner using some role-playing-dice throwing...yes, I know, I know!

My general rule is that prizes don't go to committee members, and then from the remaining contributors I randomly select the winner by the dice. Previous winners have a reduced probability of winning.

The comment made me look again at the last newsletter and there were only three contributors: Sheila, Fiona, Steven Ludbrook. Two committee and one who's recently won a prize and has provided many articles. The two major articles were both by Fiona and took some time to write. As Chair, Fiona puts in a lot of work for the Association and of course isn't recompensed for her role. She did not need to provide the articles and I am sure had more interesting, horsey things to do but the newsletter needed articles and she provided...as did Sheila and Steven.

Fiona has won the newsletter prize before but she wasn't on the committee or chair at the time she did, and so was properly qualified.

So, I decided that I would relax the rules on that occasion and award the prize. As it happens, Fiona chose not to take the prize to keep it available for someone else.

BUT, if one other person who'd never sent in an article or had not won a previous prize had taken the time to send in an article...they would have won the prize!

*[Flame off]* ☺

### In this edition...

My, what a bumper issue we have for you this time!

A request from Barts, which wants complementary therapists; and a thank you to Paul Dunn!

Suggestions for your Business Practice.

A great example of how the Office can create your press releases for you.

Testimonials, and much more! I'm so excited I could...dance ☺

### And finally...



The prize this edition is donated by Helen Perkins, Gift Bag B: 2 x 200g Bexters Crystals for bath or foot spa and a bath mitt. What's not to like?!

*Dave Riches*

Tel: 07748118071

Email: [dave.riches@bowen-technique.co.uk](mailto:dave.riches@bowen-technique.co.uk)



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# *Bowen Association Chair Report*

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Dear Members,

We've had a very unbalanced year weather-wise. The Beast from the East, a cold wet spring turning to a long hot summer within a week and a very extended warm autumn, with fabulous seasonal colours. Now we are getting more 'normal' autumn weather - hopefully Nature's rebalancing will overall be as gentle as our work with our clients.

The summer heat was often too hot to do much and quite draining at times. Ironically, I've just had a very relaxing, restorative weekend warm and cosy in a cottage in Pembrokeshire with the wind howling and the rain slamming against the windows as a storm sat over West Wales for the 4 days. Sometimes what we think will give us what we want doesn't, and what might seem the worst of what we would like turns out very well for us!

The AGM at the end of June at Dunchurch, near Rugby was well attended, with many enjoying dinner on Friday night. Several of us stayed on to enjoy Jacqui and Luisa's Intuition and Revision course the next day.

My attention has been very focussed on the website and you can read more about that in the Committee Report too. Shirley, Diana and I spent many hours together in July, August and September working on the content, selecting from all your testimonials and short-listing, from many, five web design companies to discuss and engage with for their quotes.

The final decision was made at the end of October and the structure and format of the new website is underway. Now attention turns to other areas, particularly 2019's AGM and so another year turns.

For your information I now work every Tuesday & Wednesday in Dorset at an Equine Assisted Alternative Learning Centre for special education needs children. I volunteered here 2 days a week through the summer holidays and the centre manager asked me to work with her in September,

supporting an 8-year-old girl who has been out of education for 3 years. I'm learning a huge amount about how to deal with another person's need to control and to understand that this really stems from their fear and insecurity.

Clients, Committee work and everything else is now squeezed into the rest of the week! So be patient with me if I don't respond to emails or calls until later in the week.

## **Thoughts From The Chair**

I read the following quote in my RNLI autumn magazine in an article on the regular training volunteers undertake at their lifeboat stations, "Can you remember everything you've ever been taught?"

After far too many years, I repeated Module 8 in August with Nicola Hok in Peterborough. We all have moves we aren't quite sure about and it is a good confidence boost to get these clarified again. In particular, my BRM 3 moves 3 and 4 are much improved as a result of this Module 8 revision.

It is also reassuring, of course, to know that much of our work is accurate in terms of location, pressure, timing. What I really appreciate on Bowen courses is the nuances we can pay attention to when we have the moves nailed down. Paying attention to the feel in the skin/slack/challenge/move, the look of the skin, the angle and balance of our own body, the instinct for what this person needs right now. Many people fail to realise that, when learning, their brain can only accommodate a certain amount of information and they will miss some pieces by necessity.

So, taking the opportunity to revisit what you think you already know will pay dividends through a deeper understanding and appreciation of what the Bowen Technique offers. It also offers the opportunity to connect with new and old colleagues. You are not alone in facing the challenges you have; in your colleagues you can find resources and support to assist you in building your business and helping your clients.

In October, I had a very profound experience of the connection that exists between mind

and body. I've experienced issues in my right shoulder since 'freezing it' following a riding accident in September 2016. Bowen hasn't fully addressed it. Earlier this year, with no obvious physical reason, my left shoulder started having the same symptoms which was a real problem as now I couldn't sleep comfortably in any position.

As summer moved into autumn, I suspected a non-physical reason. My time and energy were focussed on the website. The Committee were evenly split where preferences were made between the final two options, which left the deciding vote with me as Chairman. Literally, the moment I made my decision, my shoulder blades dropped 6 inches down my back. That's how far it felt anyway!! Since that moment, my left shoulder has caused no issue. My right shoulder pain has at least halved.

If you have any clients with non-resolving shoulder issues, do ask them if they have anything which might be "weighing them down", are they feeling they are "carrying responsibility" for anything? It might be caring for an elderly parent, family members not sharing the load, career changes, saying goodbye to a loved one... Letting them talk about it, helping them find their way to a decision or to acceptance of what is happening might be just what they need...

*Fiona Webb*

*Chair of BA UK*



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## Committee Report

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### Website

Shirley created a dummy website on the WIX platform to share the project team's thoughts and current status; this was well received by those attending the AGM. It was also useful in discussion with web design companies. The principles underpinning the website are "Less is More" and "Balance", so the content and layout will reflect this.

In August and September, we researched web design companies. We had discussions and meetings with five companies, asking each to quote for redesigning the site and subsequent hosting. All proposed the same platform to be used, Wordpress, to enable us to update much of the site's content ourselves, which reduces ongoing maintenance costs.

The top two proposals were submitted to the Committee for their preference vote in October. The proposals were from our existing company, Strategy Plus and from Cravenplan, which ran the website seminars Shirley and I have attended over the last 18 months. Where a preference was made the Committee was evenly split, deciding vote was with the Chair. The decision was to go with Cravenplan.

Strategy Plus had a cheaper quote for the redesign by using a new sister company which isn't big enough to be VAT registered at this time, otherwise the quotes were comparable. They also offered a discount on our 2018 invoice if they redesigned the site.

Cravenplan had provided a great deal of free advice and guidance, with no expectation we would ask them to bid as our budget was below their usual engagement level.

In doing so they demonstrated a great depth of experience, with a proactive and creative thought process. This gave us a far more reassuring feeling than the Strategy Plus pitch which said the words one would expect but seemed to lack a connection with what we want people to experience when they land on our site.

Giving Cravenplan access to the dummy WIX site Shirley created, plus identifying all our key considerations and requirements demonstrated how much work we have already done. This reassured Cravenplan that we have a very clear idea for the look and feel of the site we want, which enabled them to quote a figure within our budget.

The new website is planned to be ready in the Spring.

## Data Protection

Below are some links to the Information Commissioners Office website, covering the principles of data protection, the registration, FAQ page and security tip.

- The 8 principles of data protection:  
<https://ico.org.uk/for-organisations/guide-to-data-protection/>
- Register/Renew/Assessment/FAQ page:  
<https://ico.org.uk/for-organisations/register/>
- Tips for keeping data secure/how to comply checklist page:  
<https://ico.org.uk/for-organisations/register/next/>

## Complaints, Arbitration

Looking back over past reports and things I've said at AGMs, I am reminded how important it is for us as practitioners to remember how we appear to others. Often complaints are about perception, not reality, but by then it's too late to make that critical change - the one that might avoid a disappointed, or dissatisfied client who is minded to make a complaint.

Remember never to promise you will 'fix' somebody - that's a guarantee you cannot give and may come back to haunt you.

Remember to quickly scan your therapy room before inviting the client inside - have you left anything lying around you shouldn't? Have you left those wonderfully comfy, but scruffy old trainers kicked into the corner? Mmm, nice. Even 'friends and family' deserve the same courtesy as your regular clients. Why not take a couple of photos of the room you use? It's a good way to distance yourself from the familiarity of the space and sometimes things that need attention will shout out at you.

Remember to eliminate cooking/decorating/ other unpleasant odours. Noise too - the spin dryer, phone, etc. You know the score.

Remember to protect yourself from false accusation of inappropriate behaviour, touching, innuendo and so on - I don't have to spell it out. This is a real thing - please, please remain aware. Be careful out there.

And now I feel like the school headmistress ... I can hear you sighing 'we know, we know', but take it from the person who is at the sharp-end of the complaints procedure ... it's very easy to forget.

*Sheila Whyles, Arbitration and Complaints Officer*

## Tourette's Syndrome

We have the opportunity to promote the benefit of Bowen at the National level for these types of client. If you or someone you know has used Bowen to help please contact the office.

## Bowen Association Executive

Fiona Webb	- Chair
Shirley Strickland	- Vice Chair, Website
Rob Godfrey	- Treasurer
Sheila Whyles	- Arbitration, Complaints
Gillian Rhodes	- Secretary, Marketing Projects
Veena Lidbetter	- AGM Coordinator
Paul Dunn	- Marketing Projects
Diana Menzies-Smith	- Website
Janet Le Sueur	- Newly Qualified Liaison Officer, Mentoring

A Vacant Role exists - please apply

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## *New CPD Course*

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### **Communication Skills and Practical Skills for Complex Clients**

“Communicating is the start of how the client/therapist relationship starts. If we get it wrong, then we don’t make a good impression and we could miss some really important clues as to why our client is needing our help.

Communicating with complex clients can be really difficult. Do they say what they mean or mean what they say? Or maybe they are just really blunt and to the point – my first client in the hospice environment I met told me she had just paid for her funeral as she had about six months to live; she was 42! What do you say to that?

This two-day course will enable practitioners to respond to complex emotions and difficult conversations with clients. There will be a chance to explore how to communicate more effectively and confidently in many different situations.

We will look at the skills needed to treat clients who maybe can’t just lie on a couch – what other methods could you use. What other things could you treat on besides a couch? Although we learn how to treat someone seated it’s not always second nature to us when we spend most of our time getting people to lie on our couch.

The course is run by Nickatie Demarco who has many years’ experience working with complex clients in a hospice and private practice. With her colleague Jean Fisher – Head of Education at St Michael’s Hospice they will facilitate a fun and engaging CPD course.”

If you are interested in this course, please get in touch with Nickatie at:

- [nickdemrt@yahoo.co.uk](mailto:nickdemrt@yahoo.co.uk)

*Nickatie de Marco, Herefordshire*

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## *Peer support group*

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Nickatie would be happy to organise a peer support group based in Herefordshire for the for the Herefordshire/Glos/Worcester/Shropshire region, potentially at St Michael’s hospice just outside Hereford.

If anyone is interested, please get in touch with Nickatie at [nickdemrt@yahoo.co.uk](mailto:nickdemrt@yahoo.co.uk)

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## *Module 8 Review*

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I first trained in Bowen therapy back in 2015 with Helen Perkins in Peterborough and this therapy was an addition to an already busy practice as a Body therapist. I thoroughly enjoyed introducing this amazing process to my client base but over the last couples of years I have been promoting it less. Just recently that nagging



voice in the back of my mind was reminding me of these valuable tools that I have at my disposal and thus a review was much needed. When I looked on the website I was pleased to find Nicola Hok was doing a module 8 in Peterborough which was too good an opportunity to miss due to the location of the venue.

My reason for putting this note together is I wanted to share the benefits of gaining CPD points by adding a new module to my learning. Firstly Nicola, as with all the Instructors I have met so far, is so knowledgeable and passionate about Bowen therapy. This means that the enthusiasm of all the instructors is infectious.

The couple of days were so invaluable as I feel I have improved and refined my own technique and gained more confidence in those procedures that were collecting dust in my manual. I knew the knowledge from my basic training but to revisit each procedure and really get down to the precision with Nicola's guidance has once again filled me with a renewed passion and enthusiasm. This will allow me to get this gentle yet effective modality out there to support people with their health and wellbeing concerns.

That in itself would have been worth the tutoring fee, but added to that, coming together with other Bowen practitioners who shared their own stories and experiences and in this supportive group just added to the benefits I gained from the couple of days. A lot of us, myself included, are lone practitioners. This makes the commitment to keep up to date, and regularly investing your time by reviewing, a rewarding and worthwhile process to allow your business to grow.

A huge thank you to Nicola for sharing her in-depth knowledge in such a way that made the learning fun and memorable, for myself and others.

*Lynne Canning, Cambridgeshire*



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## Testimonial

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Two testimonials received by Camelia Pop...

### Charlie

I have received a testimonial from the mum of a Cerebral Palsy child. He has been having Bowen for 5 years now. At the beginning we worked twice a month, while in the last 2-3 years he has had Bowen about once a month. He used to have severe constipation, but I started to do the sequence Rosemary MacAllister described at the AGM in Scotland last year: BRMs, Kidney, Coccyx, Pelvic, 3-5 Lower Resp., Colon, Head, all at once without any pause.

Every time after this set of moves, he passes stools every day or other day without discomfort, for about a month. When he has aches due to growing too quickly as he is 7 now, I do standard Bowen with the normal pauses, depending what is required, for the legs, and/or back, pelvic etc.

“My son Charlie has cerebral palsy and has been having Bowen since he was 2 years old. In the beginning Charlie was very weak unable to sit or stand unaided and was extremely shy.

Bowen has allowed Charlie to grow and develop without pain. His doctors are always very impressed at how flexible Charlie is in relation to his diagnosis of spastic paraplegia and he is now able to walk short distances with his walking frame, sit unaided and this has also enabled Charlie to grow into a confident young man.

Charlie also suffered with very bad constipation which meant he was on Movical for a period of time. However, with Bowen we found a sequence of moves which has enabled Charlie to come off his medicine and he now passes stools without discomfort.

Bowen has changed and will continue to help Charlie throughout his life.

Joanne Maley, Charlie's Mum”

## Irene

Irene Twigg High Blood Pressure, Headaches  
Ankles

"I went to see my Doctor as I was feeling very unwell, terrible headaches, stressed and anxious. On taking my blood pressure it was found to be excessively high. I was given BP tablets but they did not bring my blood pressure down. I was going on holiday in just over a week and the Doctor suggested that I cancel my holiday as she felt it was not safe to fly. Having had some Bowen treatment the year before from the lovely Camelia I contacted her and made an appointment. As Camelia worked her magic I could feel energy changes in my body.

Within two days I felt like a completely different person. My blood pressure was just about normal and my headaches and anxiety had gone. A few days later I went on holiday and had a lovely time

Whilst on holiday I had a problem with my ankles swelling which my Doctor said could happen due to taking the BP tablets but she wanted me to stay on them and monitor my blood pressure in case it goes too low. On returning from my holiday I booked another session with Camelia as I am aware that you should have at least a 3 sessions course of Bowen.

I went back for a second appointment this week and Camelia worked her magic again. I mentioned to her about my ankles and the bottom of my legs being swollen and she incorporated Bowen moves for this into my treatment. I cannot believe how well I feel!

My legs are fine, and I have a little swelling around my ankles - nothing like it was before. In fact, I have caught up with all my housework that I didn't have the energy to do before I went away on holiday and even though it is a very warm day my ankles are hardly swollen. Cannot thank Camelia enough. She is beautiful inside and out."

Note: my client is still having the medication. Bowen is not intended to substitute medication, it complements the medical care.

*Camelia Pop*

## Lucky Prize Winner...

...is Lynne Canning, who will receive the prize very soon. Contribute an article to the next edition and you'll be in with the chance of winning.

## Letters to the Editor

Dear Ed.

I was just browsing the Royal Academy of Dance e-newsletter, and thought it might be an idea to pop this in the newsletter:

"Advertise with us! The Royal Academy of Dance's E-News is read every month by thousands of dance lovers from around the world.

If your business is connected to dance and you would like to advertise, please download our media pack and contact Lead Marketing Officer, Jessica Wilson, to book.

[www.royalacademyofdance.org](http://www.royalacademyofdance.org)"

Any practitioner in the area could maybe try an advert or offer an article about Bowen maybe. They might be quite open to also having an article or even a talk/demo, and then place an ad. That way, whoever goes for this possible group/genre can be seen and heard, read about and then an advert. They might get quite a few clients!

Cheers

*Ros Elliott-Ozlek, Turkey*

## My Bowen Book List

Dear Ed.

I thought that it would be great to let you know some of my favourite books on Bowen, so I've compiled a short list of the best ones...in my opinion of course 😊 Do people have others they'd like to suggest?

- The Bowen Technique: The Inside Story, 14 Sep 2007, John Wilks.

- Using the Bowen Technique to Address Complex and Common Conditions, 21 Aug 2014, John Wilks and Isobel Knight.
- The Bowen Technique, 17 Nov 2001, Julian Baker.
- Bowen Unravelling: A Journey into the Fascial Understanding of the Bowen Technique, 30 Apr 2013, Julian Baker.
- BOWTECH - The Original Bowen Technique, 20 Jul 2007, Manfred Zainzinger and Sabine Knoll
- The Bowen Technique for Horses, 13 Nov 2012, Charlotte Maguire.
- Understanding the Bowen Technique, 1 Nov 2004, John Wilks.
- Bowen Therapy: How to Improve Your Health & Life with The Bowen Technique, 26 Nov 2016, Sarah Fredendell.
- Bowen Therapy: Tom Bowen's Gift to the World, 25 Oct 2014, Frank Navratil.
- Bowen Therapy - Complete Practitioner's Guide, 20 Mar 2013, Dr. Mitchell Mosher.
- Bowen for Therapists and students: A quick guide and manual to remember your sequences and notes, 11 Nov 2017, NF Books.

*Ros Elliott-Ozlek, Turkey*

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## *Bowen and Cancer Patients*

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Recently, the office had some correspondence with Elaine Charlesworth, Clinical Lead for Complementary Therapy, The Royal Marsden NHS Foundation Trust, who was interested in where we stand with respect to treating cancer patients.

We answered the initial queries in line with our base policy, but with the caveat that practitioners do have to remain flexible and respond to situations they are presented with, within these guidelines. Paul Dunn later supplemented our answers, and you may already know, that he volunteers at Barts NHS Trust, where he treats patients

with a cancer and/or palliative care diagnosis.

Her questions and our responses are reproduced below:

**Q:** Would a Bowen practitioner generally consider working with a cancer patient, and what might they be hoping for in terms of treatment outcome if they did?

**A:** Yes – but only with agreement from the patient's GP or physician in charge at the hospital. We would not treat an active cancer site unless specifically approved by the physician, or unless pre-approved - for instance, end of life palliative care in a hospice.

We, of course, treat elsewhere in the body, to assist with pain and symptom relief. Bowen's aim is to help with pain relief, relaxation, musculo-skeletal issues, symptom management and so on. And better help the patient cope with the stresses of the illness, chemotherapy and other treatments.

We also assist clients who are clear of their cancer – for example one of our members ran a study helping women post-mastectomy, gain better mobility with upper arms, shoulders – improving ability to dress themselves, brush their hair etc.

**Q:** If a Bowen practitioner did work with a cancer patient, would they advise the patient to exclude any other treatments for the duration of the time they were receiving the Bowen Technique or beyond?

The treatments that a cancer patient might be having concurrently could include but are definitely not limited to intravenous chemotherapy, physiotherapy, lymphoedema treatments including MLD, anti-emetics, CT scans, radiotherapy, MRI scans, analgesics and other complementary therapies which might include reflexology or massage?

If the practitioner did advise the patient to exclude any of these other treatments, what would be the rationale for giving that advice?"

**A:** We would only treat with permission from the consulting physician and would never advise that any treatment prescribed by

their medical professional was modified in any way.

We would, however, advise that only one complementary therapy at a time is probably sensible, unless the consulting physician approves otherwise, so that:

(a) to ascertain what works best for the patient and

(b) to avoid overloading the body with too much therapy – which may become tiring and/or counter-productive.

That said, we are very patient/physician led, and this is not a one-size-fits-all reply. For example, our decisions may be different treating someone embarking on their cancer journey as opposed to someone who is receiving only palliative care.

In the case of end of life, palliative care, then we would be more likely to accede to whatever the patient wants, if they believe that helps them manage better - after clearing it with their clinician and/or the policy at the hospice or similar, whether psychologically and physically. Whereas with someone in the early stages of treatment, we would specifically avoid active cancer sites unless approved by a clinician.

*Bowen Association (UK)*

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## *A week in the life of a Press Release*

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One of the benefits that Members of Bowen Association UK can enjoy, for free, is our press release writing service. Practitioners contact us regularly with requests to help them get something in the local paper. And it's a good idea to do just that.

Editorial stories are read 7 times more than paid-for advertising. Not only that, you can use the same piece for local radio, glossy magazines, social media, brochures etc. in fact anywhere and anything you like.

Here's how a typical press release is created from the initial contact by a member, to the final article - thanks to practitioner Jeni

Jones for allowing us to publish her path to the press.

### **1. Initial contact made with Head Office via [office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk)**

On Fri, 14 Dec 2018 at 20:04, Jeni Jones wrote:

Hi Sheila

I am just wondering if you could write an article for my local newspaper.

I have treated a local ballroom dance teacher who had not been able to wear heels until she had Bowen. Since then she has been dancing in heels and even entered a competition for a local charity and came second with a gentleman she had taught!

Let me know what information you require.

Many thanks

Jennifer Jones

### **2. We replied at once...**

Happy to help. That will make a great news item.

If you can send us the basics, together with details about the teacher - name, age, address, name of dance school, age of people she teaches, preferably a quote from her too, that would be great ... plus a brief case study with some personal details thrown in. For instance, what was the competition she entered and where.... We would also like to have a bit of background on you - how you came to be a practitioner, how people can contact you, where you work from and so on.

It doesn't matter how you send the above, or what it looks like, - it can simply be a list! We will do the rest from that and write you a Press Release. Look forward to hearing from you.

Sheila

### **3. So now you all know what we need from you!**

On Mon, 17 Dec 2018 at 11:13, Jeni Jones replied with all the above information just as we'd asked. We went to work.

And here is the finished result...

## STRICTLY BOWEN

Ballroom dancer and dance teacher, Nikki Stoddart (39), who runs the NS Ballroom Dance school in Formby, has scored the Bowen Technique a perfect '10' following her visits to practitioner Jeni Jones.

"Nikki was planning to enter the "Strictly for Woodlands" dance competition to raise money for Woodlands Hospice in Liverpool when she came to see me," explains Jeni. In fact, she had been suffering with severe pain in her feet from years of dancing and teaching. And when she went to Jeni for help she was struggling to wear heels or dance at all.

"On top of that, her competition dance partner had lost his wife to cancer, and she desperately didn't want to let him down," says Jeni. "However, the Bowen technique is an effective therapy offering significant relief for many conditions. And sometimes results can be life-changing."

After the therapy, Jeni was thrilled to learn that Nikki and her partner had won second place at the charity dance event. "After one session Bowen has transformed how I feel after dance classes too - it's absolutely incredible," said the delighted dancer. "It's as good as winning the glitterball!"

Jeni was inspired to become a Bowen practitioner after successful treatment for severe foot and ankle pain herself, whilst training as a nurse. "That's why I'm so passionate about Bowen and making a difference," she says. Now a qualified health visitor too, Jeni says: "I felt compelled to learn Bowen, so that I could help other people, just like it helped me."

A classic Bowen treatment is very gentle. There is no vigorous 'pulling about'. Gentle rolling moves are made on skin, muscles and tendons to promote healing.

A spokesperson for The Bowen Association UK, the professional association for Bowen Technique practitioners, of which Jeni is a member, was not surprised at such excellent results. "We hear many stories like these, the Bowen technique has an amazing track record," she explained.

And as for Jeni - she continues to treat people from all walks of life and all ages in

her Merseyside clinic. "It's my job, and my delight, to help as many people as possible get relief from pain or discomfort, and to improve their mobility and sense of wellbeing," she says.

You can contact Jeni Jones, who practices at The Health and Beauty Centre, 155 Southbank Road, Southport, Merseyside PR8 6LZ by:

Email: [jeniscully@hotmail.com](mailto:jeniscully@hotmail.com)

Phone: 07866184766

Facebook: [JeniBowenTherapist](#)

To find out more about The Bowen Technique in general and to find nationwide practitioners, visit the Bowen Association UK's website: [www.bowenassociation.co.uk](http://www.bowenassociation.co.uk).

ENDS



Jeni with a very happy Nikki Stoddart

If, like Jeni, you think a press release will help you promote your practice and you have a good tale to tell – simply contact us at: [office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk) with the bones of your story – and we will get to work for you too. We are in contact with you throughout the whole process to make sure we get it right.

*Sheila Whyles, Bowen Association  
Office*



**BOWEN TRAINING UK**

**PRESENT**



Make your way through the modules.

An excellent opportunity to enhance your Bowen skills, make new Bowen connections and refresh some of those slightly tricky moves.

**MODULE 8**

**Goostrey, Cheshire**

2nd & 3rd February

Trevor Griffiths & Jan Williamson

**Farnborough, Hampshire**

6th & 7th April

Ellen Cobb & Joanne Figov

**Edinburgh, Scotland**

8th & 9th June

Jacqui Hoitingh & Nicola Hok

**Peterborough**

10th & 11th August

Ellen Cobb & Lesley Baxter

**Sherborne, Dorset**

5th & 6th October

John Wilks & Joanne Figov

**Hammersmith, London**

7th & 8th December

TBA

**MODULE 9/10 SBP1 - ADVANCE**

**Christchurch, Bournemouth**

26th & 27th January

Joanne Figov & John Wilks

**Livingston, Edinburgh**

23rd & 24th March

Jacqui Hoitingh & Trevor Griffiths

**Hammersmith, London**

11th & 12th May

Nicola Hok & Jacqui Hoitingh

**Hereford**

27th & 28th July

Ellen Cobb & TBC

**Peterborough**

21st & 22nd September

Nicola Hok & TBC

**Farnborough, Hampshire**

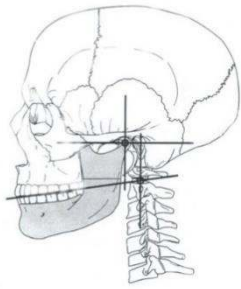
16th & 17th November

Ellen Cobb & Joanne Figov

All module 8 application forms must be sent to the first named tutor.

All SBP1 application forms must be sent to Ellen Cobb at [bowen@ellen-cobb.co.uk](mailto:bowen@ellen-cobb.co.uk)

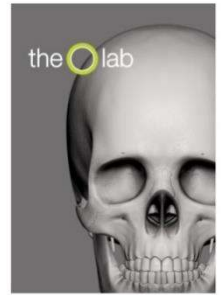
# Expand your Knowledge, Improve your Results, Increase Client Base!



## Have a special interest in **TMJ**?

TMJ - the "hidden imposter"

**The O lab Training and Education Ltd** - an exciting new company aimed at providing state of the art education to both therapists and the dental community. Guided by the unique work of Dr. G.P. Visser (Dorset, UK) the primary focus of the company is to build a practitioner referral network of suitably trained practitioners across the UK and other countries worldwide.



The O Lab Foundation and Fundamentals courses provide the Bowen practitioner with a great insight to the workings of the TMJ. Foundation level covers anatomy, physiology, pathology, assessment, appliances and introduces the orthodontic concept of "ideal position" to improve the outcome of your tmj treatments.

Fundamentals course expands upon these concepts and looks into the assessment and treatment of the whole body in conjunction to the tmj, with a special emphasis on Atlas and sphenoid balancing.

*Prerequisite: fully qualified Bowen (completion of up to Module 7) or health professionals, with minimum of 3 years experience.*



## Interested in helping with **Hormonal** issues?

The following are just a few of the problems that have responded well to

### **Hormone Release the Bowen Way**

Menstrual pain  
Endometriosis  
Fertility, Pregnancy  
Birthing  
Vaginal dryness  
Bladder problems  
Menopause – Hot flushes – Mood swings  
Loss of libido, Enlarged prostate

*This course is unique to Bowen therapists and draws upon your prior knowledge of Bowen.*

*Prerequisite is completion of up to Module 7.*

## Want to understand more about what you are doing and how to **Assess** your treatment outcomes?

The three, one day "Practitioner Assessment Skills Course" (PASC) Modules workshops have been specifically designed for the serious bodywork practitioner to enhance assessment and treatment options.

**(Note** The 3 modules 1,2+3, can be taken in any order)

Developed from the experience of thousands of clinical hours as a remedial and Bowen therapist in the Geelong region. Having had treatment, clinical and training experience with 3 of Tom Bowen's original students, PASC incorporates a blend of orthopedic, kinesiological, fascial and intuitive assessment techniques. This course will provide the participant with range assessment and validation skills to enhance their practice.

Open to **ALL** practitioners, the course will cover pre and post treatment assessments. Learn quick and effective ways to assess dysfunction. Enhanced treatment options. Students will be given the time to use the treatment style of their choice, validating the outcome of their treatment.

**All courses are recognised for  
BAUK  
CPD points**



### **2019 UK + Ireland Training schedule with Ron Phelan**

#### **Cornwall, England**

June

- 1st - Practitioner Assessment Skills Course Module 1
- 2nd - Module 1 The O Lab "Foundation" course
- 3rd - Module 2 The O Lab "Fundamentals" course

#### **Herefordshire, England**

September

- 7th - Practitioner Assessment Skills Course Module 2
- 8th - Module 1 The O Lab "Foundation" course
- 9th - Module 2 The O Lab "Fundamentals" course

#### **Aberdeen, Scotland**

September

- 28th - Practitioner Assessment Skills Course Module 1
- 29th +30th - Hormonal Release the Bowen way

#### **Norfolk, England**

October

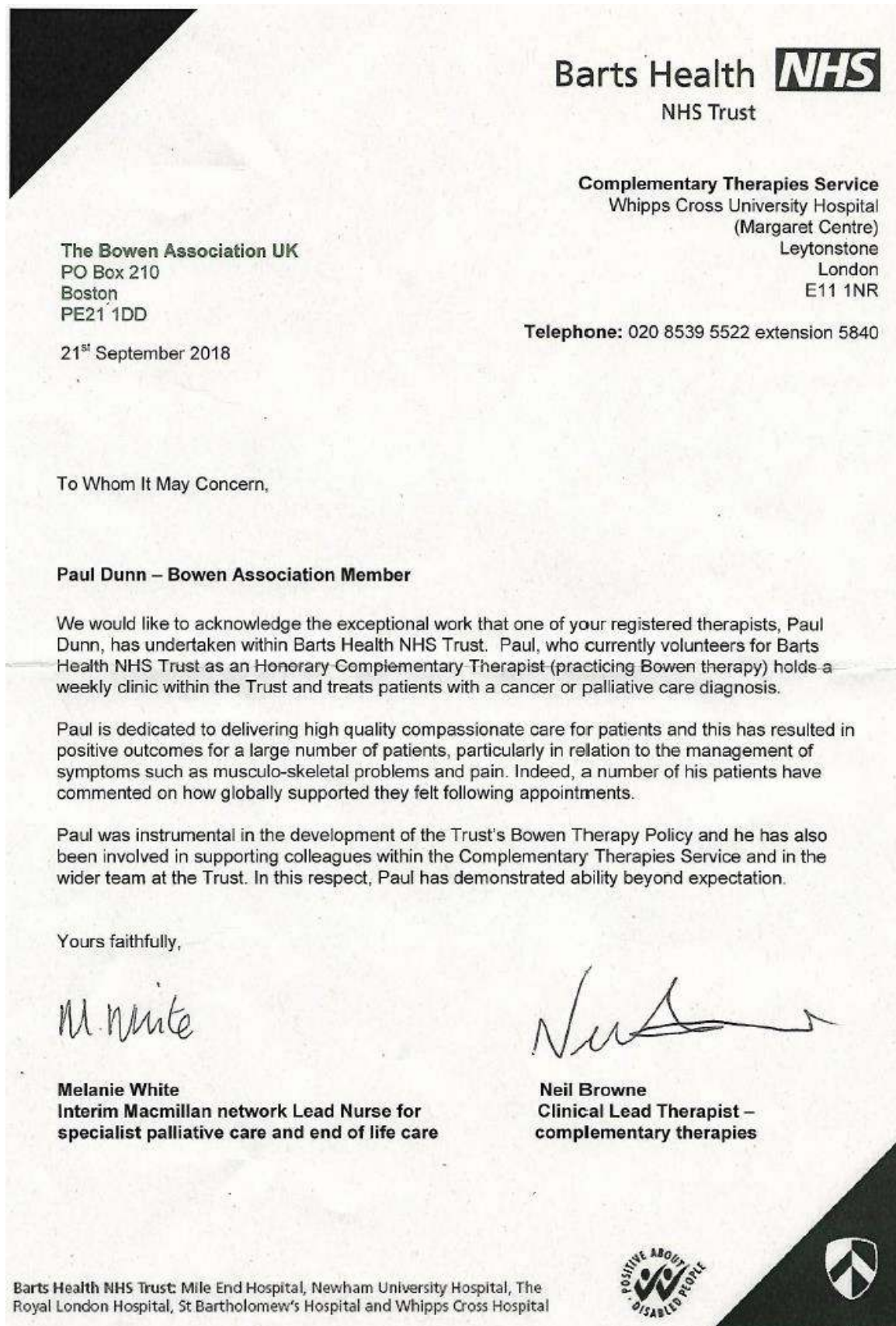
- 4th - Practitioner Assessment Skills Course Module 1
- 5th + 6th - Hormonal Release the Bowen way

**Ireland - classes are currently under negotiation.**

**For further information in regards to the above courses please contact: [ron.phelan@the-olab.com](mailto:ron.phelan@the-olab.com)**

## *Congratulations to Paul Dunn*

The Bowen Association UK Office received the following letter from Barts Health NHS Trust in recognition of Paul Dunn's contribution to the care of cancer patients using Bowen Therapy. Congratulations Paul and thank you for your heartfelt work and support to cancer patients and your therapy colleagues at Barts.



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## *Business Practice Support*

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So, you have qualified, got your certificate and now what?

Setting out and establishing a successful Bowen practice on your own can be daunting. There are so many questions to ask yourself. How are you going to find clients, where exactly do you want to work? What differentiates you from other therapists in your area? If you want to keep the clients you do have and continually find new clients to grow your business; whether you are self-employed, working from home, or part of a group practice or clinic, there are many things to consider.

BAUK and EHealthLearning are aware that many practitioners may be struggling, not only when newly qualified but also after years in practice and are keen to offer Practitioners Business and Practice support. BAUK encourages practitioners to get together and form Peer Support Groups in their area. This can be very helpful in discussing not only possible procedures you might consider for those difficult cases but also as a great opportunity to practice your skills on each other, receive some Bowen and gain some tips for your business. You will gain 1 CDP point per meeting up to a maximum of 4 CPD points per year.

Julian Treble and John Wilks hold regular Webinars on Tuesday evenings, 19:00-20:00 GMT on [www.ehealthlearning.tv](http://www.ehealthlearning.tv) You can join as a member or connect LIVE for FREE through Facebook. Liz Stewart also offers weekly half hour free supervision sessions live on Facebook, covering a variety of topics giving participants the space to ask questions and share their experiences. We hope that practitioners will feel supported through these sessions.

My thanks go to Julian and John for the following business tips and ideas expressed during the EHealthLearning Webinar on 17<sup>th</sup> July and for their permission to share my notes with you on what they discussed:

- Talking to people about your passion for your business can really engage them as people love a story. How we describe our

work to others and the impression we make can make all the difference in being remembered & getting clients/referrals.

- It is worth considering how you differentiate yourself as a Bowen practitioner from other therapists in your area. The gentle and precise Bowen moves enable the body to process change, rather than the therapist trying to instigate change themselves. Bowen can help to empower the body to heal itself. Its beauty is that it can be used on a new-born, during pregnancy, and on the delicate elderly. It may address many conditions at the same time.

### **Communicating with Doctors**

Therapists are reluctant to communicate with other health professionals, as we feel less qualified than Doctors. However, you do need to communicate with Doctors if you see something that is of concern, especially if there are red flags, such as they have pain down both legs, abdomen, bleeding, etc. We offer support to the client to have further investigation, we do not diagnose. Our duty is to offer to communicate with their Doctor. The client's medication may need a review and we can ask their Doctor to investigate it in more detail. Often patients are reluctant to bother their doctors, they would rather keep quiet. As practitioners we can offer that support.

John Wilks (JW) writes to Doctors in a simple way. He suggests that on the client history form it says, "Do I have your permission to contact your Doctor?" and get their verbal permission. You will need to provide their full name, address and D.O.B.

The Format could simply be:

"Dear Dr X

I have seen the above client for x and I have some concerns because they are not responding to treatment as I would expect." [This gives a message to the Doctor that I would expect them to get better.]

Please could you arrange for further investigations. [Don't suggest MRI, etc.]

And you can put in your leaflet, for your information."

JW said that he has never had a reply, or a Doctor contact him to say thank you for his letter. It has to be a letter not an email as email is not secure; send by letter or post. JW has had verbal contact with Doctors over the phone. In every case they have done something about it and acted on it.

As professionals we need to take ourselves and our work seriously, it is valuable and it is part of our professional behaviour. If we see something we are concerned about we need to do something about it.

JW gets informal referrals from a Doctor but does not get formal referrals. Doctors tend to refer to physiotherapists.

The more you communicate with Doctors the more they consider you as a professional. They will see on the patient file, "Oh, you went to see this quack, did it do any good"? Clients are loyal to their Doctor and don't like to say that they have been to a Complementary Therapist.

In John's Glastonbury practice they do, in fact, refer to Complementary Therapists.

## **Holding an Open Evening**

This could help make you more popular as people can come and learn about Bowen, perhaps even try it and feel how it works. People need to experience it.

One way is to offer free 15 – 20 min treatments. A lot of the time it is about building a relationship. They need to trust you.

You can give talks. There are lots of groups out there that will want to have talks. The best way to do that is to keep it practical, rather than talk about the philosophy, or how it works. They are interested in talking about their problems. They are interested in your story, how you came to be a practitioner. People like a story. It helps them to relate to you. If you talk about yourself, offer to do a demonstration, you can get people up at the front, say 4 or 5.

Concentrate on something simple. Get them to stand up, look to the left and to the right or raise their arm up and see their shoulder. You can target an area with Bowen in order for them to experience some improvement, so they feel something. You can get them

to talk about how it feels. "Oh, that is gentle, relaxing." You normally get visible improvement that people can see.

If you offer Free 15 – 20-minute appointments, it often gets clients in quickly and works very well.

## **Media References**

John Wilks' book, "The Bowen Technique, the inside story, is a highly recommended read giving you lots of information.

Dave Riches' book, "Musings of a Therapist", also offers lots of useful information that may help you.

Julian Treble suggested that you might like to get a video of a practitioner in practice, so that you can see the facial expressions of the practitioner and clients can get a sense of you, the space and why you came to your practice. Some testimonials of people genuinely expressing how you helped them are a great idea. You may even like to frame some in your therapy room! A video conveys authentically you in your practice and means becoming comfortable in front of the camera.

JW finds all new clients now will look him up on You-Tube because they want to see what he is like, it helps to get a flavour of you. Having a good You-Tube presence is important. Get something that looks good and presents you well as a professional.

If you have a video on You-Tube, show it to your friends and see how they perceive it and make sure you are happy with it. He suggests having a professional website rather than a WIX one.

JW always asks people how they found him.

Get your lighting together with a microphone. Get a logo done, text about your treatments. You can do a Live Webinar stream on Facebook, which is almost a free way of creating a professional video of yourself.

## **Networking**

There are different directories for Bowen and other therapies, where you might like to get listed, e.g. Yell.com. JW does not tend to use directories, a bit of laziness on his behalf

really! Clients come nearly always as a result of word of mouth.

Therapists often think that they will be better off in a big city rather than out in the country or sticks. This is not necessarily the case. You are more likely to get business where people talk to each other.

You could contact nutritionists and other modalities and offer taster session and learn about their practice and refer to them. Word of mouth is by sure the best. "How do we get enough people for that word of mouth to work? Go to other body workers, meet with them and give them an experience of your work so they can refer."

You need to build up a network of people you can trust, whether yoga therapists, Pilates teachers, nutritionists, so they know how you work. It is very supportive, and you build up trust. It is good to work with movement professionals and perhaps do a mini workshop for their yoga students.

## Place of Work

It is worth considering whether you will be working from home or in a clinic space. A dedicated clinic space may not bring you clients but it will depend on the clinic. You may not see anyone if you just rent the space. It is more rewarding working in a multidisciplinary clinic, where you can talk to other therapists. If you need exercises from a good physio, if they are not responding in the way you would like, you have someone you can refer to. It is support for your client. It is worth its weight in gold. You can also get referrals back. There is the professionalism of it with regard to booking appointments, etc.

Consider what environment you yourself are drawn to when you seek a practitioner and think of it from the client's point of view. You may only want to treat friends at home in your therapy room. If you do not feel comfortable with having people coming into your house you may feel more comfortable in a clinic. But it depends where the clinic is, for example if at the back of a restaurant, the space may not be what you would opt for. It is a great experience to work with other professionals, with many rooms, with

the great vibe of other therapists all working together.

JW shared that he stopped working from home after one year because he did not like people coming into his house. Make sure you have insurance that covers you for it. You have to clean the house, the toilet, you may have cats and dogs, etc. You may not wish to have people come into your home space and to have respect for your family and animals. Having a dedicated space at home, with its own toilet can work well.

If you are working on your own in your own house, you have very little protection with strangers coming in. In a clinic you have other people there and it feels a much more secure environment.

If you have to deal with trauma, it can be better to have other people around.

Many clinics will only accept one practitioner from one modality. Some clinics put rules and restrictions on the kind of therapy you can do there. This is to be considered. We need to be careful as to what we are seeking in wanting to be accepted into that environment.

## Operations and Healthworking

After operations Bowen is good for recovery and scar tissue. Bowen is very good for pre and post -surgery and, if you want to approach a hospital, there has been a well-structured study on this in Austria, looking at pre and post-operative knee surgery and recovery rates. It came out well for pain reduction post-op and can be shown to a hospital. They may be interested in doing a pilot study, so results are monitored.

Other therapists are used a lot in palliative care. Most hospices have a complementary manager who will have all kinds of different therapists working in a hospital environment, healing, massage, reflexology, etc. This is hugely successful in the health service.

JW's work with midwives has been very successful. He interviewed many midwives in South West of England who are open to complementary therapies. They refer a lot to Cranial Sacral and Bowen Therapy for babies crying with colic. JW gets a lot of referrals from midwives. There is a lot of

openness amongst nurses and midwives because they use it themselves.

When JW had surgery recently he said that his anaesthetist had been to a cranial sacral therapist herself. Midwives and Doola's are also good to contact. They are open to complementary medicine.

## Use of Social Media

Regarding Social Media, Instagram, Twitter and Facebook work well.

You need something that photographs well. If on social media, you are competing with people's attention. You must grab people's attention. It is best to capture attention with content and provide value to people; how it will change your life and what it can achieve if you are posting on Facebook. A picture of a nice fluffy animal works!

There is Pay Per Click marketing and search engine optimisation.

Make sure all the pages are ranking well so that all the pages will come up with your clinic.

John only uses YouTube. One video a week is a commitment on YouTube, when you do a video with a testimonial, etc.

Regarding Social media in general, regularity of posts is important.

There is a Members Only Support Group with Julian and John at 09:00 GMT on Wednesdays, twice a month, every other week. This can bring a different experience. If you sign up, there is a discount for members. You can register for the live support call. EHealthLearning offers 25% discount off annual membership and access to recordings and support group.

Webinars: [www.ehealthlearning.tv](http://www.ehealthlearning.tv)

HAPPY BOWENING!

*Diana Menzies-Smith*

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## *Barts Health NHS Trust...*

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...seeks complementary therapists for honorary role in London, because Bowen Association member Paul Dunn, who has

been working with Barts Health NHS Trust as Bowen Technique Therapist for 3 years, is now retiring, Neil Browne, Clinical Lead therapist there, writes:

“Paul has been one of the best therapists we have had here at this Trust but after 3 years of volunteering, he will retire from working with us. This will be a very sad loss but we appreciate people do not volunteer for ever and we are so grateful for all he has done for us. I am very keen for us to continue to offer Bowen Technique within the Trust, so I hope we can find another generous therapist who will come and help.”

Barts Health NHS Trust are now inviting applications for this post and The Bowen Association UK very much hopes there will be applications, once again, from our members to take-up this great opportunity and vital role for Bowen. Here is the information and how to apply.

Of course, applications should be made direct, but please do let us know, here at The Bowen Association Office, if you decide to apply. And if you need any help doing so, just get in touch.

The post is voluntary, however, in exchange for working outpatient and inpatient clinics you will:

- Gain extensive experience of working with NHS patients
- Gain experience working with an NHS multi-disciplinary team
- Have full access to certificated CPD and other training free of charge.
- Have In-house supervision via case conferences

This is an emerging area of medicine and NHS experience and a good reference may help with longer term career prospects.

If you, or someone you know, are interested please contact Neil Browne, Lead Clinical Therapist, for advice on how to apply: [neil.browne@bartshealth.nhs.uk](mailto:neil.browne@bartshealth.nhs.uk)

Telephone – 020 8539 5522 extension 5840

# *Bowen AGM Sat 6<sup>th</sup> July 2019*

## *Jurys Inn - Oxford*

**Godstow Road, Oxford. OX2 8AL**

**Tel.: +44 1865 489 988**

**<https://www.jurysinns.com/hotels/oxford>**



Jurys Inn Oxford is conveniently located just 10-15 minutes from Oxford city centre with easy transport links to the city including a bus stop outside the hotel that takes you directly into the city centre. The Pear Tree Park & Ride is a three-minute drive from the hotel and takes you into the city in just 20-25 minutes. Jurys Inn Oxford is easily accessible by car from the A34, A44 and M40 and is a 15-minute drive from the nearest train station, Oxford railway station, or 25 minutes by bus. The closest airport is Heathrow.

Car parking is complimentary, however all cars using Jurys Inn Oxford car park must be registered. Please register your vehicle using the tablets available at Reception or Costa on arrival at the hotel. Please also kindly ensure all delegates attending are aware of this as parking fines cannot be rectified later. If staying overnight, a wide range of accommodation to suit all needs is available in the Oxford area.

### **What to expect...**

Dear Members,

The AGM is a bit like fascia - no one thing can be decided in isolation! It is a web of connection between location, venue availability and facilities, dates, speaker availability, cost, and more. Consequently, a lot of work has been put in over many weeks to get it all to come together and we thank you for your patience.

- The AGM costs £50 and attracts 8 CPD points.
- **Registration** for the AGM will begin at 9.30 a.m. for a 10.00 a.m. start and the day is expected to finish around 5.30pm. The AGM itself will take between 60-90 minutes and will give you the chance to have your say on how the Association is run, and to nominate people for the Chair and various committee roles.
- This will be followed immediately by an Open Forum group discussion led by John Wilks with the goal of, "Finding Common Ground within the Bowen world". We will explore how we can all help promote Bowen despite differing views.

The AGM agenda, booking form and nomination forms are on the next two pages. Please fill them in and follow the instructions for return and payment.

After lunch, which is provided, we will have two sessions:

### **Session 1 - Scars and Meridians in Bowen work.**

Amichay Saller-Fischbach is an extremely gifted and knowledgeable acupuncturist, naturopath and Bowen practitioner. He has specialized in the connection between Meridians and Bowen and will present his holistic approach to working with scar tissue. He will look at how scars impact the meridians and describe his approach in dealing with these when helping clients to improved health.

Immediately following the AGM, he will run a 2-day CPD course on the Sunday and Monday, 7<sup>th</sup>-8<sup>th</sup> July. To book on this CPD course register here:

- <http://www.bodyworkcourses.com/portfolio-item/working-with-scars-and-meridians/>

If you can only do 1 day, please contact [info@ehealthlearning.tv](mailto:info@ehealthlearning.tv)

### **Session 2 - What to say next after someone asks, “What do you do?”**

Here is your opportunity to nail the answer to that question in just a few sentences, leaving your listener wanting to book an appointment with you right there and then!

Sarah Archer used to be a Corporate HR Director; now she is a Marketing Business Coach, Comedian, Author and Playwright. She helps people to discover their stories that sell, clarify their message and use them in a simple system to grow their marketing confidence and their business. In this workshop she will help us identify what it is that makes Bowen so special and how to deliver this with confidence and engage and motivate the people with whom we speak so they want to find out more.

There will be no formal dinner this year, but there are many restaurants to choose from in Oxford, so we can still get together to eat! Please mark on the booking form if you are happy for us to let other attendees know you are coming along, so you may contact each other to share travel, accommodation, and meals.

If staying overnight, a wide range of accommodation is available in the Oxford area - the following links are amongst many online to help make your choice:

- [www.trivago.co.uk/](http://www.trivago.co.uk/)
- [www.booking.com/Oxford-Accommodation](http://www.booking.com/Oxford-Accommodation)
- [www.airbnb.co.uk/Oxford](http://www.airbnb.co.uk/Oxford)
- <https://www.universityrooms.com/en-GB/city/oxford/home>

Please let us know of your intention to attend, even if you don't have time to return the form(s) right now, a quick email (to the same address) saying that it is 'in hand' will be much appreciated.

We look forward to seeing many of you on 6th July, hearing and sharing your views about the Association, Bowen and discovering how we can promote ourselves more effectively.

*Fiona Webb, Chair*



## **BOWEN ASSOCIATION (UK) and Bowen Association Ltd**

### **ANNUAL GENERAL MEETING**

**SATURDAY 6<sup>th</sup> July, 2019**

**Jury's Inn Hotel, Oxford.**

### **AGENDA**

**(may be subject to minor amendment)**

<b>Time</b>	<b>Agenda – 8 CPD hours for the full day</b>
09:30	Registration, Tea/Coffee, Conversation
10:00	<p>The Chair welcomes members</p> <ul style="list-style-type: none"> <li>• Apologies</li> <li>• Minutes of BAUK AGM 2018</li> <li>• Chair Report</li> <li>• Finance Report</li> <li>• Other Executive Reports as appropriate</li> <li>• Election of Executive Committee</li> <li>• AOB and Close of AGM</li> </ul>
11:00	Coffee & Election of Committee Posts 2018/2019
11:30	<p>Finding common ground within the Bowen World.</p> <ul style="list-style-type: none"> <li>• A group discussion led by John Wilks, in his capacity as a fellow member of BAUK and not as a Bowtech Tutor</li> </ul> <p>It can seem we are living in a time of deeply polarised views, both in the wider world but also, sadly, within our Bowen community. John will lead a discussion about how we can bring more tolerance, acceptance and healing into our inter-professional relationships and into our wider Bowen community. Finding some common ground is essential if our profession is going to flourish in a healthy way. The idea of this discussion is to encourage a frank and open debate about how we can all move forward positively despite differing views.</p>
12:30	LUNCH included and served at the venue
13:45	Join us for special afternoon presentations
14:00	“Scars & Meridians in Bowen work”, Amichay Saller-Fischbach
	Coffee/Tea Break
15:45	“What to say next after ‘What do you do?’” Sarah Archer
17:00	AGM Close

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## AGM Booking Form

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Please confirm your attendance by filling in the box below and returning to us either by post or online. We need to receive your booking form, whether you pay by cheque or online.

You can either email the completed booking form to the office:

- [bowenassociationuk@gmail.com](mailto:bowenassociationuk@gmail.com)

or post it to:

- Veena Lidbetter, Flat 10 Coronet House, 62-66 Uxbridge Rd, Stanmore, HA7 3LL

Personal Details			
Name(s) & Membership Number(s).			
Address			
Address			
Contact number			
Email address			
Happy to share attendance with others?	Yes/No		
AGM Attendance			Enter Payment Totals
Annual General Meeting	Attending Y/N	£50.00 per person	£
Final Payment Total			£

### Payment by Cheque:

- Payable to: Bowen Association
- Post to: Veena Lidbetter, Flat 10 Coronet House, 62-66 Uxbridge Rd, Stanmore, HA7 3LL

### Payment Online/BACS:

**Bank Details to pay in your fee via internet banking or your local branch are**  
**The Bowen Association UK, HSBC Bank, 11 Hinckley Road, Leicester LE3 0LG.**  
**Sort Code 40-28-24      Account Number 81286447**

**Remember to add your membership number and name as the reference or we won't know who the payment is from!**



## **NOMINATION FORM**

### **BOWEN ASSOCIATION (UK) and Bowen Association Ltd ANNUAL GENERAL MEETING 6<sup>th</sup> July, 2019**

If you would like to nominate yourself or somebody else to join us on the Executive Committee for 2019/20 then we look forward to hearing from you.

Please return nominations to: **Bowen Association UK, PO Box 210, BOSTON, Lincs., PE21 1DD** by 24<sup>th</sup> June, 2019. Alternatively you may scan the hard copy and email it to: [office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk). In the event that there are more nominations than places available, a postal ballot will be held.

**ONLY PRACTITIONERS WHO ARE FULL MEMBERS, AND HAVE BEEN SO FOR A PERIOD OF 1 YEAR OR MORE, ARE ELIGIBLE TO BE ON THE COMMITTEE, MAKE A NOMINATION AND VOTE.**

If you would like an informal chat about what's involved, simply email us at [office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk) with your phone number and a convenient time to call you and we'll be in touch.

Please use the tear-off slip below to submit your nomination ensuring you obtain the nominee's consent before sending it to us.

.....

**Your Name:** ..... **Membership No:**.....

**I wish to nominate .....(name) to serve on the Bowen Association UK Executive Committee for the year 2019/20**

**Nominee's membership number if known:**.....

**Nominee's email address:** .....

**Nominee's address:**.....

**I have discussed this nomination with the above named and they have consented for their name to be put forward.**

**Your signature**.....**Date:**.....

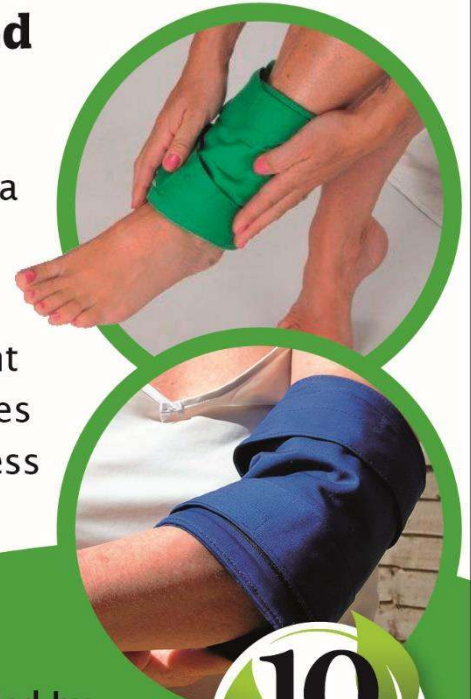
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**For use in bath or with purpose-designed applicator wrap**

Ideal for swollen joints, sprains, strains, haematoma and localised pain.  
For client use at home.



- Enhance treatment
- Increase retail sales
- Boost your business



As recommended by  
Tom Bowen, founder of Bowen Technique



[www.bowensuppliesbyhelen.com](http://www.bowensuppliesbyhelen.com)

## COMMITTEE MEMBERS

**Chair – Fiona Webb, Vice-Chair – Shirley Strickland,**

**Treasurer - Rob Godfrey**

**Committee Members – Sheila Whyles, Veena Lidbetter, Gillian Rhodes, Paul Dunn,  
Diana Menzies-Smith, Janet Le Sueur**

**Deadline for the next edition – 1<sup>st</sup> April 2019**

Send your articles to [dave.riches@bowen-technique.co.uk](mailto:dave.riches@bowen-technique.co.uk)

We are always eager to hear from you, for example interesting case studies, ways you have found to run your business, charity work you may be involved in, unusual circumstances you have done Bowen in, work on animals or children, events or shows you have been to – also please send in your pictures or post information on our Facebook site.

**Office address: The Bowen Association, PO Box 210, Boston, Lincs, PE21 1DD**

**Telephone Number: 01205 319100**

**Email: [office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk) Website: [www.bowen-technique.co.uk](http://www.bowen-technique.co.uk)**