

BOWEN ASSOCIATION UK

Bowen News

Spring 2013 – Issue 59



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

If it seems that time has flown by then fear not. For logistical reasons, I've had to bring forward this edition by 5-6 weeks. People keep coming up to me and saying how much they like the newsletter and thanking me for it but really it I who need to thank you.

Without your contributions, this newsletter would be nothing. And even though the deadline was brought forward by a significant amount, you've given me enough material to fill this edition. Thank you!

Caption Competition

In the last edition I asked for captions for the following photograph.



I received many captions from you all and rather than choose the winner myself, I decided to put it to the vote.

I opened the voting to the world, not just the UK, and practitioners from all over the globe have voted. All those who submitted

captions will be pleased to know that their captions achieved first place in someone's ranking. So someone shares your humour!

Two captions were neck and neck for a long time but in the end the winning caption came from:



*Hannah Woods,
Dorset*

Her winning caption was:

"It's always best to wait until all reactions have stopped before continuing with the treatment."

And she takes away as her prize:

Dr Guimberteau's DVD "Strolling Under the Skin"

Due to the close nature of the competition, John has kindly donated a prize for second place, which goes to

*Kim Pearson,
Cambs*

with her caption:



"John Wilks leaves breaks in between moves for too long."

And she's chosen:

10 copies of the Understanding Bowen Technique booklets.

Well done to you both!

Now, what we all want to know is:

John, just what were you doing and who's that looking on in the background? It reminds me of a teacher about to chastise a pupil during a biology lesson.

Newsletter Prize

Continuing the theme of prizes, the "contribution to the newsletter" prize, donated by Helen Perkins, for this edition will be the:

Starter Box 1 Bowtech Ease - 1 x 25ml tester bottle with dropper and 2 x 10ml rollerballs, worth £20.00.



Student Corner

In the Students' Corner, I've written a little process to show how to interact with people at shows or on the street. If you've techniques that have worked well for you perhaps you'd share them as well.

And finally...

The next edition of the newsletter will be our 60th! Make sure you contribute to our diamond edition.

Dave Riches

Tel:
07748118071

Email:

dave.riches@bowen-technique.co.uk



Chair Report

News from Australia about the Bowen Hands Magazine

Over the years, the Bowen Hands Magazine has been one of the links to the rest of the Bowtech world. Unfortunately, economics has affected everyone and Ossie has found it necessary to review the cost of producing the Bowen Hands Magazine and its distribution to UK members.

Until now, the magazines have been shipped in bulk to the Bowen Association UK Head Office and posted to you, along with the UK Bowen Newsletters. Now, however, Ossie is inviting members to purchase 4 issues of Bowen Hands directly from Australia at a cost of £28 per annum.

Printing the magazine in the UK is financially prohibitive, and so we're left with the options of either increasing everyone's membership fee by £28 and continuing as we do now, or for people to choose whether to receive the magazine as an individual directly from Australia. We will survey you all to allow you to express your views and make your choice.

Your Executive Committee did suggest to Ossie that Bowen Hands could be made available as an electronic pdf file to be included on our own Bowen Association website or the Bowtech website, however, Ossie says "...this isn't feasible at this time".

Regrettably this is a situation that is completely out of our hands, and please be assured that your Executive has discussed this matter at great length. We do hope that you will take the opportunity to let us know how you wish us to proceed on your behalf when you complete the online survey, which will be sent out shortly.

Remember, you will still receive this Bowen Association Newsletter from your Bowen Association UK along with the Bowen Training Course Newsletter as part of your membership package - guaranteed by BAUK to remain completely free of charge.

AGM and Seminar

We are looking forward to seeing you all in July at the Holiday Inn, Farnborough, and welcoming our guests Ossie and Elaine as well as a collection of fine speakers. Do join us and earn 8 CPDs for a great day out!

New Clients

We know that our website is well used and many of you will have received referrals from us at Head office or directly from the site itself. With more practitioners having their own websites, we do ask you to be careful and to observe Item 17 of the Bowen Association Code of Conduct.

"Practitioners must not use titles or descriptions to give the impression of medical or other qualifications unless they possess them and must make it clear to their patients/clients that they are not doctors and do not purport to have their knowledge or skills."

Please do not inadvertently give the impression that you have a 'Masters' degree or are a Specialist unless you do have that qualification.

CNHC

The CNHC register is 5 years old and now has approximately 4,900 registrants. A visit to the CNHC website www.cnhcregister.org.uk will give you all the up to date information on Voluntary Regulation. Remember - it's not compulsory. The purpose of the CNHC is to represent and protect the Public, not the Practitioner. The purpose of your Bowen Association UK, on the other hand, is to look after you, the Practitioner.

Trade Shows

If anyone would like to get together with colleagues to take a stand at trade shows local to you, please tell us. We will be delighted to help all we can. We haven't taken a stand at the Back Pain show in London this year but are keen to look at other shows - local and national. Let us know if you have any preferences!

CPD Course News

Many of you have asked us to consider Alastair McLoughlin's "Art of Bowen" course for Bowen Association annual CPD membership. We've listened and The Bowen Association Executive Committee will be proposing that this be included on our 50%/50% (4 hours per day) course list at the AGM in July. In the meantime we suggest that if you plan to attend this course you send in a copy of your receipt with your next membership renewal.

Best wishes to you all from the Bowen Association UK Chair and Executive Committee.

Angela Cannon

Chair of BAUK



Revision Day

Better Your Bowen

Mon. 8th July 2013

This year, the after-AGM workshop will be delivered by Nicola Hok. Contact her directly to book your place:

bowenworks.net@gmail.com

Or by phone: **07415 889963**.

"In this revision day we will focus primarily on how to get the best results possible from your Bowen work. We shall explore ways to make each move as effective as possible and thereby improve your work and enhance the results. We will look at the relationships of the skin, superficial fascia, deep fascial layers, and the importance of how we utilise the skin slack."

Nicola Hok, London

Letters to the Editor

A number of people have asked about the background to Bowtech Ease. So I asked Helen Perkins to give a little insight...

"The rollerball Bowtech Ease has certainly caught the attention of many customers since it was first introduced in 2007. It is a best seller for Bowen therapists as clients can keep it handy in sports bags, handbags or even on the office desk. It is easy to roll-on to where ever it is needed and it's not just confined to bunions. Other joints and areas of the body such as fingers, toes, knees, shoulders, chilblains and sinusitis can also be relieved in between treatments.

It was developed by Farida Irani, a Bowen instructor and ayurvedic practitioner in Australia when iodex could no longer be recommended because of the iodine content. Iodine affects the thyroid gland and its function.

Bowen therapist Helen Mary Perkins from Peterborough, Cambridgeshire who had previously lived in Australia brought the products over to the UK for all therapists to use and set up the website, now called www.bowensuppliesbyhelen.com. Bowtech Ease and the other products Lectric Soda Crystals and packs and the Bowtech Balance Formula have all been mentioned online and in some magazine articles.

Whenever possible, Helen quotes the member's website as a reference for the Bowen Technique. Look out for the April and May editions of 'Body Fit' magazine, in regards to running and sports injuries. Helen can be contacted +44(0)1733 555476 and info@bowensupplies.com

Lucky Winner of the Lectric Soda Crystals...

...is **Diana Menzies-Smith**, who wins a 650g jar of Lectric Soda Crystals. **Diana** will receive her prize within a week.

Contribute an article to the next edition and you'll be in with the chance of winning.

Testimonial

Andrew Pattison,
Leicester



One of Andy's patients took the time to write the following testimonial for us to use.

"My name is David Everett. I am and have for many years many years been a keen cyclist to the point where the majority of my income is spent on pursuing the sport.

For 9 years I've lived what the European road scene call, a Pro-Am life style. Racing road bikes for medium-sized teams in France, America and Belgium for little or no salary but living the pro lifestyle. Traveling the country and world with team mates to compete and hopefully win several times a week. With the hope that one-day I'd be noticed and picked up by one of the big European teams.

Looking after my body was and still is a huge part of my lifestyle, making sure everything is running correctly. But, like life, bike racing also throws you a few curve balls at times and with these curve balls you need to adapt or at least learn how to deal with them.

Crashing is all part and parcel of the game when racing, it happens and you have to accept it. You break a bone and go to the hospital, gravel rash is a painful scrub and clean up job, but recovering from a head injury after a bad crash is quite a different situation.

I was 23, a crash in a local French race resulted in me taking the full impact to my face, a few days in hospital a few stitches and I was away again. Initially I thought very little of it, just a slightly unlucky crash, yet several months after the crash I started to black out and fit on occasions.

The doctors ran tests, thinking it was cardio based problems, eventually they found the problem, epilepsy brought on by the crash!

I didn't fit loads, it only ever happened while on the bike and as you may guess when fitting on a bike you get a bit banged up.

For me the following days and weeks after an epileptic fit, depending on how severe the fit was, makes me feel slightly mentally distant, and as though all my muscles have been kicked about by guys in steel toe capped boots.

I first encountered Bowen after one of my fits. I was put on to the technique by chance. A friend of my dad who spends a fair bit of time drinking tea and chatting in the back of my dad's bike shop knew about my problem and kindly offered his assistance.

As far as I know, Al [Alan Brindley] was one of the first guys in the north of England to start practicing the Bowen technique. I'd never heard of it but was willing to give it a go.

At this time with the doctors not coming up with any firm answers as to why I was fitting I was willing to try anything, and I mean anything.

I'd been on blood type diets, some electronic "technique" developed by the Russian cosmonauts plus several other techniques and practices that claimed they could help my fitting yet none seemed to do much in the long term.

I visited Al at his home, he got me to relax started the Bowen, he left the room I relaxed a bit more, Al returned did a bit more then left again and so on and so on.

During the first session I could feel parts of my body slipping back in to place. To this day I still remember walking home, I felt several inches taller and my body was feeling as though things were back in place, or as close as they had been in a good while.

Mentally I felt slightly spaced out but in the right way, refreshed and slightly clearer of thought would be a good way of describing it. I returned to Al several times and every time came out feeling a new person.

This I'm sure helped me get back on the bike and back to fitness quicker than I would have if I'd just recovered normally after an epileptic fit.

Students' Corner

After what I had experienced, my Gran started visiting Al for treatment too, to help her with recovery from Breast Cancer, she swore by it and visited Al more frequently than I.

I still race, spending my time between France, Australia and the UK. Every time I'm home I seek out Al's new prodigy Andy.

Andy now takes care of my Bowen needs. After now living with epilepsy for about 6 years I now use Bowen as a tool to keep my body on the right track. I train hard, eat well and head to see Andy for a tune up now and again when home and like the first time I left Al's home I get the same feeling.

Things feel in the right place and in the right alignment, niggles on the bike like sore shoulders cease to exist, I feel like a fresh cyclist again.



I still enjoy coming away from a treatment and feeling the usual good vibes from it.

Unlike the Cosmonaut electronic treatment and the blood type diet, I highly recommend the Bowen therapy to friends and athletes who are looking for help when they have real problems with sports injury, the usual bodily niggles or just looking for a fine tune up."

[Dave Everett writes a blog for a Racing Magazine called PBK (Pro Bike Kit) – here's his blog where he mentions the Bowing (sic) Technique: <http://www.pbkblog.com/kick-back-and-relax-the-road-to-recovery/2012/>]

This edition I thought we'd look at the "First Contact" protocol at a show or conference. No, I don't mean Star Trek or first meetings with aliens...although actually the latter might be quite apt. To many people, opening conversations with strangers is quite alien to them and so is the whole experience. The last time most people did something similar was most probably the school play.

What if I say something stupid? What if I put them off? I don't know what to say! These are some of the negative thoughts that go through a person's mind. But these can be overcome with a little thought about what to expect and how to prepare.

Here's the scene. You've a stand at a show, or you're handing out leaflets in the street. The purpose of being there is to entice new clients onto your couch, eventually.

Setting your expectations

Let's deal with the first two questions above. Do you expect everyone you talk to to be interested in what you're offering? No, of course not. Would you treat someone who doesn't like what you do? Most probably not and if you did then the results most probably wouldn't be that good. So if you tell them something that puts them off, isn't that a good thing?

I've used the word "probability" a lot and that's because finding someone who will talk to you is a numbers game.

Expect most people to walk by when you attempt to talk to them; after all, when was the last time you stopped to talk to a marketer in the street?

On the flip side, the more people you attempt to talk to, the greater the chance you'll find someone who's interested.

If you expect people to walk by then you won't be disappointed, and because of this you won't be disheartened and will be able to maintain a positive outlook. The mantra is: "Some will, some won't, so what...quick, here's the next one!"

Making them stop and talk

So, now you know that your chances of success increase the more people who pass you by and with whom you try to interact.

Now, what would make them want to stop to talk to you? Here's an exercise for you, take a minute to:

“Remember the last time you not only stopped to take a leaflet from someone but also with whom you had a conversation...”

What was it that made you stop?

“Something you saw, something you heard, something you felt?”

Note down what comes to mind. This is your list of what would make someone stop and talk to you. It's your list because it will be different to what made others stop. It also means that when you exhibit these qualities, you'll attract people with a similar “list” to yours, and with whom you'll feel more comfortable during a chat.

In a lot of these lists, I would expect to find qualities such as:

- Smiled at me, looked pleasant.
- Looked interested in me.
- Spoke to me politely.
- Asked me a question that I wanted to answer.

The opening line

Now, your expectations are set, you're in the right frame of mind to stay upbeat throughout the day, you know what you need to do to attract (some) people's attention. What do you say to make them stop? Just smiling won't do it.

It's a fact that for people to be interested in you, you first have to be interested in them. It's also a fact that people are more than happy to offer their opinion on a subject that interests them. So, potential opening lines there:

Q: What's your impression of the show today, how does it compare to last year?

Q: You're looking well today, how might I interest you in Bowen?

Q: Good morning, what brings you to the show today?

You can create a list of the types of questions that would interest you and try those out. You'll find some that work better than others, so ditch those others.

It's important though to use Open questions, i.e. those that can't be answered with one or two words – Closed questions.

What next?

Now that you've managed to get someone to stop and answer a question you now have to establish a rapport to keep them interested.

Again, you need to ask open questions where possible. It's okay to ask closed questions every so often, so it's not a wrong thing to do. It just makes your work a little harder.

Your aim is to get your potential client to talk more and for you to steer the conversation round to Bowen matters.

Close and move on

Remember what I said about the numbers game? Well now that you've got someone talking to you, you need to move on to the next potential client as soon as possible!

Within a few minutes you need to explain what you do, what your offer is, get their name and details, give them a leaflet/business card, and bid them on their way (or pass them on to a colleague for a demonstration).

So you'll need to have prepared well for this part by writing out what you want to say, and practicing it until you get a natural way of saying. On the day, don't rush through it, and don't expect to say it in the same order every time. It'll change depending with whom you're talking.

And follow up!

Make sure you follow up later by dropping them a letter or email saying how much you enjoyed talking to them; pointing them towards more information; and perhaps offering them a deal. Keep their details for future marketing purposes and keep in regular contact.

Dave Riches, Bucks

Q&A



Lesley Baxter is in the chair this edition. Lesley is one of our more recent recruits to the ranks of trainer and usually practices in the Midlothian region when not training.

I put to her the following questions:

Q: Every Trainer has their own flavour or aspect of Bowen that they want to emphasise, what is yours?

Lesley: That it's a truly holistic technique – but then I think every Bowen trainer would say this! It's a key point I discuss at the beginning of a course, although talking only gets you so far - it's only once the students have started the practical work that, hopefully, they'll begin to see and feel it for themselves.

And that Bowen works on many levels. Again this is something that, from a therapeutic point of view, I hope students will discover for themselves. But if you turn this around, I think it can be helpful for new students to emphasise that, whatever their background or the way they instinctively approach Bowen, whether it's initially from a biomechanical angle, for example, or primarily an interest in energy work, Bowen will generously allow them to find a 'way in' that will sit comfortably with them. And all approaches are equally valid.

Q: How would you describe your style of Training/Teaching/Coaching?

Lesley: Practical, disciplined, with a healthy dose of humour. I think getting 'the move' right and correctly positioned are the things from which everything else follows. If, by Module 7, students can 1) demonstrate they can do this; and 2) feel they have been supported while they've been learning and have the confidence to move on; and 3) have had a good time and are just itching to get out there, then I'll feel I've done a decent job.

Q: What is the most difficult thing about Bowen that the student has to learn?

Lesley: To know when to stop – to gain the confidence to trust the technique and do less. As a student, you're being taught new procedures at every module that you've been told (ad nauseam) that you must practice, you've enrolled on the course in the first place presumably because you want to help people, and the perfectly natural tendency is to want to 'fix' a problem by throwing the proverbial book at it because you think that will speed up results. Apart from the fact that you're treating a person not a problem, I think the Less is More principle is the hardest thing initially for students to get their head around.

Q: How does a student make the transition from eager pupil to successful practitioner?

Lesley: Practice. In that sense, it's like any skill. Also, work intelligently, or mindfully: think about and feel the moves you're making and ask yourself why you're making a particular move – is it simply out of habit or because you feel it's the most appropriate?

Observe outcomes and don't pre-judge or you may miss the surprises. Finally, trust the technique and remember less is more.

So easy to say, not always so easy to do.

On the Radio

On 12th March I was invited to be a guest on my local radio station in Weybridge, www.brooklandsradio.co.uk/FabulousWomen to talk about The Bowen Technique. Fabulous Women is a weekly talk show on Brooklands Radio, Online Community Radio for North Surrey with guests each week who give professional advice, or share their experiences and offer Top Tips to listeners on Kids, Work and Life.

Celia Jones and Trudi Austin, the co-presenters, kept me on my toes for about half an hour whilst they talked to me about The Bowen Technique and asked me for any

healthy Top Tips for listeners. Being interviewed “Live” was such a fun and exciting way to promote Bowen and I really would recommend it to anyone. “Feel the Fear and Do It Anyway”. If we are all out there promoting Bowen at a local level just think of the effect it could have.

In January, Tim Rayment, reporter on The Sunday Times Magazine, interviewed and recorded me at the opening of Silvermere Care Home where I have been invited to be the Complementary Therapist for this Avery Care Home. I am waiting to see if Bowen is mentioned this month in The Sunday Times Magazine! I spoke to him for about 20 minutes, and he was amazed at how, just through observing his posture, I was able to ask him if he was suffering from back and shoulder pain. He was intrigued. I love the Bowen Technique!



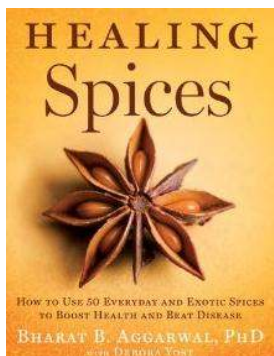
*Diana Menzies-Smith,
Surrey*

Reading

The intention with this reading section is to point people towards material that will widen their understanding of the body. These are personal recommendations and not part of the official Bowen teaching syllabus. Let me know if you would like to recommend any.

Ed.

Healing Spices



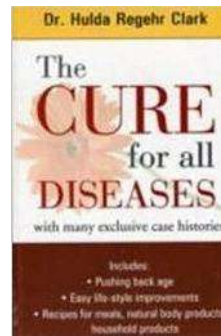
With my Dad being diagnosed with Coeliac disease recently, and reading articles by Dr Paul Clayton, I've become more interested in the nutritional side of my

Therapist Model. This book was recommended to me and provides an A-to-Z guide to spices that are shown to have healing properties. But what I like is the short history, the clear explanations, and a guide that when given a disease shows what spices will help.

And it has some recipes, but whether it turns me into a good cook is another matter!

Dave Riches, Bucks

The Cure for all Disease



The Cure for all Disease by Dr. Hulda Clark

<http://www.drclark.net/>

Her premise is that all disease has only 2 causes - parasites, and toxins. These can be removed from the body by basic clean-up recipes (given in the book)

and by zapping with a simple battery operated machine - instructions for making your own are in the book too, along with instructions for how to test yourself for the various parasites. Dr. Clark's recipes for a kidney cleanse, a liver cleanse, and her lung cleanse are all included with detailed but commonsense instructions.

There is a wealth of information in this book, with causes for so many common ailments - and the big C in particular - clearly explained in a practical and no nonsense manner.

Dr. Clark devoted her life to testing her theories and treating patients who were diagnosed with cancer or who had tried everything else. There are many success stories showing how people managed to clean up their houses as well as their bodies and recover their health. The sincerity and integrity of her research is clearly evident throughout the book.

Ros Elliott-Özlek, Turkey

Bowen Association AGM – Sunday, 7th July 2013

We have a very exciting AGM this year at: **The Holiday Inn Farnborough GU14 6AZ**. Our special guests this year are Oswald and Elaine Rentsch. Do not miss this fantastic event; put it in your diary now and complete the booking form on the next page.

All booking forms must be received by **16th June 2013**.

This is a great chance to hear from some fascinating speakers, meet up with fellow practitioners, and earn 8 hrs CPD for the whole day! Your £45 includes: Lunch in the restaurant, Parking, Tea, Coffee, Refreshments, and 8 hours of CPD. Don't delay, book today. The AGM is open to Full, Associate and student members.

Speaker Lineup

Our Speaker lineup this year includes:

Welcome Introduction: AGM welcomes Ossie and Elaine Rentsch.

Isobel Knight: who will speak about “Bowen for Connective Tissue Disorders - Ehlers-Danlos (type111) and Hypermobility Syndrome (EDS111).”

Hypermobility is ‘symptomatic’ hypermobility and is associated with chronic pain and symptoms commonly related to/and overlapping with conditions such as fibromyalgia or chronic fatigue. Hypermobility Syndrome is a genetically inherited connective tissue disorder which is multi-systemic and often under-diagnosed. It cannot be cured but it can be managed.

[Isobel has been a Bowen Therapist for 10 years. She has written two books about EDS111 and published several articles including one which appeared in Bowen Hands June 2010. She is now working on a book about Bowen with John Wilks.]

Dr Alison Adams BDS (Lond), MS (Michigan), Dip Class K, Dip I K, KFRP, Dip AT, MRAT, Dip (Past Life therapy), Dip (Life coaching), H I Dip (Complementary therapies): who will speak about “The Mouth-Body Connection.”

In this talk Dr Adams will introduce a holistic approach to oral health and facial and dental development which demonstrates the real causes of dental disease and the malformations of the face and jaws which are often treated with orthodontics. The basis of structural relationships between the mouth and the rest of the body will be discussed and the role of dental materials and procedures in disease causation briefly addressed.

[Dr Alison Adams is a UK trained dentist with a US Master’s degree in Restorative dentistry. She had 20 years clinical experience as a dentist before mercury poisoning forced her to retire. After her recovery she wrote the book “Chronic Fatigue, M.E. and Fibromyalgia: The Natural Recovery Plan” which addresses the topic of metal toxicity. She also hosts websites at www.mouthbodydoctor.com and www.thenaturalrecoveryplan.com which address the adverse effects of dentistry.]

Gemma Brown from Holistic Insurance will talk about the increase in number of claims and the claims process.

Swing Dancing: We thought we’d round off the day with something fun and exciting! Shirley Strickland has kindly volunteered to teach some basic swing steps for anyone who would like to stay on afterwards. [*EA*. I’ve seen people in their 90s dance these steps, so no excuses about two left feet. ☺]

BOWEN ASSOCIATION UK 2013 AGM

Holiday Inn Farnborough, GU14 6AZ,

Sunday, 7th JULY 2013

Please return this form by return to book your place at the AGM

(****8 hours CPD awarded for full day****)

BOOKING FORM

Name.....

Address.....

Post Code Tel. no Email

I will attend the morning AGM 09.30 hrs YES/NO

I will attend the presentations at 14.00hrs YES/NO

Cost £45 (Including lunch and refreshments)

.....

Signed:Date..... Membership number.....

I enclose a cheque for £..... payable to Bowen Association UK

or: I have paid online(please tick)

To pay in your fee via internet banking or your local branch:

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.

WHICHEVER METHOD OF PAYMENT YOU SELECT Please Return this form to:

The Bowen Association UK, PO Box 210, BOSTON, Lincolnshire, PE21 1DD.

Or Scan it and email it to us at: office@bowen-technique.co.uk

NB: Please contact Nicola Hok directly to book her course on Monday, 8th July, 2013

bowenworks.net@gmail.com or 07415 889963

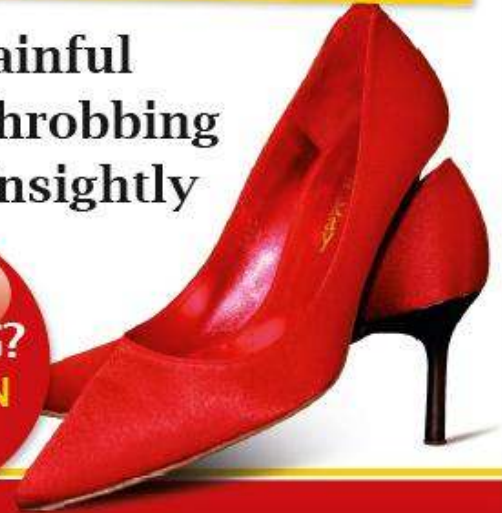


OUCH!

... I've got a bunion!

- Painful
- Throbbing
- Unsightly

**FEET
HURTING?
...WE CAN
HELP**



BOWTECH® EASE
The Original Bowen Technique
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www.bowtechease.com

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Deadline for the next Edition - 1st June 2013

Send your articles to 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.

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