

BOWEN ASSOCIATION UK

Bowen News

Summer 2013 – Diamond Issue 60



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

Would you believe that the Newsletter has reached its 60th Edition? What a diamond! Assuming my calculations are correct the first newsletter came out 15 years ago in 1998 – unless you know better and still have a copy of that First Edition?

During its life, the Newsletter has had several Editors and several incarnations as each Editor brought their own style – a bit like Dr Who but without the Police Box, or the assistants! I won't mention monsters, there are always monsters 😊

In this Diamond edition, I thought it would be good for us to thank those previous editors for their time, effort, and dedication that allow you to benefit from today's newsletter. I did think this was going to be an easy task...just ask the last editor who they took over from then ask that person the same question and so on. Well, maybe it's the lot of an Editor to be forgotten quickly or the Editor wishes to forget quickly!

I do hope I've named them all! Let me know if I've missed anyone and I'll put that right in the next edition. I believe the first edition went out in 1997.

- 1997 – 2003ish
Alastair McLoughlin
Rick Minnery
- 2003ish-2006ish
Gordon Manning

- 2006-20011
Sandie Murdoch & Lise Matthews
- 2011-
Me 😊

None of us seems to have the staying power of the Queen though, who also celebrates a Diamond anniversary this year.

Bowen Hands Survey

Well this certainly caused a response from you all, 128 in fact. Which given that the membership is around 450 in total, is an extremely good response.

The highlights, which were part of the summary provided back to Ossie, were that:

- £28 for Bowen Hands was too expensive for most people.
- However, a significant number, 26.6%, would pay for it.
- Many of the comments suggested that an online or PDF version should be made available.

We wait to see what Ossie's response will be.

Ossie & Elaine will be at the AGM so if you would like to ask them any questions come along on July 7th. You'll find the details at the end of the newsletter.

Newsletter Prize

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

200g sachet Lectric Soda Crystals and a new mini Bowen Pack, worth £8.00.



Dungeons & Dragons

I was asked how I choose the prizewinners. Well, geek that I am, I have lots of funny dice from when I used to play AD&D. I have 4-, 6-, 8-, 10-, 12-, 20-, 100-sided ones. So I count the number of entrants, find the combination of die and roll!

And finally...

Continuing the theme of marketing, I'd like to run a competition to find the most original or successful idea you've had to market yourself.

Send them to me at the email address below and then I'll get the membership to vote on their favourite ones. Prize? Of course there'll be one 😊

Dave Riches

Tel:
07748118071

Email:

dave.riches@bowen-technique.co.uk



Chair Report

Bowen Hands Magazine

Sadly, the current edition will be the last one we will all receive free of charge. Bowen Hands magazine can no longer be funded by Bowtech, so rather than everyone's membership fee being raised by £28 per year your Bowen Association Committee really felt that to be fair to our members everyone should make their own choice as to whether they wish to purchase the magazine directly from Bowtech or not.

I think we can all sympathise with Australia. Paper, printing and postage costs, have dramatically increased, just as they have they have in the UK. To try to find a solution, over the past months we asked Ossie whether we could have an online pdf version of Bowen Hands either on the Bowtech website or our own site. However, Ossie believes that the rest of the world prefers a paper copy, so the magazine will remain in that format for the time being. We are, nevertheless, continuing to request one!

Over the years, the Bowen Hands magazine has:

- Promoted the Bowen training programme around the world.
- Shown photos full of smiling student faces on courses
- Shared the results of new Bowen research
- Shared inspiring success stories from practitioners along with testimonials from clients that showed the value of Continuous Professional Development

We know that it will remain an inspiration to students and practitioners for many years to come.

Most importantly, please be reassured, you will ALL continue to receive your Bowen Association UK Newsletter as part of your membership package. It's grown massively over the past few years and will continue to do so. It's your Practitioner magazine - keep sending us your contributions and be part of it. We will continue to send our pdf copy to other worldwide Bowen Associations and

hope to include some international stories too. We feel that we all need to share knowledge as the Bowen world grows.

Bowen Hands - The Survey

Many thanks to those of you who responded to our recent survey re Bowen Hands, here is just a quick response to the main comments.

- Almost all of you asked for Bowen Hands to be provided as a pdf. During correspondence with Australia over the past months we had asked for this option but Ossie says it isn't possible at the moment. We have sent Ossie a copy of all your comments and so let's hope a pdf may be reconsidered in the future.
- The cost of £28 annually for the four issues was set by BTAA in Australia and not by your UK Bowen Association. The Bowen Association UK was only responsible for posting Bowen Hands to you along with our own UK Bowen Newsletters and membership paperwork, which we have always been happy to do.
- From the comments we have received it seems that some of you are not aware that Bowen Association and Bowtech Training have separate identities and run completely independently and financially. Course fees stay with the Bowtech trainers, and membership fees stay with the Bowen Association. However, we work closely together to provide you with the complete package, something rarely available elsewhere.

I'm sure you will all join me in thanking Ossie for the many years he has provided Bowen Hands to all Bowen Association practitioners.

First Aid renewals just got easy

And to end with some great news regarding First Aid – we've negotiated a great deal for an online First Aid Refresher course, that won't just save you money, but travel and time too.

We're introducing a brand new way to undertake your First Aid renewal training. Your Association has been aware that for some members, the difficulty of finding a course near to them, at an affordable price,

and at a time that is convenient, has often been difficult. So when member Jean Foster drew our attention to an online course she had attended by 'Protrainings', an international online course provider, we were very interested indeed. We've now reviewed their courses - and are delighted to say that we are very impressed.

As a result, we've negotiated a special rate for their "First Aid Plus Course", which is the one you should choose to count as your First Aid renewal. You will also be awarded 4 CPDs for updating this way, and we think you will agree that at only £14.95 a course (massively discounted to BAUK) it's excellent value for money.

The price includes a very comprehensive manual, certificate and CPD hours notice too. It runs online, in a modular basis - you can undertake it at various times, with breaks to suit you.

All you need to do to access it is go to www.prof.a.co.uk and register - when you do so, enter the "corporate discount code" of '**Bowen**' and you will get the course for this great low price. And as an added bonus - 'Protrainings' has also agreed to give you the same discount on any of their other 40+ online courses.

Incidentally, if any of you decide to take any of these - please let us have your feedback as we are always looking for new things to add to our growing 50/50 CPD listings.

Important Practice Information

Committee member Veena Lidbetter and Myself (Chair) represented the Bowen Association Uk at a recent meeting of the CNHC and Professional Associations. Since that meeting the following information has been received and I do urge all of you, CNHC registered or not, to please ensure that the following guidance is observed.

• **Cancer Act 1939 - Important Notice**

As readers will know, all practitioners (not just those registered with CNHC) need to be aware of the Advertising Codes and make sure any wording used is in line with them. Where this does not happen, practitioners leave themselves open to complaints made both to CNHC, where a practitioner is registered with us, or to the Advertising

Standards Authority, or both. CNHC has done a great deal of work in this area to produce wording that practitioners can use to avoid successful complaints being made (Complementary Therapy Descriptors).

However, another area that all practitioners need to be aware of is the Cancer Act 1939: Under Section 4 of this Act it is a criminal offence to advertise services which claim to 'treat any person for cancer'. Use of wording that breaches this legislation can lead to enforcement action by Trading Standards, which could result in a fine or up to three months in prison. It would also lead to the advertiser having a criminal record.

Of course many practitioners do work with clients or patients who are receiving treatment for cancer. Therapies such as aromatherapy, massage, reflexology, healing and Reiki are widely used in this type of work - particularly in hospitals and hospices - and are well-supported. The Act is not saying that it is not possible to work with these patients, but that it is illegal to use advertising which implies that treatment is being given for the cancer itself, as this responsibility of course lies with the patient's relevant medical team.

CNHC is seeking legal advice on wording that can be used in these circumstances and will circulate this as soon as it is available.

• **Testimonials**

During the same meeting PA representatives and the CNHC shared their experiences of the recent activities of the Advertising Standards agency. The CNHC have provided the following link that gives information about testimonials. The Bowen Association Uk does urge you to be aware of the guidance notes that CAP has provided by using the link below:

CAP: Complementary Therapies – Tips and Guidance

The Committee of Advertising Practice (CAP) Copy Advice Team has prepared some guidance specifically for complementary therapists. This highlights some of the common pitfalls of complementary therapy advertising and is available on the CAP website: [CAP Complementary Therapies – Tips and Guidance](#).

Thank you and Welcome

A quick word of thanks to Claire Townsend for all her work on the committee and in her place please welcome Joy Whitehead.

And finally...

I'm sure that if Tom Bowen were here working alongside us today he would be so proud of what is being achieved in his name by all Bowtech trained practitioners around the world, and immensely proud of you all, carrying on his work.

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

Bowen-ing Brave Soldiers

Fiona Webb, Hants



Working with soldiers for both physical and emotional release through Bowen is something I have wanted to do for some time, but with no Army connection it was proving difficult to find the most appropriate means and person to contact. In October 2012, I asked the Universe for help - always believe the Universe will provide, when you commit to what you really want ☺

In November 2012, I was giving Bowen treatments at the twice-a-year Salisbury Holistic and Psychic Fair. In conversation with Dave Hopwood, a Shiatsu/Reiki practitioner who helps to organise the fairs, I discovered we shared the same desire.

As an ex-Army PT Instructor, Dave had found the name of the Army Primary HealthCare Service (APHCS) coordinator of local health fairs for the army and passed her details on to me. We both offered our respective therapies to help at Tedworth House, a local Personnel Recovery Centre for injured soldiers from Afghanistan.

The APHCS run these fairs at least annually at most Army Barracks, with stands ranging from giving up smoking, cancer detection/care, nutrition, mental/physical and financial health, as well as alcohol/drug abuse, bereavement, SSAFA, Royal British Legion etc. Captain Julie Beaumont was very interested in my description of how Bowen might help soldiers and particularly in the offer of free taster sessions at the fairs as most of the stands are informative, rather than interactive.

Dave and I did our first fair at Buckley Barracks, Chippenham, for the 9th Regiment, Royal Logistics Corp in December. An unconventional environment, compared to my previous experiences, in a corner of the barracks gymnasium, next to the British Federation of Table Tennis. As the soldiers who had a go weren't very good

I often had table tennis balls bouncing around on the floor under the couch!

My first client was me! A screen on the next table split and fell backwards onto the bridge of my nose! I quickly did Lower Respiratory Supine and Bowen moves over my nose. No redness, bruising or swelling ever appeared, thank Bowen, as I had visions of developing panda eyes during the course of the day!

Keen to take advantage of a free treatment, I soon had a queue of soldiers for the couch and treated some on a chair too to keep up with demand. Those breaks are so useful for treating more than one person!! All had lower back pain from running with heavy rucksacks, with knees and necks also requiring attention. Many commented how relaxing it was, how pain free the treatment was and felt some easing of symptoms in their backs and necks.

In true Army style, I decided to call for reinforcements for the next fair at Upavon in January and partnered with Janet Le Sueur from Bradford-upon-Avon. With snow on the ground we were all freezing in the gymnasium, thank goodness I'd thought to wear thermals! Unfortunately, with Upavon proving to be full of officers and civil servants, soldiers were very thin on the ground. We did, however, get to treat the entire PTI team from Tidworth who were next to us. Most had the same back, knee and neck issues as before, compounded by their competitiveness. They all enjoyed their treatments but we were not sure what lasting effect they would have had as we then watched them take part in a kettle bell weight lifting competition they set up to pass the time!

At Bulford later that month I was on my own again and took 2 couches. From 9am - 3pm I was treating continuously, with a constant queue of soldiers wanting to take advantage of the "free massage". The lunch hour was cut in half with 3 other standholders wanting to try Bowen as well. Feeling very spaced out at times I focussed on feeling my feet on the ground and kept going - that was a full-on day!

In March, at Warminster, supporting the Duke of Yorkshire regiment fair, I was reunited with Janet, thank goodness!

Learning with each fair, we now had 3 couches between us, a comments box covered in army camouflage paper, courtesy of Janet's friend, plus we offered a draw for a free treatment which enabled us to get contact details of those we treated, and some we didn't. This was something I was conscious of after Bulford, having treated a couple of PTIs who were interested in follow-up sessions - I'd taken their names but not contact details.



Janet getting hands-on with a 'Duke'

Tasters were mostly all/part of the BRMs and Knee, occasionally shoulder and for one guy at Bulford right at the end when most people had gone, I did Pelvic. At Warminster, towards the end one mentioned to me he had been blown up in Afghanistan - he had issues through his whole body. I gave him Lower Respiratory as well as the BRMs. I talked about how Bowen can release physically and emotionally and that it would be ok for him if he felt he had to go off and be alone to allow some of that release. He understood and was very grateful for the treatment.

We quickly learned which soldiers weren't really interested in what Bowen was about, but just wanted the freebie, and did not waste time talking to them about it. Some were up and off the couch like it was on fire once told they were done - I wonder if they were uncomfortable with the connection/awareness of their self, or what they were opening to remembering.

One soldier booked a treatment with me subsequent to the Warminster fair, recommended to try Bowen by a friend who had a taster. From Fiji, he said he had been

blown up three times in his latest tour of Afghanistan. A Distinguished Service Conduct certificate hung on his wall. He was quiet, reluctant to talk much, though that could have been the language as well, but at the end of the BRMs treatment he hardly spoke and turned the TV on, rather than seeing me out. We cannot begin to understand what these men and women have been through. That most are carrying on with physical and emotional burdens demonstrates their calibre. Being able to promote Bowen Therapy to people very much in need of it is important. But feeling what they can take is a very thin line.

The fairs are tiring but VERY enjoyable - the camaraderie and closeness of the soldiers is obvious, mostly in the uncomplimentary comments and man-handling (quite literally!) of their mates lying prone on the couch! Even the Army Chefs on the "Eat Well" nutrition stand next to us at Warminster couldn't leave them alone - I had to apprehend one who was advancing with a cucumber in his hand!!!!



"These guys look far too relaxed..."

The Warminster organiser was the barracks PTI and I offered to give him a free treatment when I returned to treat whoever won the draw, as he had not had time for a taster session. Ian was very pleased to accept this, though we had to wait a while as the whole barracks went on 3 weeks leave through to the end of Easter. The session for the two soldiers was then cancelled that morning due to the unannounced arrival of "the drug squad" to test the whole regiment. I treated Ian later in April. His main issues were stress, lower back, groin strain and shoulder pain. After discussing the physical ones, I asked what kind of stress he was under. This was workload, expectation,

general work pressures. I asked, as gently as I could, about any combat stress. "Oh, we won't go there."

This comment suggests to me that Bowen is best promoted as a physical therapy to the Army at this stage, certainly to the soldiers - the APHCS and Commanding Officers may be more appropriate to discuss the emotional benefits Bowen can give.

Ian slept through most of his treatment, so clearly needed some downtime, prior to a long weekend of leave. That was enough for him to book a second session, later in May. I trust he will feel the benefit of Bowen and be confident to promote it within his regiment and beyond. Ian has already agreed to act as a central point of contact to us to offer Bowen to other regiments and barracks for their fairs.

Dave Hopwood and I were able to make contact with Tedworth House through the chap manning the Royal British Legion stand - unfortunately they have not taken up the offer of Bowen or Shiatsu as part of their wellbeing offerings at this point. Hopefully, in time, it will be the soldiers themselves who pull these in.

If you are interested in getting involved promoting Bowen at Soldier Health Fairs near to you, please contact me and I will find out who the relevant APHCS coordinator is for you to make contact with.

fiona.webb@bowen-technique.co.uk

07783 421181

Lucky Winner of the Lectric Soda Crystals...

...is **Fiona Webb**, who wins a 650g jar of Lectric Soda Crystals. **Fiona** will receive her prize within a week.

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

Students' Corner

Here's an interesting question, to which Angela has provided an answer. What's your answer?

Q: "At what age would you start putting breaks in between moves during a treatment? Would a 12 year old need the breaks or can you still normally work straight through at this age?"

Angela Cannon: I put the breaks in at almost at any age. The younger the infant then just a pause between moves, increasing as they become older. Definitely, a 12 year old would have breaks. The younger they are the less work I do. So much depends on the problem, the age and how fit the child is. I use my instinct all the time and if in doubt do nowt.

I generally though don't leave the room with youngsters under 16 years during breaks. I always keep the parent or guardian with me at all times in the room. If I do leave the room I leave the parent behind.

Or if I want the parent to leave with me because I want to ask them something and not disturb their youngster, I will say to the child we will leave the door open and just call if you need us.

I also do a move on the parent before I begin so the child can see what happens and what I mean by a 'Bowen Move'. This is to show the parent how gentle the move is and to gain both their permissions before I begin.

I will say something like, "may I demonstrate a Bowen move on your arm, mum, so you can feel how gentle it is?"

During a treatment, I ask the parent to carefully observe my hands as I make the moves, and for every move I make. I explain that this is for my protection as well as for their youngster. I make sure they can see clearly, asking them to move around the couch. I also explain very carefully to the young person and the parent exactly where the move is going to be and why, and ask permission from the child for each move. "Is it ok if I make the next Bowen move?"

Before I begin any treatment I always take a case history and address my questions to the young person. Even the very young ones will know their personal details and this gains their trust and empowers them. The younger they are the more I involve the parent or guardian to gain relevant information. I always ask them if they would like some Bowen treatment to see if I can help with their problem. Their permission is important.

One other vital question is to the parent, "Have you consulted your Doctor about this problem and what is the diagnosis?"

Bowen and Chickenpox



Camelia Pop, Manchester

This winter, at the age of 33, I had chickenpox! Now, everyone knows that chickenpox can be more serious in adults than in children, so I thought I'd let you know how Bowen helped me.

Let's remember the most common symptoms:

- rash and spots
- feeling sick
- high temperature of 38°C or over
- aching, painful muscles
- headache
- generally feeling unwell
- loss of appetite
- sometimes the blisters become infected with bacteria and need antibiotics

Out of all these, I had just the rash and spots but still, I was ill!

It started during the night and when I realised that I had a lot of itchy spots on my body, I thought I'd help the body to fight this "infection" with a lymphatic procedure.

Because I was very sleepy I chose the shorter one: the Breast Procedure and it was a good choice because most of the spots were on the chest, tummy & back. So I did BRM1 moves 1-4 (just to open "my

computer”), BRM2 moves 1-8, 8a, 8b (or 9 and 10 as they are now called, or the non-optional optionals!) and Breast.

During the night, I was very thirsty and I drank about 1.5 litres of water and I sweated a lot. In the morning I went to my GP and the diagnostic was chickenpox! For the next 3-4 days I applied Calamine as often as needed and took 1 antihistamine per day for 3 days. On the 4th day I didn't need antihistamine anymore because I was no longer itchy.

All those days I was fever free, I could eat, even cook. Once again I was so pleased that I've done the Bowen training because I could help people including myself and not to mention how much I use it on my children and husband.

As a conclusion my chickenpox as an adult was overall very OK: no fever, no loss of appetite, no painful muscles, no infected blisters...and I'm certain that Bowen helped to get over it so smoothly.

Letters to the Editor

Nabeed Khan, Herts & Middx.



I've just attended the first Bowen association webinar organised by John Wilks, where Sandra Gustafson spoke to us about Women's Health. It was fantastic, I learnt lots! There was lots of interaction with other attendees, and plenty of time to have all of our questions answered at the end. I am already looking forward to the next one in April, and would highly recommend to others as a means to learn from the comfort of your own home! Thanks John and Sandra!

[Ed. You can find out more about John's exciting range of webinars here:

www.cyma.org.uk/view-and-book.aspx]

Sarena Baxter, London

would like to extend an invitation to interested Bowen therapists for a rare opportunity to get a full day, behind the scenes view of the science to the natural ranges at the Weleda HQ.



Available dates to book are:

- Natural Medicines: July 11; 15; 16
- Baby Day: July 9; 18;
- Skincare: 10; 12; 17;
- Combined skincare & baby July 19th

Interested therapists can contact Sarena on 07788795976 or 02073545159.

Hospice Newsletter?

The latest webinar organised by John Wilks on the subject of Palliative Care on Tuesday 11th June attracted over 40 participants from the UK and around the world. The presenters: Nickatie Dimarco, Caroline Hornblow, Janet Le Sueur, Angela Cannon and Stephen Ludbrook; all Bowen Association members, shared their experiences of working in Hospices and working with those who have life limiting conditions.

During the webinar, it was suggested that a special Hospice edition of our Bowen Association Newsletter could be made available as a resource for Hospices as well as for our members.

So the Bowen Association UK would like to ask all our members who have information or something of interest to share, to contribute to this special 'Hospice edition' of the Newsletter.

The presenters will be invited to contribute but we know that there are many of you in our Association who find that Bowen makes a real difference to the wellbeing of people suffering a wide range of life limiting conditions. Please do share your thoughts.

[Ed. Please send them to me, Angela, and Sheila.]

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

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Deadline for the next Edition – 1st September 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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