

BOWEN ASSOCIATION UK



Bowen News

Winter 2015 – Issue 70



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

What a lot of rain we're having, is it autumn or spring we're in? Hard to believe it's winter time, for those of us down in the soft South of course.

Paying Forward: I went skiing over Christmas. More ice than snow, more falls than usual. So Bowen came in very useful during the week I was away. I'm pretty sure that the Bowen world will see another 5 new clients this year as a result. So if you have someone come to you saying they heard about Bowen whilst on holiday skiing, it might have been me, and that's my pay forward to the Bowen community.

After all, I benefited from a "pay forward" a couple of years ago. One client came to see me when they'd experienced Bowen on holiday in Turkey during the summer. She's now one of my regular irregular clients who comes when she needs and encourages others to do so as well.

So when you give some Bowen whilst on holiday and they offer to pay you back. Tell them to find a practitioner when they're back home and pass on your name instead. Of course, you did have a business card to give them, didn't you?

This Edition...

After last issue's bumper edition, I thought this one might be a little leaner following the Christmas festivities, however, you've come up trumps yet again!

And again, it's quite an eclectic edition ranging through midwifery, spiders, white water, and the AGM.

Fiona continues her series of Bowen and Sport with the stories of her canoeist's progress. It's so exciting, I couldn't edit it down or review it properly, In fact, I had to change the newsletter format a little to cram it all in so I hope it reads well.

Natalie Haskell talks about her invite to speak to the students of the midwifery course at the University of East Anglia.

And, after listening to your feedback from the last AGM, we introduce the location and agenda for the next AGM on 4th June.

Newsletter Prize

The "contribution to the newsletter" prize for this edition is kindly donated by John Wilks and is a copy of his new book. You'll find a review of this book later in this newsletter.

And finally...

Book your place at the AGM and hotel before it sells out. Last year was a stonking success and this year will be even better!

Dave Riches

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Letters to the Editor

Midwifery at UEA

Recently, myself and a number of Complementary Therapists were invited to discuss our Modalities at the University of East Anglia, with students in their 3rd year of the Midwifery Course – The UEA is situated in Norwich, as am myself and the other Therapists that participated in the event.

I was asked to discuss the Bowen Technique. I cannot tell you how excited and honoured I felt about the whole event and realised what a great opportunity I had been given, to be able to share with up-coming midwives, what our therapies are all about and to alleviate any fears, myths or untruths about Complementary Therapy during pregnancy. Of course, I jumped at the chance and set to work on what I wanted to get across to the students.

I had a good idea of what I was going to say and demonstrate, but thought I'd speak to the Bowen Association UK office initially, to

see if they had any advice or if anything like this had been done previously. I must say, that after speaking to Angela I felt much supported and came away feeling a little more confident on what to say and where to glean my information. The team also sent me some Bowen Association flyers, which went down a storm with the event attendees.



The Therapists

Further support and advice came from my former Bowen Tutor, Helen Perkins, who spent some time with me, giving me further ideas and suggestions and considerations of specific ailments that pregnant ladies can get and which procedures would be good for them.

We were informed that each Modality would have its own 'stall', that the students would be split into 6 groups, as there were 6 modalities, and that we could speak, demonstrate, involve as we so wished, but that each therapist/modality needed to supply a hand-out for each student to take away for their course work.

My handout, which formed part of my dialogue with each group, consisted of the following:

- An overview of the Bowen Technique
- How/Why the Bowen Technique might be used during Pregnancy
- Common Bowen Procedures Applied during Pregnancy
- Why Women might chose Bowen Technique during Pregnancy
- What the benefits of Bowen Technique might be during Pregnancy
- Bowen Technique Contraindications

- Where to find Bowen Practitioners in the UK
- Useful reading material for the Bowen Technique

With each new group that came to my stall, my initial question was, "Has anyone heard of or tried the Bowen Technique?" I was amazed that out of the 30 students, only 2 people had heard of Bowen, but neither of them had had hands on experience – so, not only did I get to put fears aside, with regard to Complementary Therapy during pregnancy, I had a group of people who were hearing about a completely new modality.

At the point of 'Common Bowen Procedures Applied during Pregnancy', I started to demonstrate selected procedures on the students – I did this with some sitting and some standing – the students realised immediately how easy it was to apply to someone who was pregnant and in most cases they said they felt changes in their own bodies – there was one lady who has Scoliosis, so she wanted to try BRM2 and she said that she couldn't believe that she felt a very slight relief with just that one procedure – this encouraged the other students to be demonstrated on, for their specific 'ailments'.

The interaction was great throughout the event and the students were keen to listen and ask questions – the type of questions I was asked, other than 'what procedure can you use for specific ailments during pregnancy', were non-pregnancy related, so they seemed interested in how Bowen might be beneficial for themselves, as well as their future patients. [You can see the students on the front cover of the newsletter, *Ed.*]

I'm not going to lie – I was very nervous prior to the students coming into the room – I think I was even shaking during the first group that came to my stall, but from the next group and to the end, I found my flow and I thoroughly enjoyed the event.

Other Therapists & Therapies on the day were:

- Kathy Payne – Natural Health & Fertility Coach: Organiser of the Therapists for the event, plus Women's Health Coach, covering food and lifestyle guidance (Foresight) & Homeopathy

- Rebecca Geanty – Norwich Acupuncture Rooms: Acupuncture and Acupressure
- Sam Quinton – Norwich Sports Massage : Massage & Reflexology
- Jane Sheehan – Norwich Therapies for Health: Hypnobirthing
- Elizabeth Stallwood – Gentle Hypnobirthing Norwich : Hypnobirthing
- Jessica McKenna – Bliss Yoga : Pregnancy Yoga

It was a privilege to be part of something so positive and be able to share information with soon-to-be Health Care Professionals is just amazing, I was truly grateful for this opportunity.

*Natalie Maskell, MAR,
MBAUK*



*Sensitive Soles
Therapies, Highball
Clinic, Norwich*

Do you call your patients names?

I have two lovely patients who come as a pair for their treatment and who bring much merriment and laughter to their sessions.

Far from being a ‘classic’ treatment, if there is such a thing, they both feel able to describe and share their reactions during the session. So much so, that the last time we met they even gave themselves nicknames!

As they waited for the Bottom Stoppers to take effect, one of them said, “Oh here we go, it’s the ‘Whoosh’ feeling starting”, while the other said, “I’m getting the little flickers, just here in my leg”.

They both burst out laughing and agreed that from now on they are to be called Flicker and Whoosh!

Ros Elliott-Özlek, Turkey

Bowen Association Chair & Committee report

Dear Members,

Happy New Year and Happy ‘New Look’ Bowen Association AGM!

I mentioned in my Christmas email to you all that we would be sending out information about the 2016 Annual General Meeting on 4th June. An agenda and booking forms for the AGM, hotel, accommodation and dinner (see below) and post-AGM 2-day Workshop are reproduced in this Newsletter.

Following the survey we undertook after the 2015 AGM, we are delighted that we have managed to accommodate much of your wish-list:

- We’ve found a hotel with leisure facilities and have driven an absolutely fantastic deal for you.
- We are planning a group dinner at the hotel on the Friday night before the AGM. Please advise if you would like to attend on the booking form. You can choose from a 2 course dinner from £13.50 per person, or 3 course dinner £18.50 per person – a menu will be confirmed later but we will take account of special dietary requirements.
- We are opening up the evening dinner and hotel deal to partners too, so why not bring yours along for a couple of nights at a great rate in a really nice hotel with good company (just tell us on the booking form). They can enjoy exploring the area while you join us at the AGM and seminars, picking up a cool 8 CPDs (and a nice lunch) for the knock-down AGM fee of only £50!!!
- A special ‘extra’ date has been slotted into Helen Perkins’ busy year to make it easy for you to participate in her acclaimed Workshop on ‘Palliative Care: The Role of the Bowen Therapist’ (the Sunday and/or Monday post AGM – 16 CPDs).
- And we are introducing our brand new Member’s Forum to close the morning session. This is where YOU will be in the

driving seat - telling us how you want your Association to develop in the coming year.

We are looking forward to seeing you all there. If you've never been before, make this the year you join in. And if you are a student member - please do come along - we love to welcome you there and it is a fantastic opportunity to meet practitioners, make friends and tap in to a wealth of experience.

Please help us make this AGM the best one yet by letting us know that you will be coming by the end of January – we need to have a good idea of numbers by then in order for you to benefit from the great discount deal. Please don't delay – send in your booking form today!

Looking forward to a great new year with you all

Sheila Whyles



Acting Chair of BA UK

Bowen Therapy Week Update

You guys are amazing!

We've had a fantastic response from Bowen Association UK members and instructors from across the country, all interested in promoting awareness and understanding of Bowen Therapy, as well as promoting their own businesses.

We would like to say "thank you" to Bowen Training UK instructors John Wilks, Jacqui Hoitingh and Helen Perkins, who are all keen to be involved with the celebrations. A special thanks to John Wilks, who is offering a free webinar series during Bowen Therapy Week with instructors from around the world. More details will be available soon.

Also a huge "thank you" to Bowen Association UK members: Magdaly Leggett, Lina Clerke, Cornelis van der Does, Adam Buttery, Ye Ping Tsim, Janine Whitfield, Diane Brown, Janet Le Sueur, Camelia Pop, Isobel Knight, Karen Benbow and Ros

Elliott-Özlek - who, in addition to registering their interest to take part, have also been contributing some great ideas for Bowen Week and beyond.

So what's happening?

Many practitioners are already taking part in the celebratory Bowen Therapy Week. On offer are discounted and free treatments, talks to community and specialist groups, radio and possibly even TV interviews.

Some of these practitioners have expressed an interest in getting together with therapists in their local area to offer combined promotional events. Strength in numbers is always a great idea, not only in promoting our message to the public, but also as a way of supporting each other.

If you live in the Farnborough, Fleet, Guildford area on the Surrey/Hants borders then Adam Buttery would be pleased to hear from you (email: a.buttery@sky.com). If you live in the Carlisle and Cumbria area then please contact Janine Whitfield (email: janine@newpathhomeopathy.com).

Here are some of the suggestions that have been put forward, our responses, and ways that you can help:

- Promoting the Week with press releases at local and national level. We think this is a great idea and are planning a generic press release that will be available from early March.
- Creating advertising material specific to Bowen Therapy Week. We think this is also a great idea and will focus more energy on this for 2017.
- Identifying high-profile fans of Bowen, who would be willing to endorse and promote the Technique. If you know any local or national celebrities who might wish to be involved, please let us know (office@bowen-technique.co.uk)
- Using social media. If you are a Facebook or Twitter fan, please spread the news!
- Setting up Skype groups for local support and discussion. We are very grateful to Ye Ping Tsim for her suggestion and for agreeing to set up a 'test case' Skype group in her local area. If you live in the West or Mid Sussex locality and would appreciate belonging to a support group,

without having to travel, please email Ye Ping at pingpingbowen@gmail.com

Bowen Therapy Week runs from 12th–18th April 2016, and this year is a special celebration as it marks the 100th anniversary of Tom Bowen's birth.

If you would like to join in the celebrations, connect with other therapists in your area and promote Bowen and your Bowen business, then we would love to hear from you. Please register your interest by emailing Jenni Townsend (jenni.townsend@bowen-technique.co.uk) giving your name, location and details of your promotional offer.

And to close, there was an interesting article in a magazine recently about a group exercise. Imagine 20 people, who all know each other, in a room together. On the floor are 20 balloons with their names on. The group are asked to go and find their own balloon. There is an increasingly chaotic and lengthy situation as everyone tries to locate their named balloon. Most are unsuccessful with the task. The group are then asked to pick up one balloon and give it to the person to whom it belongs. The task is easily completed in a short amount of time. The moral is that by helping someone else we can help ourselves in the process. By helping and supporting each other we can achieve more.

Let's help each other to make Bowen Therapy Week 2016 a celebration to remember. We look forward to hearing from you.

Bowen Association Executive

Sheila Whyles	- Vice Chair
Rob Godfrey	- Treasurer
Lorraine Ireland	- Secretary
Camelia Pop	- Projects
Helen Mawson	- Marketing
Kim Pearson	- Committee
Veena Lidbetter	- Committee
Marco Ferro	- Committee
Dawn Mills	- Committee
Isobel Knight	- Mentoring
Jenni Townsend	- PR

One Man in his Boat

The story of ever-increasing performance.

Starring - Nick Adnitt

Co-Starring - The Bowen Technique

Written by - *Fiona Well*

Read it now in a newsletter near you!!



In the write-up of the cycling trial in the last newsletter, you will recall how one cyclist was impressed by the effect on his canoeing performance too, which for him, was actually much more significant. Of particular note was his canoeing (single blade) outperforming his kayaking (double blade) and achieving significantly faster times after receiving Bowen. Nick now takes up the story of his Bowen experience, in relation to his canoeing.

He is 57 and a highly motivated endurance canoeist - races are typically 15-20 miles, with the peak challenge each year being the 125-mile Devizes to Westminster International Canoe Marathon. Nick has designed his own 1-man and 2-man canoes and will compete in the latter with a friend in the Devizes to Westminster race, Easter 2016, aiming to complete the course within 20 hours. He emailed me after each event and below is a record of changes in performance noted over the last year, culminating in the British National Championships August 2015.

This is a great example of the social proof of Bowen I talked about last time. Key points which come through are better balance, more power, greater efficiency, better recovery times and more confidence in himself. It has been a real pleasure and

highly rewarding to work with Nick, through Bowen, in support of his endeavours.

19th August 2014

One week after completing 3 Bowen treatments in the cycling trial, he writes:

“Hi Fiona,

You may recall that I had a secondary performance benchmark on which to measure any Bowen benefits, and this is a 5 mile canoe time trial. I have been paddling the exact course for 4 years in order to measure improvements to boat design, or simply to ascertain my current fitness. Yesterday was the first time I paddled it since the Bowen treatments, and once again I have been surprised by the margin of improvement.

Below is the record of the last few times - I used the same boat with the same single bladed paddle. There has been some improvement mainly due to better familiarity with the boat, but yesterday I improved by nearly 3 minutes! This is even more remarkable because it is harder to improve as one becomes faster. Theoretically the margins should become smaller.

19/09/13, 54 mins 0 secs

13/05/14, 52 mins 47 seconds

30/05/14, 52 mins 20 seconds

18/08/14, 49 mins 32 seconds

The evidence now seems irrefutable.

So, it is even more important to me to understand what has happened to me and what the prospects are for the future.”

16th September 2014

“My performance in the boat continues to improve and I raced last Sunday at Pangbourne, managing to keep up and beat a few more kayaks. I also raced a time trial last week and won a medal for the fastest time of the year in a C1.”

20th October 2014

“Basingstoke Canoe Club Time Trial - 6 miles. I paddled the course last year in 1 hour 11 mins. I paddled again on 18/10/14 after Bowen treatments and recorded 1 hour

2 mins 36 seconds. A 9 mins 24 secs improvement! Even bearing in mind a twelve month gap, it is a remarkable improvement.”

Three months after this trial, Nick returned for a couple of sessions in November

25th November 2014

Basingstoke Canoe Club Challenge - 16.6miles

“Headline summary was a remarkable performance compared to last year, and compared to the differential performance of other competitors who also paddled last year.

I compared my timings from 2013 with those of 2014. It was the same course as last year and some of the competitors paddled again this year.

2013 – 19 single kayaks and 1 single canoe (me)

2014 – 16 single kayaks and 3 single canoes

Negative factors:

- I'm a year older.
- It rained non-stop and I got soaked.
- My kit got very heavy due to the rain.
- I had to use a full spray deck which caused some delay at the portages.
- There were a lot of leaves on the water which built up on the bow and had to be periodically shaken off

Positive factors:

- I have another year's experience
- I know the course
- BOWEN

I started off quite fast in order to drop a junior K2 who started at the same time. I never saw them again!

My paddle strokes are now a lot more consistent and I am aware of the power being delivered from the paddle blade to the boat more efficiently. Stability has improved and I'm using a higher seat. Confidence has improved. I am far surer of my (newfound) ability and put more into the paddle.

On the out leg I knew that my paddling was more efficient but the boat didn't feel that much faster. However I reached the turn 3 minutes up on last year which was a

surprise. My expectation therefore was 3 minutes quicker on the return leg, so a 6 minute improvement.

I had a couple of "downs" but felt really strong towards the finish.

RESULTS

All but two recorded a slower time than last year. This would be expected due to the poor conditions compared with 2013. All these paddlers are local club athletes, so know the course well. The other faster time was 20 seconds quicker but I was a colossal 12 minutes 19 seconds faster! **[Ed. Wow!]**

It would be expected that competitors would be slower due to the poor conditions and the top kayak paddlers were nearly 2 minutes slower. This makes my time improvement even more remarkable - I was an average of 45 seconds/mile quicker over 16.6 miles.

There was no super-human surge of energy, but a sustained and consistent improvement in efficiency over the duration of the effort.

The time differences for each section show that I actually got faster compared with last year, especially after the turn. This is unusual because the water was more turbulent due to paddlers who started after me, coming towards me on their out leg.

So, what does all this mean? The improvement over last year compared with my own timings, plus the difference in other competitors is extraordinary. When everyone else was slower, I was faster. It wasn't just a bit quicker, but substantially so. Surely this can't go on. The "engine" is the same, it seems it is the power delivery which has improved?

Assuming that the weather holds for next Sunday, I have a 20miles TT in Banbury. I have no previous times to compare with, which I'm rather glad off because I'm not comfortable with phenomena which have no rational explanation, based on what would be considered normal progression based on training.

I'm keen to continue with the treatment because it is clearly, hugely beneficial. However, I will be almost glad when the level of improvement begins to taper-off because

quite honestly, I'm struggling to come to terms with it.

It is now Monday evening and I feel fully recovered, it usually takes a couple of days before I am ready to get back in the boat."

30th Nov 2014

20 mile Banbury Canoe Challenge

"Hi Fiona,

I paddled the Banbury 20-mile canoe marathon last weekend. I had no previous time to compare with, but I set a target of 4 hours at 5miles/hour.

I made the 10-mile turn at one hour fifty minutes, so ten minutes up on my target time. The head wind on the return leg, plus the water turbulence and a few narrow boats which got in the way, all took their toll and I finished at 3 hours, 46 mins & 45 secs; 28th out of 40 boats, of which 38 were kayaks. I averaged 5.58 mph on the outward leg and 5.1 mph on the return.

The only other full distance C1 was a high kneeler paddled by Team GB, Div 4 K1 and Div 5 C1 athlete Roger Weir (I'm Div 7). As a member of Banbury canoe club, he must know the course well, but he only beat me by 17 minutes 49 seconds over the 20 miles course, so not bad.

What continues to surprise me is the rate of recovery. I ran 7 miles with the lads on Friday evening, not really a great idea less than 48 hours before an endurance event. However, the usual stiffness in the legs did not manifest itself on Saturday, and I felt fresh going into Sunday's race.

After the four hour effort on Sunday, I was pretty tired in the evening and even went to bed at nine o'clock. Discovered that I had man-flu Monday morning. However by noon, I had recovered from the paddle.

There are no big races now until February, and then the Waterside Series of long races kicks in. So, I reckon I'll be up for some more treatment in the New Year."

In early 2015 Nick resumed Bowen treatments in support of early season fortnightly races ranging from 13.5 miles to 34 miles. He sent me a video of his new paddling technique, in which I could see a

difference in his stroke to the right, compared with the left. I mimicked this in my own body to feel what muscle groups were affected and discussed with Nick so he understood my plan for him in the next session.

10th February 2015 - 'Nick's great day out on the water!'

"A quick update on how I got on at Sunday's race.

It was 13.5 miles with 21 portages (locks - pick up the boat and run). The weather was cold but bright. There were ten boats in my race. I came third, beaten by a Hungarian national paddler and another guy twenty years my junior, so we'll let that pass.

I did beat some good standard paddlers for the first time which felt good. I got tired towards the end, pulling on such a large paddle, and we had an additional two portages due to half mile sections of ice.

It was once again, a phenomenal performance compared with my previous times and against my peers. I even beat my racing kayak time of 2009 and I was much younger then.

2009 Kayak – 2:34:10

2010 Canoe – 2:52:31

2011 Canoe – 2:47:24

2015 Canoe – 2:32:40

I was pretty tired and stiff on Sunday, but was ready to paddle again the next day, which surprised me. So, I am very pleased with the result, 15 minutes improvement in not-great conditions. I'm rather looking forward to the next one on the 23rd.

13th February 2015

"I paddled on the Thames today which gave me a chance to reassess my paddle stroke whilst not racing.

In the video it was clear that I paddle more efficiently on the left than the right - I am right handed. I also submerge more of the paddle blade on the left than the right. Therefore I have to execute more strokes on the right in order to ensure that the boat maintains a straight line.

After the race on Sunday, my right leg from the buttock, all through the back of the thigh was really tight. I thought it was because of all the running with the boat, but why didn't both legs "seize up"?

Today I noticed that I felt more "natural" paddling on the right. I also felt more "balanced" - canoeists tend to favour one side to brace in rough water. I didn't have the video, but it just felt better. I also felt the right leg muscle tightening again and there was no running on this session.

It seems that I am exerting more power on the right hand side because the stroke is more efficient (balanced) and the right leg hasn't been used to that before.

I hope all this makes sense (it does to me!), but I felt we made some more progress."

24th February 2015 - Sunday's race of survival!

"Goodness, what an ordeal I've been through since Thursday!

What I didn't know at the time, was that I'd picked up some horrendous fluey type virus thingy (of the worst kind), I hope you were OK?

Friday, I was no use to man-nor-beast, achey, lethargic, headache, the lot. Saturday was even worse, just lay on the sofa. My wife was adamant that racing on Sunday would be foolish (she was a little more descriptive!).

So on Sunday, I had recovered a bit, dosed myself up with Beechams and hot lemon, and raced. The weather was appalling, cold, wet and windy. I got to the turn OK, but the upstream, up-wind return leg was awful.

Anyway, I finished in 3 hours 18 minutes. This beats my best single canoe time by TWENTY minutes and my best single kayak time by ten minutes. I was off-form and the conditions were not great, but it was a good result.

My rival for third position in the series closed the gap by a couple of minutes, but I'll get that back on the 8th. I'll give it a day or so before I get back on the water and see how I'm doing."

10th March 2015

“Just about recovered from the race on Sunday. I think I’m still carrying the last bit of my fluey thing.

Anyway, had a good paddle, 4 hours, 22 minutes and 47 seconds, managing a 23 minute improvement on my best canoe time. I got really tired towards the end and was beaten by 1 minute 46 seconds by my arch rival! I have one race left to take third place.

It was good to beat my previous time, but I didn’t feel particularly fast. This may have been due to the amount of double kayaks on the water causing considerable wash, plus the log jam of boats through the Bruce tunnel.

Anyway I’ve got a couple of weeks to improve before the last race in the series.”

24th March 2015

“Just recovering from the race on Sunday, 34 miles with 35 portages. I completed the race in 6 hours 43 minutes, 35 minutes faster than my quickest time in the past, and with 10 mph head wind. That was a nice surprise, and I also beat my arch rival by 10 minutes. He started eight minutes in front of me and I never thought I’d catch him. But I did, and left him for two minutes. I was also in good shape the whole way.

So, I eventually came 2nd in the four race series.

What was also interesting, is that I didn't have to stretch my legs during the first 15 miles (no portages). In previous years I had to get out after two hours due to the agony in my bum and legs. I got to the first portage in 2 hours 46 minutes without any discomfort.

It was a vast improvement in all areas; balance, efficiency, style, speed, comfort, confidence and enjoyment!

As discussed, I'm going to leave it a while before I start more treatment, but I am in absolutely no doubt as to the value of Bowen and what it does for me.”

I next heard from Nick at the end of July - he was targeting the National Championships in Norwich at the end of August. I was now able to use the targeted assessment techniques I learned from Kelly

Clancy at the AGM weekend to identify key restrictions in the body.

7th August 2015 - Phenomenal improvement!

“Hi Fiona,

Just thought I'd drop you a line regarding my paddling technique improvement.

So, I saw you on Tuesday evening and we looked at the video of my paddling technique taken earlier that day, and identified the different stroke techniques on each side.

And then you did some stuff!

I rode the chain gang on Wednesday evening at a relatively high rate, but not eyeballs-out. I noticed a couple of "twinges" in my lower right leg, but nothing for concern.

I paddled 4 x 1 mile efforts on Thursday. It was an intense session and I got some good times, but there was no perceivable change in my paddling. There was also a lot of water in the boat, something I've noticed a couple of times recently when I haven't used a spray deck. I was expecting to see a difference and was surprised but not disappointed to see no change.

Had Thursday off.

I met with a paddling mate today for a session at Great Bedwyn. I have to paddle like crazy to keep up with his kayak, so all thoughts of technique go out of the window. However, he fell in the canal at one of the portages, so I took the opportunity to get ahead. As there was no pressure to keep up, I relaxed.

All of a sudden I noticed that my right hand side paddling had changed dramatically. The stroke was so much more natural and much closer to how I stroke on the left. The rest of the session was a revelation, I just couldn't believe how much movement I could achieve, especially trunk rotation. It has even improved the left side paddling. I can get the paddle in at a far more efficient angle, more perpendicular to the water surface. It all feels so smooth. There was also next to no water in the boat.

I now need to work on how I can optimise my "new" technique into an efficient stroke. I must admit, I was quite excited about it

and I'm looking forward to see if there's any more to come."

Nick had a treatment on the 10th August. I added some coaching about the effort of 'trying' putting tension & limitation into the mind & body, whereas 'just doing' or 'allowing' enables the mind/body to be more relaxed, giving greater range and power. Also some imagery about 'seeing the distance shorten' and the person ahead 'getting bigger' as Nick pulled them back to him with his intention. This all helps give the mind & body a very clear goal to achieve.

16th August 2015

"Hi Fiona,

I went out on Thursday and paddled 8 miles, 4 using a single blade and 4 with a double (kayak) blade. Probably took 30 seconds off canoe time and 90 seconds off kayak time. Weather was appalling!

A quick 2 miles on Friday testing a longer kayak boat.

Raced a six mile time trial on Saturday. 30 seconds down on last month but I did not have anyone chasing me. Started off too fast chasing a couple of kayaks. Didn't make any ground up until after the turn when I'd stopped trying (failing!!) to catch them and then realised that I was getting closer as I'd relaxed a bit and my paddle style had improved.

Beat them both in the end."

25th August 2015

British National Championships - Norwich

"As you know, I competed in the British National championships last Saturday. It was the single canoe (C1) senior event over 14 km (8.5 miles), two laps with two long portages.

There were eight boats on the start, all high kneelers except me. Two of the competitors were Polish international paddlers, so not eligible for the British Championship.

We all lined up, and then a cruiser came down stream so we had to move over and let it pass. Before we could re-form, the starter said go. Consequently I was sixth off the

start and watched the 2 Poles and 3 Brits sprint into the lead.

Normally I would have paddled like a mad man to catch up as quickly as possible, but it was 30 degrees and a long paddle ahead. So I put a "golfhead" on, concentrated on technique and style, and watched them come back to me.

By the turn I was in fourth place and hot on the tail of a lady sprint paddler from Team GB. I caught her by the first portage at 7 km and overtook her on the run. There was no way I could catch the international paddlers, but I wanted to maintain third place.

By the second portage she had closed the gap to 20m, so I sprinted over the portage to open it up again. By the last turn the gap was 40m. We still had 4kms to go and the heat was taking its toll. Once again I had to force myself to stay calm and just work as efficiently as possible. I looked back a couple of times and saw that the gap remained stable. As we approached the finish I knew she had started her sprint as many spectators were shouting encouragements. But she'd left it too late and I crossed the line six seconds ahead.

That has to be one of the best races I have paddled. I felt in control, and to beat one high kneeling canoe would have been an achievement, but I beat five. Everything seemed to come together. I got the bronze medal, plus I am officially the fastest canoe marathon paddler in GB for 2015.

Maybe it was fate, but it had a lot to do with preparation and planning and I have to say I'm very pleased with how it all worked out.

There is no denying the advantage I got from Bowen work you performed on me and I am extremely grateful for what you did. I saw a huge improvement in technique over a three week period and really benefited from the increased efficiency in the boat.

Once again the objective evidence is irrefutable, based on the last four years of competing in the nationals, I am getting faster as I get older.

However, as I've said before, it's not just athletic performance, but hugely improved balance leading to a massive surge of

confidence. I knew I was going to do well, was disappointed at the start to see a gap opening, but kept it together to overhaul the advantage over a sustained period.

So, thank you Fiona.”

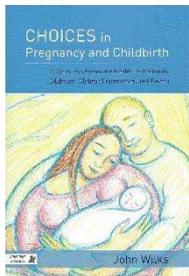
Fiona Wells, Hants

Lucky Prize Winner...

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

Book Reviews

'Choices in Pregnancy and Childbirth'; John Wilks



Absolutely excellent! John has brought together a fully referenced wealth of material, giving the Bowen practitioner, health professionals and parents opportunities to appreciate fascinating insights into pregnancy and childbirth.

The various contributors to the book have generously shared their knowledge through practical experience in their field of expertise. The book contains valuable information and suggestions to empower a pregnant woman to make choices for her baby's future health and her own physical and emotional wellbeing, including nutrition and environmental advice.

Bowen practitioners will find discussion on the physical and emotional imprinting, the squeezing, twisting and pulling through the birth process, which creates imbalances and birth patterns held throughout the body, so useful when working with client's postural problems.

If you think that this book isn't for you, because you are not planning to become

pregnant, think again. There is something here for everyone, we all have our own personal journey through our birth to become the individual we are today.

Case History: A new client whom I saw recently, was in the last trimester of her pregnancy, she was pleased Bowen relieved her back pain, and by coincidence I had been reading the fascinating chapter about the psychological and emotional health in pregnancy in John's book.

This delightful lady was very anxious, a C-section was planned for a difficult birth as this was a large baby. As we chatted together she reflected on the two previously difficult deliveries she had experienced. Inspired by the book, I suggested that she began to prepare and welcome this wonderful birth with her baby, her husband and children, expressing the happiness they all felt. Several weeks later I received a text. "Had little man Sunday, 8lb 15 oz. easy natural birth, no damage and he's healthy."

I have to thank John for putting his heart and soul into bringing such a wealth of information together, a book which will carry on 'giving' for many years and one I won't be lending out! Congratulations John and colleagues.

Angela Cannon, Lincs.

[Members of BAUK can obtain a discount on this book with free postage and packaging for £20.00 inclusive. To take advantage of this offer use the coupon code BAUK at www.cyma.org.uk]

Mentoring Subgroup

Co-ordinator: Isobel Knight

With the recent launch of our new Mentoring Group, we thought that it would be nice to start with a question that is probably common to many practitioners when they start out. Each member of the subgroup was asked to respond individually to me, and here are our responses to the following question:

"I qualified as a Bowen practitioner in 2005. I've been doing Bowen after work and sometimes Saturday. I was thinking I would like to do one day a week only Bowen, then see how it goes and then do less hours at my full time job. I have no clue where to begin, so any ideas how to start will be appreciated."

Jean writes: "I started building up my practice in the same way, evenings, weekends then the recession gave me the chance to do one day a week as my full time job became 4 days. I began by sending a letter to all my clients telling them I was now also offering appointments all day Wednesdays, and just took it from there.

I don't remember that the letters particularly kick-started a great deal of work, but it did remind one or two who booked appointments. When new clients got in touch I used to offer the Wednesday daytime appointments but still did evenings and weekends as this obviously suits people in full time employment or those who could not make a Wednesday.

I contacted local WI groups but did not have much luck initially as they book their speakers months in advance. Basically if you give up a day of 'full time' employment you will most likely be quiet to start with, you need to use the free time to promote your business and not to go shopping, do lunch with friends etc. etc., spending money you are not now earning !!

Local groups on Twitter and Facebook are useful to get the word around. If you have a local privately owned health shop or similar they may be happy to have you in the shop

to talk to customers, my local one also has a treatment room, I have done tasters there and have found several new clients that way. You are generally talking to people who are open to Complementary therapy.

You could do the same in a Complementary health Clinic, be careful not to be made to commit to renting a room every week to start with, see if they will let you do some taster sessions, hopefully you will get some follow ups from that, then rent on an hourly basis to start with."

Camelia writes: "For me it made a big difference when I started working from a clinic even if just a day/week. It looked more professional and I made sure this new address was added to my online profiles on the business directories. You could also make swaps with other therapists there or offer them a discount and they might refer people to you."

Isobel writes: "Begin by putting it out to the Universe that you would like to start to do more Bowen; visualise your day being full of clients. Have you considered your clinic location, or will you practice from home? If you want to practice in a clinic, go and visit several and see which you "feel" will be the best one for you. How much do the clinic support your marketing? Which is the best location? Where is the next nearest Bowen therapist to you (consider the competition).

Produce business cards and some leaflets about Bowen, if you haven't already. Vistaprint are good for this, and you can get good deals online. Consider approaching a local newspaper and invite them for a treatment in exchange for some footage. Consider giving some Bowen workshops where you give a talk about Bowen and then invite the audience to receive some Bowen moves, and go around the group (if not too big) and give them perhaps the stoppers.

Use social media - in particular Twitter, but have a Facebook page. Having a website is also invaluable. Invite present clients to give you testimonials. Attend some training for CPD so that you are "hands-wise" as good as you can be. Set a launch time. Go for it."

Janine writes: "Good to build up your practice whilst retaining another regular

income for safety. Definitely commit to a day a week and don't do anything but Bowen on that day - it sets your intent that the day will eventually be filled with Bowen clients!

Rent a room in a local clinic on a pay as you go basis, so you have a professional space, but the flexibility of only paying for slots when you are seeing clients. Around £9/£10 per hour is usual, I'm in the north, so possibly more dependent on location. Most clinics are very happy to show you around, so visit a few and go with the one that suits you best.

Do taster days/marketing with your clinic and make sure they add you to their price lists, website etc. see if they will let you display an A-board poster outside to say you're new and you're there!

Draft a press release to the local paper to say you're starting up and where, and of course why Bowen is so great - celebrity endorsements also good to mention.

Do not pay for advertising! Press coverage is far more effective and free!

Set up a Facebook page and a website for free using Weebly for your Bowen practice.

Consider contacting GP surgeries for referrals - there's some useful material for this in the BAUK members' area of the website.

Do all this and you may need to go to 2 days a week!

Don't be discouraged if you're not teeming with clients straight away. A lot of therapy practices are built by word of mouth and that can take a little time.

Don't do it alone - have someone you can talk to about your 'stuff' - another therapist can be good because they've been there - and of course there's the mentoring group to help and advise."

Fiona writes: "Transitioning from a full time job with Bowen on the side, to more Bowen than full time job in terms of How & When this happens is totally personal. It depends on your flexibility within your full-time job, how many clients you consistently treat each week, your commitments outside of work, financial position etc.

Where to begin? I would begin by reviewing your comment,"I was thinking I would like to..." Instead, ask, what do I want? Do you want to do Bowen full-time, 5 days a week? Do you want to do it part-time, with another part-time job? Do you want to stay as you are? Do you want to earn the equivalent of your full-time salary through Bowen? Half of it? By when? How many clients would that be?

Start getting specific with what you want. Your brain, and the Universe will get to work on making it happen. When you decide to commit to something, you will start noticing opportunities, having ideas, getting creative! Then you will know when it is the right time to reduce hours/leave your old job completely, if that is what you want.

Building a successful business, in whatever it is, takes consistent attention and action - connecting with people, producing material, attending fairs, exhibitions etc., whatever it is you choose to do. This needs time, energy & commitment. There comes a point where you have to free yourself from a full-time job to do this. Plan for it - save up. Financial guidance suggests at least 6 months' salary saved. How long would this take if you need to do this?

Be clear what you want - how, when - be specific. Make a plan - commit to it - then the action steps become clearer."

Patricia writes: "When the day is chosen, ask current clients to recommend you - maybe an incentive e.g. £5 off for every new person who books. Local advertising announcing your new clinic and day. Give talks to local groups / associations. Offer free taster sessions on your clinic day - advertise these. Set up e.g. a coffee and cake morning at your clinic, and choose a special area of focus to initially promote yourself e.g. back pain, stress etc."

We hope that some of these answers may help other members who have questions about expanding (or even setting up) their practices. We will answer another question next month. Do you have one for the Mentoring Team? Please do contact us!

Thank You!

The Mentoring Team



BOWEN ASSOCIATION (UK) and Bowen Association Ltd

ANNUAL GENERAL MEETING

SATURDAY DAY 4TH JUNE 2016

(8 hours CPD for the full day)

AT THE Cobden Hotel-Birmingham

166 Hagley Rd, Birmingham, West Midlands, B16 9NZ

AGENDA

(may be subject to minor amendment)

- 9.30am Registration, tea, coffee and conversation
- 10.00am The Chair welcomes members
Apologies
Minutes of BAuk AGM 2015
Chair Report
Finance Report
Other Executive Reports as appropriate
Election of Executive Committee posts 2015/2016 (during coffee break)
- 11.00am Coffee break
- 11.15am CPD Review
Any Other Business and close of AGM.
- 11.30am **NEW!! Members' Forum**
- 12.30pm **LUNCH** is included and served at the venue.
- 1.45pm Join us for a special afternoon of presentations.
- 2.00pm **'Bowen Technique in Hospice and Palliative Care'**
- Helen Perkins, Bowtech tutor and practitioner,

- Janet Le Sueur, Registered Nurse and Bowen practitioner, and
 - Nickatie Dimarco, Bowtech tutor and practitioner
- ...have teamed up to give you an informative account about working in a hospice setting using the Bowen technique. They will share their experiences about their roles in palliative care with case studies and examples of the types of conditions they see day to day. They will advise what opportunities are available for you to work as a volunteer or to understand better what palliative care means for you and your clients.

There will be a coffee break during the afternoon

5.00pm Close

Helen Perkins

Helen has worked as a complementary health therapist for 35 years in the NHS, the Royal Flying Doctor Service in Australia and hospice and palliative care centres. She has also worked as a tutor in adult further education (FE) teaching relaxation in a psychiatric day centre, teaching nurses about complementary therapy both in their early training and CPD; Reflexology VTCT, interest courses such as Sound healing, Your Intuitive Self, Reflex Resonance Technique™ and Introduction to the Bowen Technique. She is a Bowtech instructor and has her own private practice. Currently, she is the Complementary Therapist Team Leader at Sue Ryder Hospice, Peterborough, in Cambridgeshire, which provides day services for neurological conditions, brain injury, dementia and cancer in palliative care to end of life.

Janet Le Sueur

Janet has a degree in specialist practice and has been practising therapies for many years, both as a Nurse and Bowen Practitioner, as well as a portfolio of other therapies. She is a Registered General Nurse with work experience in Oncology, Midwifery and as a Lymphoedema Practitioner in Hospice care. Janet's hospice experience has been with patients from diagnosis to end of life care. She has set up a specialist service for carers and the bereaved and has found Bowen to be of great support and benefit. She also offers treatments to staff to support them in this challenging (emotionally and physically) environment. As a Lymphoedema specialist Janet uses Bowen for restricted movement post-mastectomy, enabling faster rehabilitation and has also found it helpful to offset chemotherapy fatigue and nausea. Passionate about complementary therapy in promoting wellbeing throughout life, has used Bowen for calming and reducing post-operative symptoms too and will share with you her experiences of working with people at the end of life, and those in need of the restorative benefits of the Bowen Technique in palliative care.

Nickatie Dimarco

Nickatie has been a Bowen and EMRT practitioner for over ten years and recently qualified as a Bowtech Tutor. She has worked in palliative care since 2008 and holds the Advanced Diploma in Palliative and end of life care and BSc (Hons) in Applied Health Sciences. Also a contributor to the Palliative Care section of John Wilk's latest Bowen book, Nickatie has hosted webinars on the subject and has worked with clients suffering from cancer, neurological issues, heart, as well as lung and renal conditions in end of life care. She is also qualified in Reiki and the 'M Technique' and currently manages the day- and out-patient services at St Michael's Hospice in Hereford three days a week, and manages a busy private practice two-three days per week treating people, horses and dogs.

Bowen AGM Sat 4th June 2016

Cobden Hotel-Birmingham

166 Hagley Rd, Birmingham, West Midlands, B16 9NZ



The newly named Cobden Hotel Birmingham, formally known as the Quality Hotel Birmingham, is in attractive gardens in quiet Edgbaston. It has:

- **free parking**
- a well-equipped health and fitness suite
- easy access by bus to Birmingham city centre, 2 miles away.
- Modern rooms each feature a flat-screen TV with satellite channels, tea/coffee-making facilities, a work area and a bathroom with a hairdryer.
- 24-hour room service is also available.

Guests can relax in the hotel's leisure club which includes a 10 yards swimming pool, a spa, hot tub, steam room, sauna and fully equipped fitness suite.

Accommodation Rates

- Friday night
 - £48.00 bed and breakfast – sole occupancy
 - £54.00 bed and breakfast – double occupancy
- Saturday night
 - £58.00 bed and breakfast – sole occupancy
 - £64.00 bed and breakfast – double occupancy

We are planning to have a group dinner at the hotel Friday night, please indicate on the booking form if you would like to attend:

- 2 course dinner from £13.50 per person, or
- 3 course dinner 18.50 per person Set menu – menu to be confirmed

Accommodation Cancellation policy -1 month prior to arrival date. (Limited number of rooms on allocation - we advise you book early)

**Please confirm your attendance by filling in the box below and return with your fees
by 29th Jan 2016**

Name(s) & Membership Number(s).		
Address		
Address		
Contact number		
Email address		
Annual General Meeting	Attending YES/NO	£50.00 per person
Dinner Fri 3 rd June	Attending YES/NO	
Dietary Requirements		
Accommodation Fri 3 rd June	Type of room: single or twin	
Accommodation Sat 4 th June	Type of room: single or twin	
Accommodation Sun 5 th June	Type of room: single or twin	
Palliative Workshop Sun 5 th June 2 days	Strathallan Hallmark Hotel, 225 Hagley Rd, Edgbaston, Birmingham B16 9RY	Booking form attached, if interested please forward to Helen Perkins direct

Payment: I/we enclose payment for the AGM payable to Bowen Association: £

Payment: for accommodation for 1/2/3 nights payable to Bowen Association: £

Please mail your booking form and cheque to: Veena Lidbetter, Flat 10 Coronet House, 62 – 66 Uxbridge Road, Stanmore, Middlesex. HA7 3LL.

Or

Payment: I /we have paid online for the Bowen Association AGM: £

Payment: I/we have paid online for the accommodation for 1/2/3 nights: £

We still need to receive your booking form, however you choose to pay. Please either scan and email to office@bowen-technique, telling us you have paid and attaching the booking form; or simply print and mail the completed form to **Veena Lidbetter, Flat 10 Coronet House, 62 – 66 Uxbridge Road, Stanmore, Middlesex. HA7 3LL.**

(Bank details for online payment below)

Pay on-line:	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
(DON'T FORGET TO ADD YOUR MEMBERSHIP NUMBER AND NAME/AGM AS THE REFERENCE OR WE WON'T KNOW WHO THE PAYMENT IS FROM!)	

Palliative Care: The Role of the Bowen Therapist

Tutor Helen Perkins BTAA MAR

www.helenperkins.com info@helenperkins.com

The Bowen technique provides wide ranging benefits to those in palliative care. This one or two day workshop gives an overview of the different aspects that should be considered when working in this sensitive area.

Key elements cover workplace setting and best practice, liaising with staff, relationship with patients, carers and relatives, policies and protocols that may or may not already be established as well as self-development such as communication and counselling skills.

We will explore different stages of the patient's progress relevant to their personal palliative care programme to identify the most appropriate Bowen treatment plan for their condition. This will include close consultation with patient and any involved parties to ensure procedures and benefits are clearly understood.

The workshop will be highly interactive with opportunity to practice and ask questions. By the end of the day, therapists will be equipped with the knowledge, confidence and insight needed to provide an empathetic approach to ensure best outcome for the patient.

Held at Hallmark Hotel Birmingham Strathallan, 225, Hagley Road, Edgbaston, Birmingham B16 9RY
Accommodation is available here or to remain at the close-by Cobden Hotel or other B&Bs, etc.

9.00am registration, for 9.30am start – 5.30pm finish – tea and coffee provided. Lunch available in hotel
Bring two towels and a portable couch if possible. Notes and attendance certificate provided.

Palliative Care: The Role of the Bowen Therapist Booking Form

Name:.....
Address:.....
.....
.....Postcode.....
Phone.....Email address:

Choose preferred method of payment: cheque / money order / debit card / credit card / BACS / Paypal
Cheque/money order payable to H M Perkins, post to 185, Mayors Walk, Peterborough, Cambs, PE3 6HE

- Sunday 5th and Monday 6th June 16 two days £195.00
 - Sunday 5th June one day only £97.50
- I enclose the deposit of £60.00 - remainder to be paid by 1st March 2016
 - I enclose £60.00 / £97.50/ £195.00
 - I can / cannot bring a portable couch

Card Name.....Card no.....

Exp date.....Start date.....Security numbers on the back.....

Or telephone +44(0)1733 555476 for card payment and other information

Direct Deposit (BACs) to Barclays Bank Helen Mary Perkins Sort code 20.67.37 Account 00074578

Scan & email to info@helenperkins.com or post to: 185, Mayors Walk, Peterborough, PE3 6HE

Cancellation by 1st March 2016 or lose deposit.

Deposit £60.00 - 1 day £97.50 - 2 days £195.00 (office use only)

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**Committee Members – Veena Lidbetter, Marco Ferro, Dawn Mills, Isobel Knight,
Jenni Townsend, Kim Pearson**

Deadline for the next Edition – 1st April 2016

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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