

Who We Are:

The Bowen Association UK, established in 1997, provides:

- assurance that all members are fully qualified, insured and hold an up to date First Aid Certificate.
- a list of qualified practitioners for the public.
- support to students, qualified practitioners and their clients.
- CPD guidance supporting continuous skills development.
- information on current legislation and regulations.

To find a practitioner near you or to find out more about the Bowen Technique please contact us.

www.bowen-technique.co.uk
office@bowen-technique.co.uk
01205 401916

Your Bowen Practitioner:



Feel Better with Bowen



The Bowen Technique has been used safely to treat everyone including athletes, the elderly and children.



'I would encourage anyone who wants to live in a comfortable body to give Bowen Therapy a try'
T Buchan - Norfolk

Can Bowen help me?



Are you struggling with a chronic condition? Are you a sports person looking for extra performance? Are you a busy, stressed out parent with an anxious baby?

Bowen works on the principle that your body will heal itself given the right gentle encouragement, therefore it is suitable for everyone.

Give Bowen a try – you will know within a few sessions whether it's what your body needs.

'Bowen has helped me to have an active life with less pain and more mobility'

A Riley – Berkshire

What to expect:

The Bowen Technique uses gentle moves. There will be no forceful or vigorous manipulation.

On your first visit you will be asked to complete a consultation with your therapist and the approach for your treatment will be discussed. Your first session of Bowen Technique prepares your body for future treatment. This first visit may take between 60 – 90 minutes.

During your treatment you will be able to relax in a position best suited for you and the work that will take place. The technique can be applied through light clothing, although some moves may be worked directly on your skin with your permission.

Further sessions may last between 20 – 45 mins depending on the purpose and progress of your treatment, but this will be discussed at each visit.

'At each session, my whole body improved. I have benefitted by becoming stronger in mind, as well as physically relieving the pain I was suffering'

B Webb – Surrey

The Bowen Technique has helped people around the world with a wide variety of symptoms.

BAUK also have specially trained practitioners who can offer Bowen to horses and pets.

Visit www.bowen-technique.co.uk to read what our clients say about how Bowen has helped them.



Photograph courtesy of John Wilks