

Bowen News

October 2023 – Issue 86



Editor's Column

Time is really flying these days and change keeps on happening. I'm now in Rye Harbour (notice the pattern) for the next 12 months. Really beautiful around here and also a little backward compared to Brighton – infrequent public transport, no Uber, no Deliveroo, poor mobile connections.

I've still not restarted Bowen, although my partner has got me a potential client, but like most potential clients, they haven't yet reached the tipping point to sort out their body...which really does need sorting out as I've observed during our gym sessions!

My partner's Lupus, Epilepsy, and other symptoms are well under control now. And, since she has two miniature Schnauzers, I decided to do Carole Justice-Gray's last Canine course, which started in September, who'd've thought?

But, I reckon there will be less of a tipping point required to get new clients here, what do you think?

And finally...

The eagle-eyed among you will have noticed that the gap between consecutive editions has got wider over the last couple of years. This is due, in main, to my changing circumstances; and for the fact that, looking back over my squirreled cache of nutty emails, it seems I've been Editor since the end of 2011...nearly 12 years!!

With circumstances continuing to change, I think it's time for a fresh approach to the newsletter and I have decided that I am ready to hand over the pen/keyboard to the editorship to a new person...maybe you?

Thank you,

Dave Riches

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Bowen Association Chair Report

It was wonderful to get together in person in Huddersfield for the AGM and CPD training. That direct connection with each other is so important and we are looking at how we do more of this around the country next year.

Membership is almost back to pre-Covid levels, with a good inflow of students converting to full members and past members returning.

We met with Bowen Training UK this summer, to discuss how to work together in the provision of CPD. There will likely be changes coming from the Professional Standards Board, via the CNHC, to some elements of therapy training to increase professionalism and raise standards in complementary therapy. These will affect students mostly but there may be some aspects which will flow into CPD for qualified practitioners.

The Advertising Standards Agency continues to monitor the messaging within the complementary therapy world. It is important to avoid over-promising in what we say and write and to avoid posting or sharing something written by another person which does this. The authorities are utilizing technology to sweep the internet for certain words and phrases - 'can', 'will', 'cure' etc. - so please continue to check any digital material you create or share for such things. If in doubt, please contact the office for guidance. We are here to help you.

Thoughts from the Chair

I'm reading a very interesting book – "The Untethered Soul" – by Michael Singer. It explains what happens inside our minds and body when we resist events or people for not being as we would like them to be.

Instead of seeking to understand the fear triggered within us at these times, we take the much easier option of judging and blaming that which is outside of us. Yet what we resist persists.

The energy it takes to resist something gets concentrated to a level where it can manifest physically into a state of 'dis-ease'.

With Bowen, we aim to create a relaxed, harmonious state, allowing the healing processes to flow through the body of our client. This book is proving a useful guide to achieving the same within myself, stepping out of my mind's melodramas and allowing myself to be calmer and more peaceful and trusting.

This is not a 'one-time-for-ever-more' achievement though, but a continual choice, moment after moment, to relax and go with the flow, for the rest of our lives. I have felt both comforted and empowered by this book. I invite you to read it too or share with us other books which you have found similarly useful.

I wish you well.

Fiona Webb

Chair of BA UK



Committee Report

Treasurer

No volunteers came forward before the AGM to take over the Treasurer role from Tracy. My husband, Chris, was prepared to cover the role temporarily, however, over the AGM weekend Stephen Ludbrook decided to take it on, for which we are very grateful!

Steve can be abroad for a period of time each year, so it was agreed Chris would provide cover for him, by being a recognized signature on the account. Training, sign-offs and authorisations are being completed with HSBC and Barclaycard.

We thank Tracy Anderson for all her work within this role over the last 18 months. Tracy stepped into the breach to help us out and we are very grateful to her for that.

Website Administrator

I am delighted that Christine Richardson came forward to take on the Website Administrator role as well as continuing to be the support contact for New Members.

She will create new member records, update the website and amend your details if required. **Remember, as members you can update a lot of your information visible to the public yourselves in your Public Listing.** Log in to the Members' Area/Member Admin/How to Update My Details to see how to do this. If you need any help with access or updating your information please contact Christine or send your request to admin@bowen-technique.co.uk. I will continue to cover where required.

Fiona Webb - Chair

CNHC Update

The CNHC is reviewing the level of recognised research that exists for its member organisations and this work is being conducted by a UK University. The outcome of the research will be assessed by the chair of the CNHC and he has sought assistance from three of the member organisations. I put myself forward for interview and was successful in being one of the three selected to assist.

The timing is not clear but we expect the main part of the review will be completed in October 2023. The outcome will inform all member disciplines of the extent that claims for benefits brought by each discipline can be made in advertising and general announcements. We expect to provide guidance to our members soon after this work has been completed.

Paul Dunn - Vice Chair

Vacancies

We have room for a couple more Committee members. If you would like to join us in helping to run the Association, please contact Fiona.

- **Magazine Editor:** As you will have read, Dave Riches is stepping down from editing the magazine after this edition. We greatly appreciate the excellent job

Dave has done with the Editorship over many years and wish him well. If you would like to become the next Editor, please have a chat with Dave to learn more about the role or contact Fiona. This can continue to be an off-Committee role.

- **Facebook Coordinator:** We are looking for someone to run the BAUK Facebook page. This can be an off-Committee role. It involves uploading posts to the general BAUK Facebook page and to manage and coordinate the BAUK members' Facebook page. If you are interested, please contact Fiona.

Your committee is here to support you. Do contact us if you have any queries or concerns.

Bowen Association Executive

Fiona Webb	– Chair
Paul Dunn Marketing	– Vice Chair & Strategy,
Stephen Ludbrook	– Treasurer
Christine Richardson	– Website Administrator, New Member Liaison
Anna Hitherley	– CNHC Validator
Veronica Horgan	– Legal & Arbitration
Veena Lidbetter	– AGM Coordinator
Raluca Lupu	– Overseas Links

Off-Committee

Sheila Whyles	- Office Manager
Dave Riches	- Magazine Editor

AGM/Get togethers: 2024

The AGM this year had fewer members attending than in pre-Covid years. Following a proposal from Sheila Whyles, the Committee has agreed to change the format of how we get together face-to-face to help reduce accommodation and travel costs for members.

In 2024, the formal part of the AGM and the Executive Committee Reports etc. will be conducted online via Zoom. This will allow as many members as wish to attend. The Open Forum element will continue afterwards as well.

We plan to then run, every 3-4 months, a day in a different part of the country, getting together for an Association focus in the morning and a half-day CPD opportunity in the afternoon, with Bowen Training. If it is popular, we will look at other CPD options too. It is an opportunity to enjoy face-to-face conversation and discussion, plus benefit from some CPD training without the cost of staying away or travelling long distances as we move around the country over the year. We trust this will appeal to you all?

It is likely that at least 2 members of the Committee will front the day, so members can meet and discuss in person with those who represent them within the Association.

We welcome recommendations and assistance from local members regarding venues.

It is an opportunity to bring awareness of Bowen to organisations and clubs, which may then lead on to using them as potential training venues. We are particularly interested in supporting areas where member or student numbers are lower to facilitate boosting awareness and interest in Bowen.

If you would like to help organise such a day in your area, please contact Veena Lidbetter, who will be overseeing the organisation of these events.

Bowen AGM Report

A report on the AGM by Denise Roudette.

I had been looking forward to gathering with fellow BAUK Members at the Huddersfield Cedar Court Hotel for our first in-person AGM in over three years. Many of us made long journeys from across the UK and Europe, arriving for dinner on the Friday, others joining Saturday morning.

It was lighthearted yet profound, and fun to spend time together with other wonderful Bowen Practitioners. I have come away with a renewed sense of confidence in the importance of Bowenwork and how precious our community of practitioners is. It was very special meeting up with old friends and making new ones, with a definite sense of our Bowen community moving forward.

The formal part of the AGM included updates from our Chair, and a detailed account of the unfolding strategy to promote Bowen on the national and world stage of alternative therapies by Paul Dunn. I appreciate anew, the hard work and attention to detail that committee members do behind the scenes keeping our association developing and thriving. A lively Member's Forum took us up to lunch, bringing the formal AGM to a close.

Lunch...a Japanese style lunch box! Quite tasty...if a little pricey!

The afternoon session included four interesting, thought-provoking talks. The first given by Neil Browne, the Clinical Lead Therapist at Barts Health NHS Trust, who is reaching out for volunteers in palliative care. Dr Neil Milliken, BAUK Member gave us an informative presentation on how nutrition can support in avoiding specific medical conditions.

Georgi Ilchev, Master Bowen Instructor from Bulgaria followed by giving us an introductory talk to his Body Decoding course which was to follow on Sunday and Monday. Our new Chair of Bowen Training UK, Helen Perkins closed proceedings by outlining new ideas and plans for future Bowen training and CPD courses. All ideas welcome...

The Body Decoding Course was attended by over twenty members. It was a two-day deep dive into the assessment and diagnostic practice in Bowen, affording us the opportunity to take our clients results to a new level. By keenly observing and carrying out specific assessments, before and after treatment, we can pin-point more effectively which Bowen moves to use in a session. We also gained an insight into how the body responds to the "Bowen Move" depending on how we make the move.

The foundation of something great is always slow and methodical and I feel with our great practice of Bowen, which is still a relatively new therapy, we all have the opportunity to contribute to its development as we deepen our understanding, knowledge and practice out in the field. I'm even more determined to spread the Bowen-word and so looking forward to meeting up with some, more, all of you again in the near future.

Denise Roudette, Margate

Waltzing and Bowen Therapy Magic: A Personal Experience

Introduction

As we gathered to celebrate the 100th birth anniversary of Maria Callas, on 21 May 2023, to Athens, Greece, a moment of panic gripped the dance community. Just minutes before the 19th-century Grand Ballo was set to commence, a fellow dancer, a renowned Greek soprano singer, fainted. Her well-established reputation made it unlikely that exhaustion or emotions caused her collapse. I took charge and applied my knowledge of Bowen Therapy, leading to a remarkable recovery that filled us with hope and joy.

The Unexpected Faint

The atmosphere was electrifying as we prepared to honour Maria Callas' legacy, within the "Societa di Dance- Italy & Greece"

19th century waltz. Suddenly, our beloved singer and dancer collapsed, leaving us all in shock. With her physical prowess and impeccable health, it seemed implausible that such a setback could occur. The unique ambiance of the historical venue, including its "high temperature", was considered a potential factor. However, the precise cause remained a mystery.

Swift Evaluation and First Aid

Driven by concern for our fellow artist, I immediately assessed her condition. Her rapid pulse and difficulty speaking confirmed the urgency of the situation. Drawing upon my knowledge of first aid procedures and the healing potential of Bowen Therapy, I swiftly initiated the necessary steps to assist her.

Harnessing the Power of Bowen Therapy

At that critical moment, I turned to Bowen Therapy as a potential solution. This holistic healing modality aims to restore balance and relaxation within the body through gentle manipulation of soft tissues. By employing Bowen Therapy's "shock moves" technique, I sought to alleviate any physical or emotional shock that may have contributed to the singer's collapse. I applied, partially, the Vagus procedure, using precise movements and gentle pressure on specific points to stimulate the body's innate healing responses. It was a race against time, but we hoped that this therapy would make a difference.

With the dance show on the verge of starting, we decided to let the singer rest under the care of her husband while waiting for an ambulance to arrive.

The Miraculous Results

After what felt like an eternity, the ambulance finally arrived (20 minutes). To our astonishment, the singer's blood pressure and pulse were now within the normal range. It was a glimmer of hope, suggesting that Bowen Therapy might have played a vital role in her recovery. Our hearts swelled with gratitude for the therapy's potential to aid in such emergencies.

A Joyous Celebration

The following day, we gathered once again, this time not only to celebrate Maria Callas but also to rejoice in our friend's name day, and more dance practice. The incident had reminded us of the fragility of life and the power of healing. We basked in a renewed appreciation for the wonders of alternative therapies like Bowen Therapy.



Bowen Therapy and Sports Medicine

Bowen Therapy's success in treating sports-related injuries has garnered recognition on a global scale. I am personally acquainted with Olympic team doctors who specialise in this therapy, witnessing its effectiveness in aiding athletes' recovery. The canoe Olympic teams, in particular, have shared their positive experiences with Bowen Therapy used for more than 10 years already, demonstrating its potential to deliver excellent results (e.g. see one example to Facebook link: <https://bit.ly/3sbCdnz>).

Inspired by these stories, I am currently advocating for the inclusion of Bowen Therapy practitioners within the gymnastics

national teams, recognizing its ability to enhance healing and well-being.

In addition to its acknowledged efficacy for sports-related injuries, I had the opportunity to witness again the immediate benefits of Bowen Therapy during another waltz performance, this time in Italy on 15 July. On this occasion, amidst the grace and fervour of the dance, unforeseen accidents took place. One dancer took a misstep, resulting in a fall that led to a bleeding head bump. Another dancer twisted his wrist in an awkward movement. Leveraging my knowledge of Bowen Therapy, I quickly applied the "emergency moves" which astonishingly stopped the bleeding from the head bump. Subsequently, I employed an "arm procedure" tailored for wrist injuries. By the time both dancers were taken to the hospital for further evaluation, the bleeding had ceased entirely, and the wrist injury was found to be so mild that there was no need for a cast. These instances underscore the incredible versatility and immediacy of Bowen Therapy.

Epsom Salt: A Soothing Respite

Following intense rehearsals or performances, soaking in a warm bath infused with Bowtech's Epsom salt (Helen's supplies are the best) has become a cherished ritual. The salt's high magnesium content helps relax muscles, soothe aches, and reduce inflammation. It offers a restorative escape, allowing our bodies to rejuvenate and prepare for the next dance endeavour.

"Magic" Pain Relief Oil: A Dancer's Best-Kept Secret

Within our dance community, this "magic" pain relief oil has gained legendary status. Its potent blend of natural ingredients provides quick and effective relief from the strains and discomfort associated with vigorous dance training. Applied topically, this oil penetrates deep into the muscles, easing tension and promoting healing, allowing us to continue pursuing our passion with renewed vigour.

Conclusion

The incident at the Maria Callas centenary celebration may have cast a momentary shadow, but it ultimately became a story of

triumph and resilience. Additionally, we attribute much of our dance community's success to the use of Bowtech products, including Epsom salt and the "magic" pain relief oil (Helen's Perkins supplies), which have become invaluable tools in our dance recovery journeys. Through the power of Bowen Therapy, our fellow dancer emerged from a distressing situation, reminding us of all of the miracles that can be achieved with alternative therapies. Let us embrace the lessons learned, celebrating the gift of life and the boundless possibilities for healing and recovery.

Raluca Mihaela Lupu, London

Case Study

The Bowen touch and a dose of optimism: a long-term pain success story

A 77-year-old woman, who I will refer to as V, came to see me recently looking for relief from chronic neuropathic pain. The severe pain, radiating from under her right arm towards her right breast, started after surgery to remove two lobes of her right cancerous lung and she had been experiencing it continuously over the last 18 months.

According to Cancer Research UK, 'some people find they have pain that lasts for a long time after lung surgery. The pain is from damage to nerves during the operation. The pain often runs along the operation scar. For most people it gradually reduces over a couple of years as the nerves repair themselves. But for some people it may continue for longer' (cancerresearchuk.org).

Nerve pain can be difficult to get under control. Because of their structure and function, nerves do not heal as quickly as some body parts do. Nerves regenerate at approximately 1 millimetre per day, which means that full recovery can take several months and sometimes years, and in some cases may never come back completely. Nerve damage, aside from being painful, can also affect movement range. As a consequence, lack of movement contributes to tissue rigidity, vasoconstriction and the

compression of more nerves in the affected area.

Another aspect of chronic pain following surgery is adhesions, more commonly known as scar tissue. The scar we see on the surface of the skin is only the tip of the iceberg. Adhesions are abnormal attachments between body tissues that can go quite deep into the various structures of the body, including organs, and prevent them from functioning properly, eventually causing pain.

Fascial adhesions can restrict blood supply and damage nerves, leaving you with chronic pain and dysfunction. Adhesions restrict movement and cause damage to the surrounding area triggering more inflammation. The increase in inflammation tells the body to send in more collagen links, resulting in even more adhesion development. Over time as movement of the area becomes more restricted the adhesions harden and solidify.

With long-term pain, the mind also plays a significant part in creating further barriers to recovery and in worsening the intensity of pain. Fear, anxiety, depression, catastrophising around one's own ability to cope and live a 'normal' life, all contribute to intensify the pain loop. The person feels stuck and unable to heal and move forward. This is why long-term pain can be very difficult to eradicate.

When V came to her first appointment she was distressed, having been in severe pain for over a year. She states, 'My operation was on the 6th April 2021 which left me with chronic neuropathic pain. Have had 2 different types of opiate tablets which I was intolerant to with hallucinations and giddiness which I already have but made it worse and tinnitus which again I suffer with and it made it much worse.'

So, I struggled along with constant everyday ibuprofen and paracetamol as I did not want to try anymore tablets with opiates. I have had 4 treatments of Bowen Technique and am thrilled with the results. In the last 3 weeks I have only had to take 10 tablets whereas before I was on 16 tablets a day.'

Since this testimonial, I have seen V for 3 other appointments. During this time, she

had reduced her tablets from 16 in 3 weeks (during this period she had a flare up due to a sudden lifting movement carrying a heavy bottle) to 2 tablets in two weeks and finally on her last appointment she reported she hasn't taken any tablets at all in two weeks!

In brief, having regular appointments for 3 months, initially weekly then fortnightly, V has gone from 16 tablets a day to none at all. We are now testing the consistency of her healing with further appointments every 3 weeks and eventually leaving longer periods between sessions. She feels regular appointments keep her on track of her healing process.

When I first met V, although she was very concerned about her ability to carrying on with the severity of the pain and the high intake of painkillers, it was also clear that she was a strong, resilient and optimistic woman. She had been through other health challenges since very young age (she lost her hearing at 4 years old because of measles and has had many operations to one of her ears since then and suffering from frequent dizziness and tinnitus as a consequence of this). I firmly believe that her optimistic mindset was one of the contributory factors to her successful healing process.

Keeping a record of the painkiller intake was the first step towards tracking her improvement, giving her confidence and facilitating the positive mindset. I have also advised her to resist the urge to take the painkillers as soon as the pain starts, unless absolutely necessary, to build up a resilience to the sensations of pain and broaden her pain threshold. She found this advice very helpful and said that although most days now she hasn't got pain, when she does, because it is much more bearable, she tries to avoid the tablets and the pain dissolves completely on its own after about half an hour.

I believe the above approach to recovery to be very important. Anti-inflammatory medications may negatively affect long-term tissue healing. Optimal soft tissue regeneration is supported by the various phases of the inflammatory process and making use of medications to inhibit the inflammatory process could impair healing. Of course, sometimes the pain is too intense

and debilitating and we do need to use medication.

What Bowen procedures have I used to treat V? I started with the BRMs and then used the Respiratory, Hamstrings, Kidney, Chest, Sternal and Thoracic procedures on different sessions. She reported a sensation of warmth on the right side of her chest during one of these appointments. In the last three sessions I have used myofascial release techniques to soften and restore gliding of the tissues around her scar.



To conclude, light, intentional and directional touch and pressure, have an incredible potential to heal tissues and

communicate safety and compassion, also necessary ingredients for successful healing. A mindful approach to anti-inflammatory medications and a positive mindset are indeed crucial when dealing with long-term pain. Throughout the process utilizing the Bowen Technique to gently assist healing.

Stella Azzurra, Bristol

Letter from a Client

Bowen for my son

My 27-year-old son suffered a life changing brain injury following a terrible accident when he was knocked off his push bike by a speeding car 10 years ago. This has left him unable to speak, wheelchair bound and whilst he has movement it isn't always what he would like to do as the connection between his brain and his body is badly damaged. Using his very limited communication Fiona manages to identify what he would like her to do on her visits, which he values very much.

Over the past two years, my son has seen Fiona once a week initially. I felt the benefits were so significant it was decided that twice a week would be better still for him! He is so relaxed and calm afterwards.

I believe my son's response to Fiona is also much more than her hands-on therapy - he

appreciates her considered time and dialogue with her.

Bowen for myself

Fiona has been treating me for various ailments over the past two years. Her gentle and thoughtful attention has been wonderful. The therapy is much more than the amazing hands-on experience. The emotional support she has given has been hard to quantify but invaluable.

I believe we have both benefited hugely from Fiona's regular treatment and we plan to continue them for the foreseeable future.

Sue and J. L.

Fiona's perspective...

Giving J. Bowen Therapy has meant me adapting a lot in how I am able to apply the moves. For instance, some are ghosted because I can't get to his back if he is in his wheelchair.

I always ask if he would like to stay in his wheelchair or be hoisted onto the couch in his therapy room to lie on his front. Giving him this choice and the time to respond through his body signals is much appreciated by Sue and J. I explain where I am going to be touching him and why, often this is guided by what has been happening over recent days, or particular things J. is struggling with, for example, chest infections or allowing his joints to flex to enable him to sit down after his standing exercises.

J. enjoys being able to stretch full length prone on his couch and this enables me to apply the coccyx moves. There were tiny but noticeable changes after the coccyx work, particularly in bowel control. This and J.'s relaxation after his sessions led Sue to ask me to come twice a week. This is as much about it being an hour of quietness, with a different person other than his mother and carers, as it is about the Bowen itself. Two sessions a week seem to help maintain J's improvement in flexibility and continence. I encourage J. to think what he wants to do and imagine himself doing it, to create/strengthen neural pathways, so he can be part of his healing, to whatever

extent that may be. He has indicated to me he practices this.

Sue had struggled to find a dedicated team of carers to look after J., who needs continual 'eyes-on' 24/7 care. Often, her Bowen session ended up being a talking therapy session. She and J. now have a much more proactive, motivated team which helps enormously.

Even though many aspects of J.'s condition are unlikely to improve, it is still rewarding to be a small part in his care and to provide a different experience, energy and interaction to contribute to his life.

Fiona Webb, Hants

Bowen Training UK

30-year Update

Bowen Training UK (BTUK) marks its 30th anniversary with a new team of officers and a contemporary new look for Facebook. The website is being reviewed and refreshed, policies and procedures updated to meet today's heightened compliance requirements.

Incoming chairman Helen Perkins told us: "While change brings fresh energy and new ideas the one thing that remains constant is our commitment to encouraging more people to train in the original Bowen Technique (Bowtech). With more qualified therapists we can help many people discover the benefits of this wonderful modality, that can have a truly profound effect on health and wellbeing."

Also elected in March was John Wilks as treasurer and Nickatie Morgan as secretary. Together their goal is to adopt a more proactive approach to raising the profile of Bowen and BTUK with the emphasis on Bowtech as the original pioneering force.

Said Helen: "While we are just a small team of instructors, we are committed to securing the future of BTUK which requires us collectively to attract more students, and at the same time identify and support those

therapists who have the ability to become an instructor.

"We thank founder chairman Ellen Cobb, who has devoted herself to the organisation, and kept us all going over many years. Also, as a senior instructor with her own training, Ossie and Elaine's co-ordinator and helping to bring BTUK where it is today.

Meet the Team

Helen Perkins BTAA MAR Chairman

An award-winning therapist and instructor who brings extensive business experience to her new role having run a successful clinical practice (Bowen and Reflexology) for over 30 years. She also runs an online shop offering specialist Bowen supplies – the modern equivalent of Tom Bowen's home remedies.

John Wilks MA, RCST, BTAA Treasurer

A frequent speaker at international conferences, John is in demand as a trainer around the world and author of six books related to Bowen. He runs a large internet-based teaching programme specialising in delivering high-quality webinars to health professionals. In addition to Bowtech he specialises in Craniosacral Therapy.

Nickatie Morgan Secretary

Having first studied equine science, her special interest in therapeutic work with animals as well as people has seen Nickatie achieve several more qualifications in addition to Bowtech enabling her to treat horses, cats, and dogs. She is also a qualified reiki Master and holds a degree in applied health sciences.

Spooky!

A few weeks ago, I was catching up with my e-mails and I spotted a new enquiry off of my website. Brilliant, I thought, it's been a bit quiet this week. As I was reading through the enquiry, my gut instinct kicked in and I felt that whatever commitments I had, I must see this client. So, without further ado, I replied straight back, and booked them in on a Saturday morning – something I wouldn't normally do, as this was "my time".

It was a couple, and her husband was the one I was treating - the poor chap was in a lot of pain. I carried out the treatment and said I would see them in a week's time. Happy with how the treatment went, I thought no more of the matter.

A week later, I see them again. The husband wasn't in as much pain as he was previously - result, I thought. I do the treatment again and he responds well throughout. Bowen always amazes me. Just as I am packing up my couch, the wife needs to make a confession to me..."oh no, I'm thinking, is she a therapist herself? was she secretly filming me?" a million and one thoughts went through my head as my heart was racing away, panic kicks in...remain calm, breath in and out...

"I never told you how I discovered Bowen": Before the internet was a thing, in the early 90s, she found herself in a small bookshop in America. She was asked to research 3 modalities of her choice to be featured in a documentary. She picked up a book and there was Bowen Therapy. With no idea of what Bowen was, she followed her gut and the rest is history, one of the very first Bowen documentaries was made! Well, at least I wasn't secretly being filmed, now that was a relief!

A few day's later, I was back in touch and, as promised, she sent me the link for the documentary that was made all those years ago. I watched it immediately! It was mind blowing, a very young Ozzie and Elanie! I hope you enjoy it as much as I have.

<https://www.youtube.com/watch?v=LrvbY-eZaVM>

Christine Richardson, Bucks & Hants

Canine Course

As I mentioned in the Editorial, I decided to enrol on Carole Justice Gray's last ever (we'll see) course. I wavered between taking the whole course so that I could practice or just Module 1 for my own dogs only - 2

miniature Schnauzers in case you're wondering.



In the end, I decided to do just Module 1, i) because the course is so comprehensive that I couldn't fit it into my changing lifestyle over the next 12 months; and ii) it seems that I'm not quite over the mauling I endured from a dog when I was 5 years' old, so attending to unknown dogs that are in pain might not be so good for me.

However, the 3-day Module 1 that I attended was excellent and very intense. What I learned there in just that short time changed my attitude towards dogs and made my relationship with my 2 dogs much better. They thoroughly enjoyed their time there!



Should such an opportunity present itself in the future, I highly recommend taking this course, if only for Module 1!

Dave Riches

And Finally

Well, it's been a blast being Editor and of course my job couldn't work without the help of you all. But, in particular, and in no order, I'd like to thank Angela, Sheila and Fiona for their patience waiting for me to get my act together and compose the newsletter/magazine.

I look forward to being able to sit back and just read the next edition 😊

Dave Riches, Former Editor.

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Treasurer – Stephen Ludbrook

**Committee Members – Veena Lidbetter, Veronica Horgan,
Raluca-Mihaela Lupu, Anna Hitherley, Christine Richardson**

Deadline for the next edition – 1st February 2024

Send your articles to magazine@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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