

YOUR PRACTITIONER

Mark first learnt the Bowen Technique in Australia in 1997 and shortly afterwards he commenced his own Clinic in Cairns: "Body Connections Therapy Clinic" and operated this for 8 years. As well as a qualified Bowen Therapist, Mark



has completed his Kinesiology training in Three in One Concepts and is also a Touch For Health Practitioner, an Emmett Practitioner (Emmett Technique is a very effective muscle release therapy). While living in Australia Mark achieved his Black Belt in the bio mechanically designed Martial Art:



Choi Kwang Do. He runs an Internationally affiliated school here in Christchurch and recently achieved his 2nd Dan Black Belt. As well as an active snow skier & cyclist, Mark has attended numerous workshops and training courses including: Raja Yoga meditation Tai Chi (Wu Style – level 2), The Melchizedek Hologram Healing Method, Emmett Technique and The Horstmann technique Healing methods. Mark encourages his clients to be very involved and take responsibility for their healing and learn about their everyday movements and how they affect their physical & emotional wellbeing to assist with their healing and longevity.

Mark Palmer

Member Bowen Therapy Association NZ
Advanced Bowtech Practitioner



STRETCHING/EXERCISE CONT...

Correct Biomechanical use of the body provides the right environment for our body to flourish. Combined with contralateral cross over movement we can also exercise our brain at the same time! Choi Kwang Do is a revolutionary Practical Self Defence Program that utilises these theories and is an ideal program to enhance your body, mind and spirit's performance. It is based on science and Kinesiology principles! It is non contact and non competitive, great for all conditions and ages 5 and up.



Check out: www.choikwangdo.co.nz

PRODUCTS

Bach Flower Essences

The full range of 38 Bach Flower Essences are available at Bowenz. Great in assisting with different emotional states & tension.



Rescue Remedy Essence 30 ml dropper Bottle	\$15
Personal Mixes 30 ml dropper Bottle	\$15

Organic Apple Cider Vinegar ACV Health Apple Cider 2l	\$20
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Bowenz Soda Crystals (for swollen joints) Applicator and crystals starter pack Soda Crystals 800gm	\$50 \$7
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Natural Wool Pillows Made here in Christchurch by Dreamwool Travel Pillow size also available	\$120 \$80
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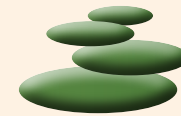
Ear Candles - Handmade in Christchurch \$22 per pair

Endura \$50 Rehydration Formula		Endura Optimizer \$100 Endurance Formula	
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*Discounts for Super Gold Card & other Holders with selected therapies - please enquire.

Reset your body and move easy!

WITH



Bowenz
Therapy for Balance

located at



45 Merrin Street, Avonhead
0800 581 481 | mark@bowenz.co.nz
www.bowenz.co.nz



Ear Candling | Stretching Sessions
Bach Flower Essences | Selected Products

BOWTECH
The Original Bowen Technique
Bowen Therapy for all conditions



Kinesiology Balances for
Educational, Emotional &
Structural

BOWTECH BOWEN THERAPY

Bowen Therapy (Bowtech) was developed by Tom Bowen in Geelong, Victoria. It is a dynamic system of muscle and connective tissue therapy that is revolutionising Health Care worldwide. Its relatively few, gentle moves over muscle and other soft tissue address the whole body, stimulating it to reset and heal itself.

The healing may occur at all levels as needed: physical, chemical, emotional, mental, energetic, etc. Bowen Therapy aims to balance and stimulate energy flows, frequently resulting in a deep sense of overall relaxation. The restorative process begins once the body is relaxed, and continues as the body allows. Healing seems to occur by affecting the body's autonomic nervous system, which creates homeostasis at the cellular level.

Simply stated, Bowen Therapy allows the body to reset and heal itself. The work consists of a series of gently rolling, connective tissue moves. With the release of toxins and old patterning, the moves begin to accomplish holistic balance almost immediately. Since Bowen addresses the body as a whole unit rather than just the presenting symptoms, it embraces the physical, chemical, emotional and mental aspects of each person receiving treatment. Bowen Therapy is great for all conditions and provides the ideal feeling of a "re-balance" or "tune-up". Often only a few sessions may be needed - approx a week apart to reprogram the body's muscle memory. A very relaxing treatment

Bowtech One Hour Treatments **\$80**

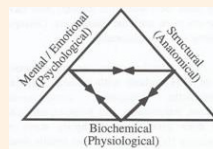
BOWENZ MOBILE VISITS

One of the many great things about Bowen Therapy is that it can be done anywhere! Bowenz Workplace Treatments are 15 minutes, clients are treated sitting and concentration is on the back, neck, shoulders & arms.

Bowenz 15 minute Body resets (min 3 per) **\$20**

KINESIOLOGY

Touch for Health Kinesiology had its origin in 1970 with Chiropractors in America when Dr John Thie decided to make practical & effective methods of balancing the body's energy available to all practitioners. Through muscle testing, Touch for Health balances the body's energy system to ensure the individual is balanced mentally, emotionally & Bio mechanically. This amazingly simple modality is an excellent diagnostic tool to help establish the imbalances in the body - both structurally, and emotionally. Kinesiology encompasses the Chinese Philosophy of the five elements: earth, fire, water, wood & metal and the system of meridians.



Three In One Concepts Kinesiology is great for learning difficulties, emotional blockages, learning enhancement, and to assist in releasing past conditions. It utilizes visualization techniques and Brain Gym and One Brain exercises. It also incorporates Kinesthetic releases that are easy to learn & apply on a daily basis.

Kinesiology Balances (90 minutes) **\$95**

BODYBRAINZ PROGRAMS & CONSULTATIONS

For brain & body integration, BodyBrainz sessions are very effective in getting the brain and body coordinated. Sessions are informative in nature and include specific exercises tailored to suit individual needs. Based on Mark's Kinesiology knowledge, BodyBrainz is great for people with learning challenges, sports people looking to improve performance, people who have had brain trauma injuries, or anyone that wants to improve their health & physical/mental alertness.



Individual Sessions **\$80**

Group sessions are also available **POA**

MAKE THE MOST OF IT

- Please try and be on time for your session
- To avoid interruption, please turn your phone off
- 24 hours notice is needed for cancellations or a 50% fee may apply

EAR CANDLING THERAPY

Ear Candling is a natural, non-intrusive procedure that may help alleviate the painful effects of chronic headaches or sinus conditions, ear infections, allergies or vertigo, as well as minor hearing loss due to excessive earwax build up. It is believed as the candle burns, gentle warm smoke is drawn into the ear canal that softens and loosens candida, wax, and other debris through osmosis. This means anything on the other side of the eardrum turns into a gas form to pass through the ear drum membrane. It is then collected into the remaining unburned portion of the candle. Ear candles are applied safely and gently during a 45 minute session, with both ears being done.



Ear Candling Therapy **\$70**

STRETCHING/EXERCISE

Regular stretching has many benefits for our body and whole health system. Traditionally it has often been done prior to a form of exercise, e.g running, rugby, weight work out. Preparing the body correctly prior to exercise is vital to avoid injury and maximise performance. Stretching alone is also an effective form of exercise, concentrating on breathing and specific muscle groups to aid the body's whole health system.

Personal Stretching Session **\$60**

Stretching programs are a 50 minute session. Please wear loose comfortable clothing.