

What is the Bowen Technique?

The Bowen Technique is unique in the field of bodywork. 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. Simply stated, Bowen Therapy allows the body to reset and heal itself. The work consists of a series of gently rolling, connective tissue moves. There are frequent important pauses between these moves which give the body time to benefit from each set. By combining moves, both in placement and in combination, the practitioner is able to address the body as a whole, or target a specific problem. A unique tool of the Bowen practitioner is 'tissue tension sense', meaning that the practitioner is able to discern stress build-up in muscle groups and then utilise Bowen moves to release that stress.

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. Bowen is referred to as a 'complimentary' modality. This means it will enhance and complement - not interfere with - other medical attention. However, other manipulative therapies done immediately after a Bowen session can undermine the effectiveness of the continuing Bowen work.

Bowen Therapy Is Holistic

Bowen Therapy may very well be one of the single most important tools we have to facilitate healing of the whole body. The moves bring about incredible results by penetrating to a deep cellular level, incorporating the body's unique ability to heal itself. 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.

Simplicity

The Bowen practitioner is merely a catalyst, setting the stimulus in motion for the body to heal itself. Because the human body is so amazing, self healing can be achieved with minimal outside influence. A Bowen treatment, whether to address a specific problem or maintain a healthy body, is the essence of simplicity.

Bowtech - treating all ages!

A Bowtech session consists of several series of gentle moves through light-weight clothing (or on skin). In a Bowtech office or clinic, the client usually lies on a bed or bodywork table or, for comfort, in a chair. However, Bowtech can be done anywhere -- on the sports field, in a hospital room, at the site of an accident, on an airplane or train.

A session may last from fifteen minutes to an hour. Most often, a surprisingly few sessions are needed to alleviate complaints, whether structural or functional, even if long-standing. And the results hold for a long time, generally until there is a re-injury.

Treating every body!

Bowtech is appropriate for everyone from newborns to the very elderly and frail. Highly trained athletes and pregnant women benefit equally, each according to need. Although there are three circumstances in which a specific series of moves, is contraindicated, there are no contraindications for a Bowtech session, as other parts of the body and the body as a whole will still benefit.

Bowtech is neither derived from nor similar to any other hands-on modality. It is generally agreed that it works primarily through the nervous system on both structural and energetic levels. Healing most likely occur through the response of the body's autonomic nervous system to the Bowtech moves.

Simply stated, Bowtech allows the body to reset and heal itself. The work consists of several series of gently rolling, connective tissue moves. There are frequent important pauses between sets of moves, which give the body time to benefit from each set. By selecting appropriate combinations and sequences of moves, the practitioner is able to address the body as a whole, and/or to target one or more specific problems. The practitioner discerns stress build-up in muscle groups and utilizes Bowtech moves to release that stress.

Bowtech addresses the body as a whole unit rather than just the presenting symptoms. The physical, chemical, emotional and mental aspects of each person receiving Bowtech can all respond as needed.