

Bowen Technique

What is the Bowen Technique?

The Bowen Technique is a dynamic system of muscle and connective tissue therapy designed to treat a wide range of problems and injuries. It addresses every system in the body, internal organs as well as the musculo-skeletal structure. In other words it is a whole body therapy.

The Bowen technique encourages a gentle response which empowers the body's own resources to heal itself. Bowen moves are a study in delicacy, being light, gentle and very precise. A session usually lasts from half an hour to an hour and frequently results in a deep sense of overall relaxation allowing the body to recharge and balance itself. Most clients find that 3 to 5 sessions are adequate even for long standing complaints.

How does The Bowen Technique work?

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 utilize Bowen moves to release that stress.

Bowen 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 permits. Healing occurs by stimulating the body's autonomic nervous system, which creates homeostasis at the cellular level.

Bowen is referred to as a "complimentary" modality. This means this 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 is holistic. Bowen may very well be one of the very 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, spiritual and mental aspects.

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 minimum outside influence. A Bowen session whether designed to address a specific problem or maintain a healthy body, is the essence of simplicity

How can the Bowen Technique help me?

- x Safe to use on anyone from new born babies to the elderly
- x No vigorous manipulation used
- x Substantial relief is frequently achieved after only one session
- x Lasting relief of condition
- x Reduced physical, emotional and mental stress
- x Improvement in conditions from sport injuries to chronic and organic complaints
- x Improved joint mobility
- x Improved circulation of lymphatic and venous fluids
- x Improved elimination of toxins
- x Improved assimilation of nutrients
- x Empowering of the body's own natural resources to heal itself.