

Bowenwork brochure especially designed for the U.S. practitioner:

Tri-fold, heavy stock, fits perfectly into U.S. business envelope.

What Bowenwork is

Bowenwork is a gentle and effective way of therapy that follows a series of moves on the body, working on a state of deep relaxation.

Bowenwork:

- Addresses the body as a whole. It affects not only the musculoskeletal system, but also the brain, nerves, and internal organs. The body's integrated response to Bowenwork improves circulation and function, allowing it to achieve its natural state of balance and harmony.
- Is extremely gentle. It is appropriate for anyone.
- Can assist recovery from many conditions.
 - Acute injuries
 - Chronic illness
 - High blood pressure
 - Stress-related disorders
 - Headaches
 - Joint problems
 - Posture problems
 - Back problems
 - Insomnia
 - Depression
 - Stroke recovery
 - ADHD/ADD
 - Chronic fatigue

What Bowenwork does

The practitioner places fingers or thumbs on the skin over precise points on muscles, tendons or other soft structures. How the client applies gentle rolling pressure to each a change in the underlying tissue. The change allows the body's automatic nervous system to adjust. Once this occurs, the body continues finding equilibrium on its own (and energy level).

How many sessions are needed?

- Most clients require one session, apart are usually all that are required for chronic conditions, such as chronic pain, and problems brought about by long-term stress.
- Chronic soft tissue conditions usually require two additional sessions.
- Neurological and some other chronic conditions may require ongoing maintenance sessions.

What to expect in a session

- Wear or bring light weight, loose fitting clothing. You can choose to wear your underwear and the practitioner is draped for privacy and comfort.
- Your practitioner will take a health history and evaluate the reason for your concern as well as what the best "Bowenwork move" to apply that day.
- The actual hands-on work will take very little of the 20 to 40 minutes of the session.
- After each session of moves, your practitioner will make sure you are comfortable and will leave the room in about 10 minutes to help you relaxing.

What to expect afterward

Some changes may be noticeable right away.

- Reduced pain
- Greater range of motion
- A sense of relaxation and well-being

You will most likely notice changes in the next several days as your body returns to the process that began during your session. Sounds sleep and relaxation emerge after a session is reported.

If your practitioner suggests "Bowenwork" at work, Bowenwork is a great tool for daily living. It is gentle, easy to learn, and it can be done anywhere. It is a great tool for your own care and will improve your results.

How Bowenwork™ can help you

Bowenwork evokes deep relaxation...

and renews the body's capacity for self-healing.

HOW TO ORDER

Order Quantity	Brochure Cost	Shipping & Handling	Total Cost
50	12.50	5.00	\$17.50
100	25.00	5.00	\$30.00
150	37.50	9.00	\$46.50
200	50.00	9.00	\$59.00

For quantities between 200 and 600, add \$12.50 for each additional bundle of 50 brochures. The S&H remains a constant \$9.00.

600 150.00 9.00 \$159.00

For S&H on orders of 650 or more, or for delivery outside the U.S., please write to:

Sue Rutter at usadmin@bowenwork.com.

Send check or money order along with your brochure order to:
Bowenwork Academy USA, 337 North Rush St., Prescott, AZ 86301

How Bowenwork originated

Bowenwork was developed in the 1950s by the late Thomas Bowen of Dorset, Australia. Bowen's approach is based on the premise that a certain structure and muscle groups, by using a unique type of stretch and release, can be used to improve the body's ability to heal itself.

He has been a leading authority in the field of alternative health and wellness for over 40 years. His work has been recognized by the Australian Government, Bowenwork has been the subject of a number of books, and his work has been featured in a number of television and radio programs.

In the last years of his life, Bowen planned several projects to be completed. He was not able to complete all of them, and his work was continued by his son, David Bowen, and his daughter, Sue Rutter. David Bowen, president of Bowenwork, died in 2001. Sue Rutter, president of Bowenwork, died in 2001. Sue Rutter, president of Bowenwork, died in 2001.

How to find practitioners

Individuals who are certified by the Bowenwork Academy of Australia and meet the other stringent requirements are certified by the BWA as Accredited Bowenwork Practitioners. Continuing education is required in order to maintain accreditation.

You can find a complete list of Accredited Bowenwork Practitioners in the United States and many other countries at www.bowenwork.com.

In the United States, you can also find practitioners through the following:

Bowenwork Academy USA
337 North Rush Street
Prescott, AZ 86301
1-800-555-8888
(1-800-555-8888)
usadmin@bowenwork.com

Or, to pay by credit card, go to www.paypal.com and direct payment to **BAUSA@bowenwork.com**. In the Memo portion of the Paypal order form, write "Brochures" and include your current mailing address.

Rear panel of brochure has a blank area for attaching your business card.

Delivery in the U.S. will be via USPS Priority Mail.