

PRACTITIONER COURSE DATES AND VENUES 2007 - 2008

SHERBORNE, DORSET – 2008

Modules 1 & 2	Feb 5 – 8, 2008
Modules 3 & 4	April 8 - 11
Modules 5 & 6	June 10 - 13

MIDLANDS – 2007 – 2008

Module 1	Oct 8 & 9, 2007
Module 2	Oct 29 & 30
Module 3	Dec 10 & 11
Module 4	Jan 21 & 22, 2008
Module 5	Feb 11 & 12
Module 6	Mar 31 & Apr 1

LONDON – 2007 - 2008

Module 1	June 30 & Jul 1
Module 2	July 7 & 8
Module 3	Sept 1 & 2
Module 4	Oct 27 & 28
Module 5	Dec 8 & 9
Module 6	Jan 19 & 20, 2008 (tbc)
Module 7	March 2008 (tbc)

NB – other dates available throughout the year in other locations with other teachers accredited by the Bowen Therapy Academy of Australia – please phone **0700 0436 935** for details.

Tel: 01963 220991 email: mail@jwilks.co.uk

www.therapy-training.com

www.bowentraining.co.uk

Accredited by the Bowen Association UK
and the Bowen Therapy Academy of Australia

Bowen Technique Training (Bowtech)



Practitioner Courses 2007 - 2008

John Wilks MA RCST BTAA FRSA

London - Midlands – Dorset

THE BOWEN TECHNIQUE



Developed in the 1950's by the late Tom Bowen in Australia, The Bowen Technique is a gentle but dynamic body therapy that is therapeutic and very effective. It empowers the body's own healing resources, achieving balance and harmony, frequently resulting in fast and lasting relief from pain and discomfort. The technique is considered safe to use on anyone from newborns to elderly, with any condition from sports injuries to chronic or organic complaints. A treatment comprises sequences of small gentle moves, each at specific sites on the body. There is no forceful manipulation, just a light cross-fibre manoeuvring of a muscle, tendon or ligament, pleasant to the recipient. The Bowen Technique taps into the body's natural feedback system that monitors the state of each muscle. As well as releasing any tension within the muscles, the moves also work on energy blocks (accumulated by injury, tension or disease), allowing increased energy flow and hence healing ability.

TRAINING COURSES

Mr Tom Bowen devoted a lifetime to developing his gentle and innovative approach. In 1974, he invited Oswald Rentsch and his wife Elaine to study with him and document his work. Their interpretation, verified by Mr Bowen, is now widely taught and practised throughout the world.

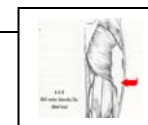
In 1987, after years of teaching and practising, Ossie and Elaine founded the Bowen Therapy Academy of Australia to which the Bowen Association is affiliated. The therapy is taught as an introduction to bodywork for the non-professional and also as an ideal adjunct for the professional therapist.

The practitioner training is spread out over 7 modules, covering a range of different procedures, regular assessments and reviews.

Further information on The Bowen Technique and the Bowen Association UK can also be found at: www.bowen-technique.co.uk

A suitable Anatomy & Physiology qualification is required to qualify for full membership of the Bowen Association. Please contact the office for details

COURSE CONTENT



- Module 1: Bowtech procedures for lower back, upper back, neck shoulders and knees (2 days)
- Module 2: Bowtech procedures for kidneys, hamstrings, pelvis and sacrum (2 days)
- Module 3: Bowtech procedures for lower respiratory tract and shoulder problems. Review of modules 1 & 2 (2 days)
- Module 4: Bowtech procedures for seated clients and elbow & wrist problems. Review of previous modules (2 days)
- Module 5: Bowtech procedures for upper respiratory tract, temporomandibular joint, ankle & foot, infant colic, bursitis, gall bladder, additional shoulder procedures, chest pains and back cramp. Revision of previous modules (2 days)
- Module 6: Bowtech procedures for breast problems, coccyx etc
Review of previous modules (2 days)
- Module 7: Review and assessment of all Bowtech procedures (2 days)

Costs: modules 1 & 2 - £200 (300 Euros), modules 3 - 6 - £160 (240 Euros) module 7 - £180 (270 Euros) each

As a registered Learning provider, students are eligible for Career Development Loans through the DfES – contact us for more details.

JOHN WILKS



John brings a wide range of clinical skills and experience to his teaching. He originally studied massage and reflexology in London after a career in music teaching and a lifelong interest in bodywork. He has gone on to become renowned as teacher and therapist in both the Bowen Technique and Craniosacral Therapy. John first learnt the Bowen Technique in 1995 and has been using it intensively ever since, working in clinics in Dorchester, Sherborne and Ilminster. In 1999, he was accredited by the Bowen Therapy Academy of Australia to teach and has since taught courses in the UK, most of Europe, Australia, Israel & the USA. John is author of 'Understanding the Bowen Technique' & 'Understanding Craniosacral Therapy', published by First Stone Publishing and is currently completing a new book on Bowen.