

About Bowenwork Sessions:

Client guidelines:

Bowenwork is a specific series of gentle muscle and connective tissue ‘moves’ designed to release fascial restrictions and initiate a wholistic healing process. Bowen addresses every system in the body: joints, musculoskeletal, circulation, internal organ systems, and mind body memory. The gentle moves over specific areas of the body initiate neurological impulses from muscles and tendons to the brain. The brain then processes this information, prompting a release of tension and calming of inflammation in that area, enabling the body to rebalance and start the healing process. Respecting the innate feedback loop is essential to restoring one’s natural balances. For this reason, you will be asked to avoid other modalities for a short time, as other modalities may interrupt this healing process. You may notice changes taking place throughout your body during the first 4 to 7 days after your session. You can maximize the benefit of this process by following these instructions:

One the day of session and days post session:

- Please wear loose, comfortable clothing such as sweats, shorts, or yoga clothes to the session.
- Avoid ice packs, heating pads, and hot tubs on the day of, and for a day or 2 after your session.
- Avoid exercising, yoga and Tia Chi on the day, following your session.
- Avoid sitting for more than 30-minutes at a time, post session. If driving or sitting, stand up with your weight distributed evenly on both feet every 30 minutes to integrate the work.
- Drink an additional 2-3 glasses of water on the day, following your session.
- Take a comfortable walk after your session, and walk each day for at least 4 days post session, in order to help integrate the changes within your body.

Scheduling follow-up sessions:

- For best results it is recommended to have a follow up session in about 7 to 10 days to stabilize the new patterns initiated by the first visit.
- Your practitioner will discuss your individual treatment protocol for any additional sessions (if more are needed).
- Once your condition is resolved, you may choose to schedule occasional, “tune-up” sessions for stress relief, muscle tightness, other issues.
- If you have a chronic, long term problem, you may need regular sessions over a longer period of time.
- You can schedule a full Bowen session by going to Bowenmethod.com.