



THE BOWEN METHOD

BOWEN THERAPY CLINICS

RELEASE.
RESET.
RECOVER.

OFFER YOUR CLIENTS AND/OR EMPLOYEES A CONVENIENT PERK ON SITE TO HELP THOSE WHO STRUGGLE WITH PAIN, MUSCLE TIGHTNESS, STRESS, AND DECREASED RANGE OF MOTION.

THIS SOFT CONNECTIVE TISSUE THERAPY TARGETS MYOFASCIAL RELEASE THROUGH MOVES DESIGNED TO HELP RESET NEUROMUSCULAR PATTERNS. THE RESULT IS LESS DISCFUNCTION IN MUSCLE GROUPS AND IMPROVED POSTURE.

ORIGINATING IN AUSTRALIA IT WAS HEAVILY USED BY RUGBY PLAYERS TO GET BACK INTO ACTION AFTER MINOR TWISTS, TURNS, OR TIGHTENING INJURIES, DURING GAMES. THE BOWEN METHOD HAS BEEN PROVIDING CARE TO CLUB SOCCER PLAYERS SINCE 2021 AND THE COACHES AND PLAYERS PRAISE THE BENEFITS OF THE SESSIONS.

ADDING BOWEN THERAPY INTO ANY TRAINING REGIMENS ADDS TO FLEXIBILITY, MITIGATES EFFECTS OF SOME INJURIES AND SPEEDS RECOVERY TIME...IT CAN ALSO BE USED FOR FULL BODY RELAXATION.

WE BRING THE WELLNESS TO YOU!

Bowen is a great therapy for group sessions. 1 practitioner can work on 3 to 4 people at once. Also, very little time is needed to make a substantial impact.

Bowen is great for:

- Strained hamstrings and groin pulls
- Knee and Shoulder conditions
- Neck and Back pain
- Strained or tight muscles
- TMJ, Concussions and Headaches

Sessions are about 20 minutes and are \$35 per session. Cash, check and Venmo accepted.

For information and availability:
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