



IS BOWEN THERAPY RIGHT FOR YOU?

Let me explain....

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Hello!



I'm so glad you're here!

There are so many factors that impact our body's ability to move, expand, rest, feel calm and take in what we need from our experience of the world.

Areas of tension, stagnation and dis-ease can leave us feeling tired, uncomfortable and frustrated with ourselves when we know we're not functioning the way we want to.

Bowen therapy is a healing modality that works with the soft tissues of the body, allowing them to relax, restore mobility, soothes the nervous system to encourage calm and reduce dysfunction of the bodies systems.

I know, it sounds too good to be true but stay with me, I'll explain..

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A little bit about me

I grew up in Geelong and surrounding suburbs after I emigrated from Wales with my parents as a baby. After I met my now husband we settled in Torquay where I love the ocean and space it provides to connect to nature, feel grounded and allow the nurturing elements of nature to create a sense of well-being that only the ocean provides.

I've always had an interest in the connection between our mental and emotional thoughts, ideas and beliefs that create behaviours and patterns in our bodies that can be seen in all of us, whether they be conscious or hidden behind the subconscious. This led me to explore many and varied healing modalities that have all contributed to the services I offer today.

Bowen Therapy is one treatment that I had never received, or even really heard of until my daughter injured her ankle. This was a weak spot of hers and she would often roll her ankle, causing pain and swelling walking along a straight path. It was a happening too often. She had a treatment; another was recommended as there were patterns of dysfunction and she had a third. That was more than 10 years ago and she hasn't rolled her ankle again.

The more I explored, the more I discovered Bowen Therapy was indeed a bodywork modality that considered the body as a whole, took into consideration the patterns of dysfunction regardless of where it originated or where it manifests the body.

I found an instructor and studied over the next few years to gain my qualifications, then studied some more and have completed several further study components to expand my knowledge. Beyond that my clients and their feedback provide much of the knowledge that continues to influence my treatments as I want results that last for them.

As well as relieving the physical symptoms I always consider the primary cause of any condition. Anyone with pain and discomfort wants relief from their pain and while this is a priority, I have sought out modalities that create deep and lasting change for my clients. This has been the focus of my practice and why Blue Sky Healing was created with the range of services I offer. With the addition of reiki and the extra 30 minutes on the table my 'Restore-Body' is a treatment that is deeply relaxing, encourages the energetic systems to balance and flow in alignment and the body to completely unwind. This is especially useful for chronic conditions where stress is a contributing factor but everyone can benefit from this type of healing.

All of the modalities I work with create awareness and a shift in both the physical and energetic systems of the body to align, nourish and restore vitality in the whole system. Working with all aspects of the mind, body, spirit connection to restore balance and bring the system back into alignment is what Blue Sky Healing is all about.

I love Bowen Therapy as a bodywork technique as it encompasses this holistic approach in an effective bodywork technique.



Origins of Bowen Therapy

Tom Bowen worked in Geelong, Victoria in the late 50s through to the 70's. He had been working as a labourer with no formal training in bodywork but developed his skills working with local football clubs. During the 23 years Tom Bowen worked in his practice he continually researched and developed his skills. He never taught his technique formally but throughout his career allowed people to observe him working with clients to document his work. It is these records that allows his work to continue today.

While Tom Bowen had no formal training some of the men that observed him did. It is their interpretations of his work, based on their own knowledge and influences that is taught across the world today. As they all observed Tom at different stages of his career they witnessed different variations of his work but they all noted the ease in which Tom was able to treat the underlying cause of his clients dysfunction. It is this aspect that is most appealing about the technique as well as the ability to treat such a wide range of conditions using these underpinning principles:

- the human body functions as an integrated, interrelated unit, therefore any treatments to treat one area need to be considered as part of the whole.
- structure and function share a reciprocal relationship so it is unlikely that any tissue, organ, system can function optimally if there is structural damage, imbalance or misalignment to its form, tension and relationship with surrounding structures.
- The human body has an innate capacity for self-regulation and healing. It is often the time, space and surrounding environment that prevents our ability to hear our bodies wisdom and what it needs to return to homeostasis. We ignore our bodies signals and have lost touch with the natural rhythm of the seasons and cycles in nature that we need a connection to for optimal health.
- To work with the body these principles must be taken into consideration for restorative treatments to have a lasting effect.

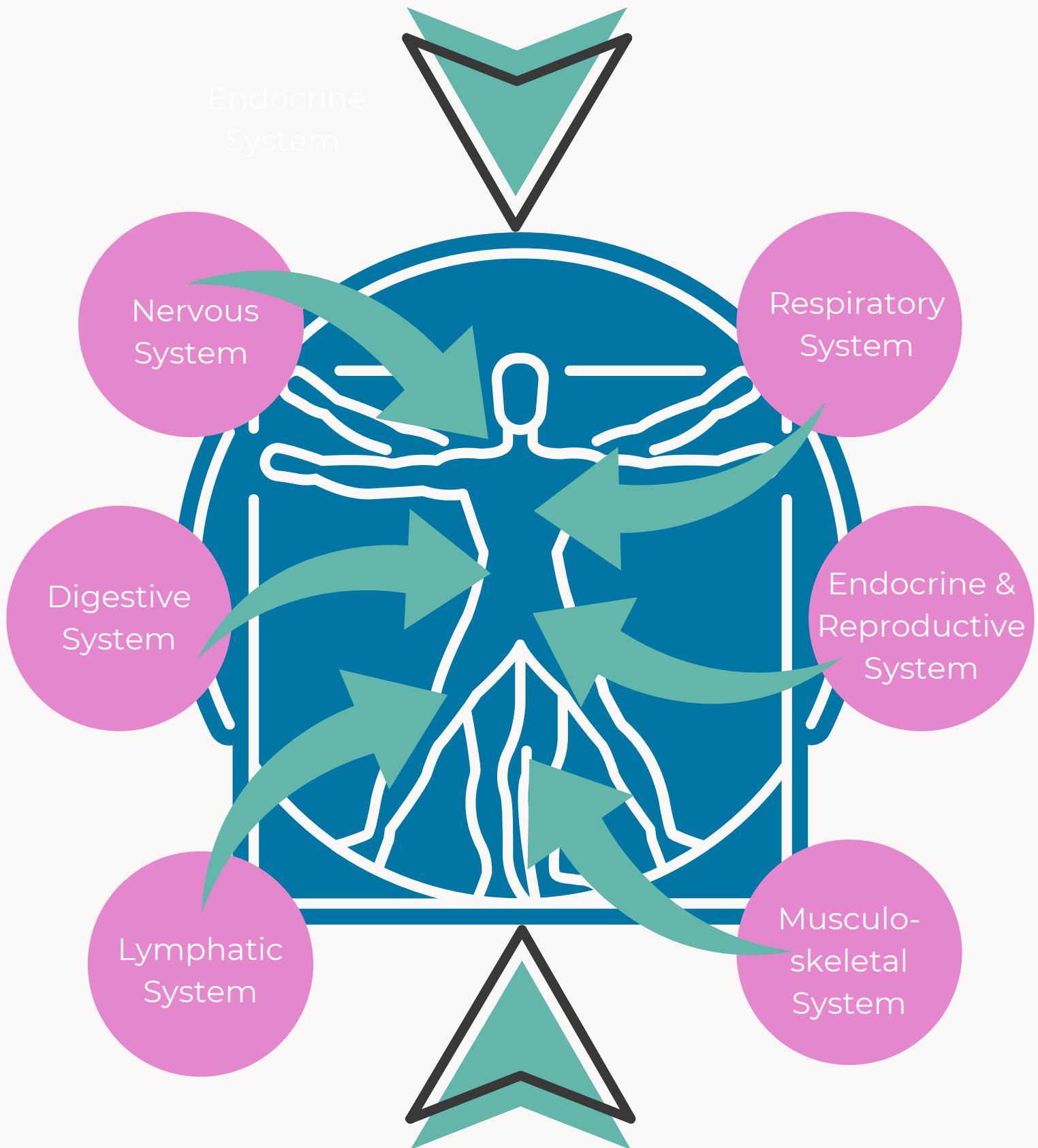
With these principles, lengthy studies in Western and Eastern philosophies and techniques and his thirst for understanding Tom Bowen developed a unique technique that I am extremely grateful for. It is simple in many ways but as complex as the many and varied conditions and complaints that clients require treatment for. It is personalised, can be gentle or firm depending on the client's preference, treats young and old and everything in between, works for structural and functional problems, chronic conditions and new injuries.

Take a look on the next few pages and you'll see what I mean.

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Bowen Therapy brings symmetry & alignment to the structures of the body



Bowen Therapy triggers a release of stress related tension in the body. This allows function to be restored.

YOUR BODIES RESPONSE TO BOWEN THERAPY

THE ENDOCRINE & NERVOUS SYSTEM

Although these are recognised as 2 different systems they work closely together to control the internal activities of the body. Any restrictions in the tissues surrounding glands and nerves can have a detrimental effect on their function and these soft tissues can be released with a Bowen Therapy treatment. The real magic occurs when the nervous system has time to regulate itself to it's preferred state of parasympathetic dominance when the body can return to homeostasis. A Bowen Therapy treatment can influence this in your body.

THE MUSCULO-SKELETAL SYSTEM

When the nerve receptors, within the connective tissues around the muscles, are triggered they will respond by contracting or relaxing the muscle fibres. We need our bodies to respond for full function and mobility with many of the bodies processes relying on muscle fibres contracting and relaxing in a rhythm - the heart and large intestine for example. Any restriction, spasm or dysfunction can have an impact on all areas of the body, depending on which muscles, nerves, organs and other tissues are close by.

RESPIRATORY SYSTEM

The diaphragm is an incredibly important part of the respiratory system that can be directly influenced during a Bowen Therapy treatment. It provides a full lung capacity allowing the chest to expand fully, bringing air into the lungs. Any restriction around the rib cage can decrease the capacity for a full, deep and relaxed breathing pattern as well as congestion around the throat, neck and sinus cavity. A well thought out Bowen Therapy session can have a positive effect on all of these structures and functions which in turn regulates the nervous system for calm.

THE LYMPHATIC SYSTEM

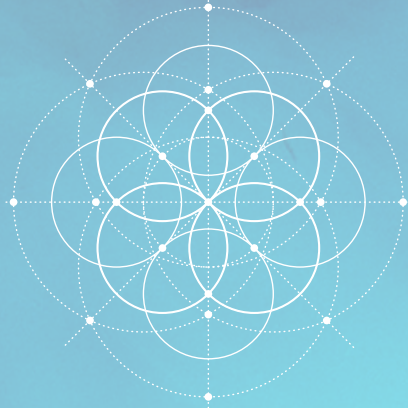
The importance of the lymphatic system in wellbeing is often overlooked until there is stagnation, swelling and discomfort associated with a congested lymphatic system. The lymph nodes are responsible for clearing infection and balancing the fluids throughout our entire bodies which in turn allows our tissues to receive the fluids and nutrients they need. The majority of the lymphatic system lies just under the skin and a Bowen Therapy treatment can gently return any excess intercellular fluids to the bloodstream encouraging healthy tissues.

THE DIGESTIVE SYSTEM

The whole gastrointestinal tract is surrounded by many layers of fascial tissue. Fascia is a sticky web of transparent tissue that bundles tissues together and allows them to twist, move and bend in conjunction with all the other surrounding tissues. It is the web that holds all our organs in place and bundles together to create tendons and ligaments, protecting our blood vessels and nerves. It is our bodies communication system and when it senses a restorative environment deep breathing and digestion become a priority. Bowen Therapy directly influences the fascial network around the gastrointestinal tract with gentle touch triggering the nervous system to restore function.

THE REPRODUCTIVE SYSTEM

Closely linked to the endocrine and nervous system, the organs of the reproductive system are also held within a fascial web deep within the pelvis. Any misalignment of the pelvic structure can impact the function of these organs. This system is also greatly affected by stress so working holistically can help to regulate cycles, reduce pain and relieve symptoms.



what happens in a session

Before the treatment

Firstly, we will have a discussion about your current condition and any relevant information relating to the area of the body affected and/or the history of the condition. Through observation and assessment for mobility and pain we will discuss your needs for the session and determine your priorities. You will have an opportunity to ask any questions ensuring you feel completely comfortably. I prefer to work over light clothing so there is no need to undress.

This is your session

Shoes and any personal items that might be a distraction during your session can be removed and you will lie face down to begin and then turn over at some point during the session. I take my cues from my clients and their need for conversation, as this is their session but I do believe in the power of turning inwards and allowing yourself some space with your breath and your thoughts. I encourage feedback throughout the session so always inform me of your needs.

What you will feel

During the session I will work systematically around the body, assessing tension, adjusting the soft tissues and holding some trigger points if required. Many of the moves are a rolling technique with the pressure adjusted to suit your needs. Even light pressure can have an impact on the tissues. This is especially important to consider when the lymphatic system can be influenced and inflammation of the tissues needs to be addressed. You may feel yourself drifting off to sleep or be fully present. Your body will know what it needs.

After the treatment

You will be given plenty of time to feel yourself reconnect with your body as it responds to the treatment. This time is so important to allow your body to adjust and your nervous system to remember this way of being. If you have been chronically stressed or living with inflammation this time, when all the input has been received and your body responds and repairs is so important. We can chat about what to expect over the coming days and how to take care of yourself after your session and rebook if appropriate.

conditions I have treated

I have been practicing Bowen Therapy for 8 years and in that time I have treated many conditions. Really, I help the body to remember how it feels to be at peace and able to repair itself. Restoring alignment in the tissues restores functions in the systems.

Holistic healing occurs when balance occurs in all three.

musculo-skeletal

Lower back pain Tennis elbow Hip pain Sacroiliac pain Sciatic pain
Tight hips Pain associated with herniated discs Knee pain Bursitis Bakers cysts
Muscle spasms Plantar fasciitis Hammer toe Ankle pain Stiff necks

endocrine - nervous system

Sleep patterns Immune function Chronic stress Nerve impingement
TMJ pain Anxiety Headaches Vagus nerve reset Fibromyalgia Grief Thyroid imbalance

digestive system

Bloating IBS Abdominal pain Hernia Constipation Diverticulitis
Gall bladder problems Stomach spasms Chronic digestion conditions

respiratory system

Asthma Respiratory symptoms post illness Hayfever Tinnitus
Sinus congestion Lymphatic congestion in the respiratory system

reproductive system

Hormonal irregularities Period pain Conception Infertility
Symptoms associated with menopause Ceaser scars

lymphatic system

Lymphatic congestion Swelling around joints Glandular fever
Fluid retention Lymphatic drainage for swollen limbs Sinus conditions

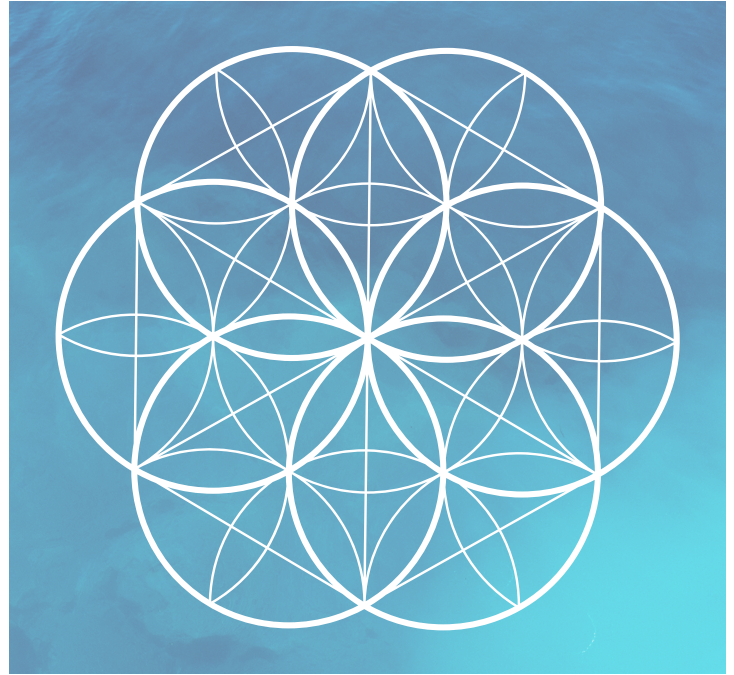
PLEASE NOTE THAT EVERY CLIENT HAS THEIR OWN PATH FOR HEALING
AND INDIVIDUALS RESPOND IN THEIR OWN WAY. AS A HOLISTIC TREATMENT
BOWEN THERAPY INFLUENCES THE BODY TO RESTORE HOMEOSTASIS BUT
HEALING IS NOT GUARENTEED.

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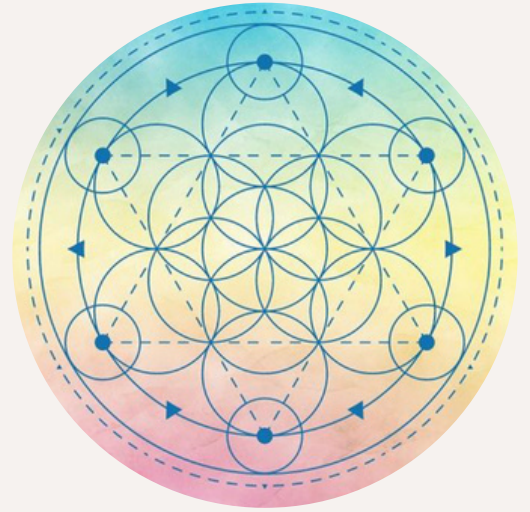


Would you like to know more?

- Bowen Therapy sessions are available in Torquay, Victoria.
- Appointments take an hour which allows time to chat before and after.
- You can book online at BlueSkyHealing.com.au
- I work from my home clinic and available by appointment only.
- I am happy to answer any questions regarding your specific condition. My contact details are on the next page.
- The day before and the day of your appointment I encourage you to drink plenty of water.
- Please schedule your appointment on a day when you can rest and perform light duties to allow your body time to adjust.
- You may feel some soreness the following day or two. This is normal but you are welcome to contact me if you are concerned.
- I accept cash or card payments



Thank-you!



I'm so grateful you took the time to read through this ebook

I love this work and the relief my clients feel as they remember to be fully present with themselves, feel completely relaxed and notice the unwinding in their bodies as they restore balance through all the systems of the body. I encourage you to book online if you are ready or visit my website and social media pages for more healing insights.

for further information & bookings



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I look forward to meeting you!

You will receive a newsletter and updates with all my services and offers that may be helpful on your healing journey.

Gratefully Yours,

Jenny Fitzgerald