

Put Basic Wellness in Your Hands



INTRODUCTION TO BOWENWORK®

Bowenwork is a gentle, effective, noninvasive touch therapy that stimulates the body's ability to heal itself. It can be done through clothing. In this four-hour, introductory class, you will learn to apply key elements of Bowenwork to different parts of the body to

- Ease breathing difficulties
- Relieve muscle tension, joint pain or stiffness
- Ease heartburn, acid reflux and other gastrointestinal complaints
- Relieve neck, back and knee pain
Address injuries

Bowenwork is safe and appropriate for all — from infants to the elderly, from elite athletes to people with chronic conditions.

If you would like to learn a safe way to promote wellness in yourself and others, then this introductory Bowenwork class may be right for you.

\$95.00- which includes a manual you keep with photos and anatomical illustrations, and personalized instruction, designed for non-medical, interested "normal people" like you!

Maggie Simpson-Ralls
Professional Bowenwork Practitioner
Associate Instructor Certified

BowenWorksMagic-Phoenix
www.BowenworksMagic-Phoenix.com
Maggie@BowenworksMagic-Phoenix
Maggie #602-616-0536

New Classes

Class time 9:30AM – 1:30PM
Call or text for upcoming dates
Suggest a date



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Classes are taught at the BowenWorks Magic Clinic in North Phoenix, AZ near 43rd Ave and Union Hills.

Put Basic Wellness In 'Your' Hands – Introduction to Bowenwork

What is Bowenwork? Bowenwork is a gentle, effective, non-invasive, touch therapy that stimulates the body's ability to heal itself. This specific system of touch initiates a series of responses through stimulation of the nervous, musculoskeletal, and fascial systems and their energetic pathways. It is gentle on the body, easy to do, and can ease symptoms and assist recovery from a wide range of conditions. The work is/can be performed through clothing and no special equipment is needed.

Bowenwork can be performed on almost anyone!- such as infants, the elderly, elite athletes, and people with acute injuries, or chronic and debilitating conditions.

4 Hour Introductory class Introductory Bowenwork classes provide a way to explore Bowenwork for the first time. These classes are open to anyone, no prior experience is required. From this class you can also consider classes to learn more... This 'Introduction to Bowenwork' class size is limited to 4-6 people. You get personalized instruction, your own manual with picture aids and hands-on practice. It is fun!

Learning Objectives In this four-hour, introductory class, you will learn to apply specific moves of Bowenwork to different parts of the body in order to:

- Ease breathing difficulties (like asthma, COPD, etc)
- Relieve muscle tension, joint pain, or stiffness (from gardening, housecleaning, long days, etc.)
- Ease heartburn, acid reflux, and other gastrointestinal complaints (stomach upset, etc)
- Relieve neck, back, and knee pain (moves for these specifically, to ease ouches and comfort you)
- Address acute, non-life threatening injuries (basic Trauma Moves!- the same ones I do at my clinic.)

The beauty of Bowenwork is that it really works, even for beginners. Attend one or more classes to learn to:

- Signal the body that “the emergency is over”, a very important first step in activating the body’s internal healing response.
- Ease pain and reduce stress 'now' in almost any situation.
- Provide first-aid assistance when someone is injured.
- Offer supportive touch to those with chronic illnesses.

Cost: \$95 (includes a manual with photos & anatomical illustrations, designed for a beginner's needs.)

Can I bring a Friend? Have a friend, partner, spouse or co-worker also sign up and attend; anyone who wishes to use basic Bowenwork skills to help friends, family and anyone else they care about!

I want to take the class: (Now what do I do?)

1. **Email or call:** ask for and fill out a **Registration Form;**
2. **Pay** for the class (You are now officially registered.);
3. You will then receive a class information sheet with the date, time, dress code, expectations, etc.



I look forward to making this a great experience for you!



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