

Bowenwork

Module 1

Learn the Basic Relaxation Moves: THE Foundation Moves for ALL of Bowen

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 **two-day** hands-on learning class, you will learn and begin to use the foundation moves of Bowenwork on the body. You will study, practice on and in turn, receive these Bowen moves:

- Basic Relaxation Moves (BRM's)
 - Lower back Procedure
 - Upper back Procedure
 - Neck Procedure
- Kidney and Head Procedures

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

Learn the Foundation Bowen moves you can use at your business or home and/or Explore if you want to become a practitioner!

* CEU's may apply for RN's & Massage Therapists. Ask for details.



\$450 if paid 22 days before class;
\$480 thereafter Includes manuals
with photos & anatomical illustrations.

Maggie Ralls

Professional Bowenwork Practitioner
SP1 & SP2 Certified
National Bowenwork Instructor

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Class = 2 days, 9a-6p
See our Class Schedule

**This is the first
Module of 7 that
would be required to
become a Certified
Practitioner!**



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