

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 several different parts of the body to:

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

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 BSN, RN
Professional Bowenwork Practitioner
Associate Instructor Certified

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New classes
Bi-Monthly

*** Check class schedule-
updated regularly***

Classes will be taught at

BowenWorks Magic Clinic

Details provided when
registered and paid.

