

Put Wellness in Your Hands



INTRODUCTION TO BOWENWORK® CLASS, OPEN TO ALL

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.

Bowenwork - the complement to complementary therapies - places wellness in your hands!

\$95.00 (includes a manual with photos and anatomical illustrations designed with care for the needs of beginners)

To complete class registration, call:

Lisa Toole, Associate Instructor &
Professional Bowenwork Practitioner
American Bowen Academy Certified

Office: 603-591-0658

Email: bowenworklmt50@gmail.com

Website: www.bowenwork4health.com

CLASS DATES:

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Class details will be shared upon registration confirmation with credit card. All questions can be directed to instructor.

*Continuing Education Credits Available. Inquire with Instructor.

