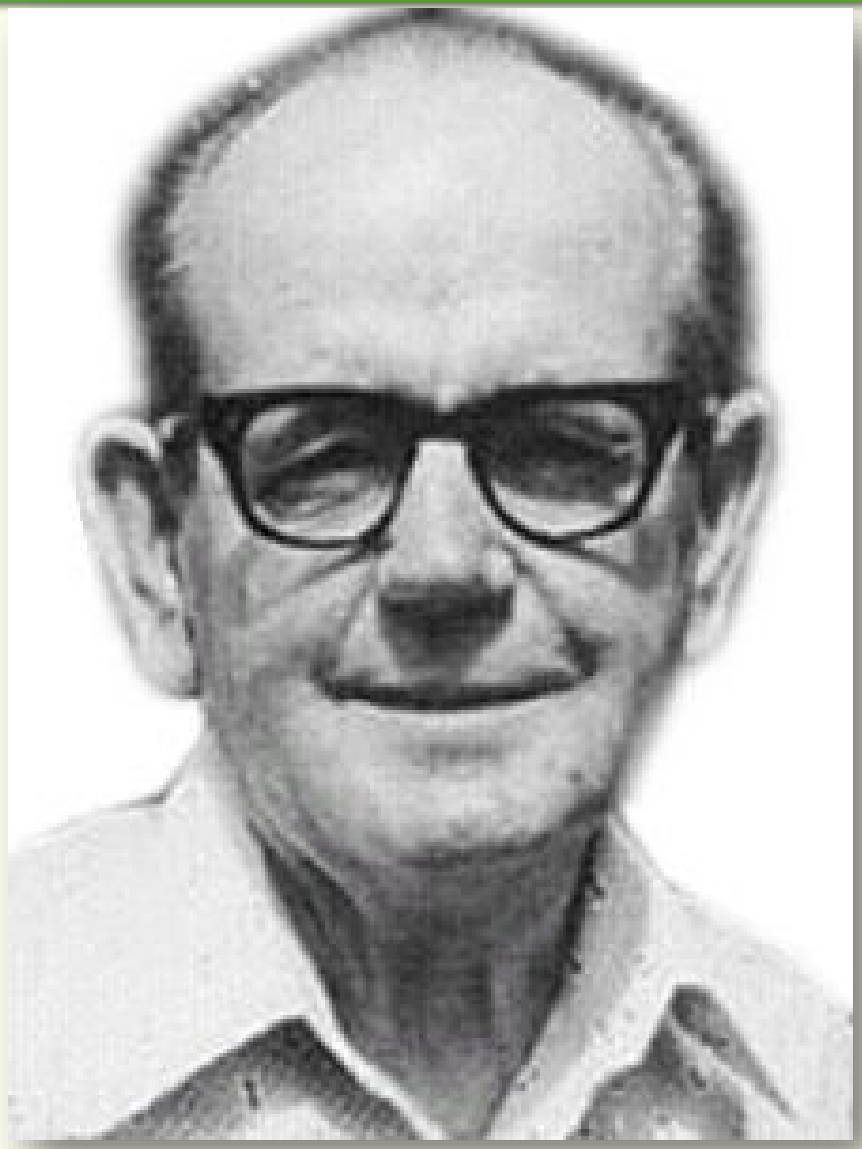
Gentle touch – Impressive Results

Rebalance your body with Bowenwork!

Bowenwork4Health with Lisa Toole

Men go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering.

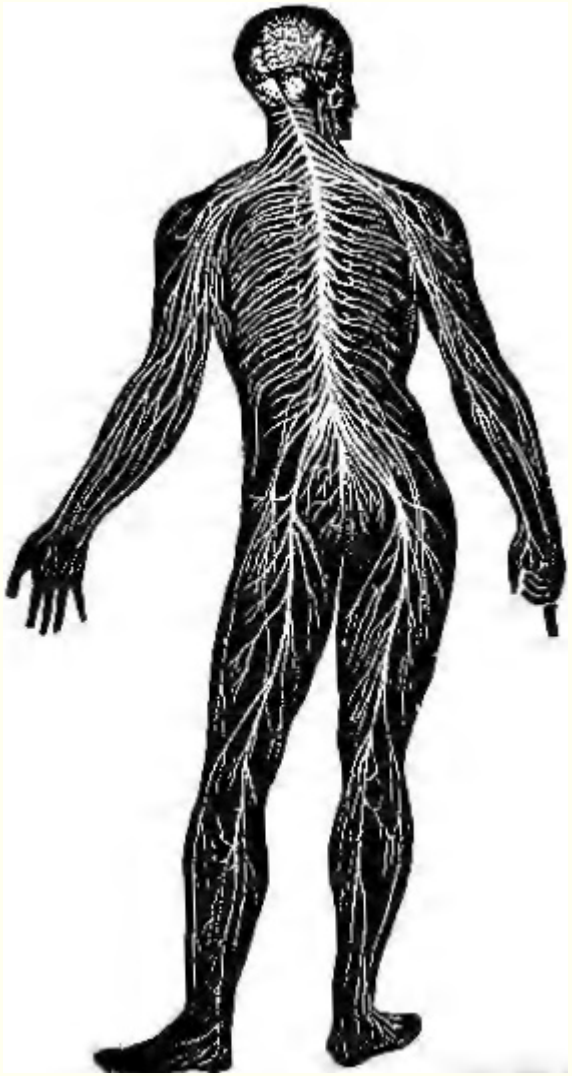
- St. Augustine

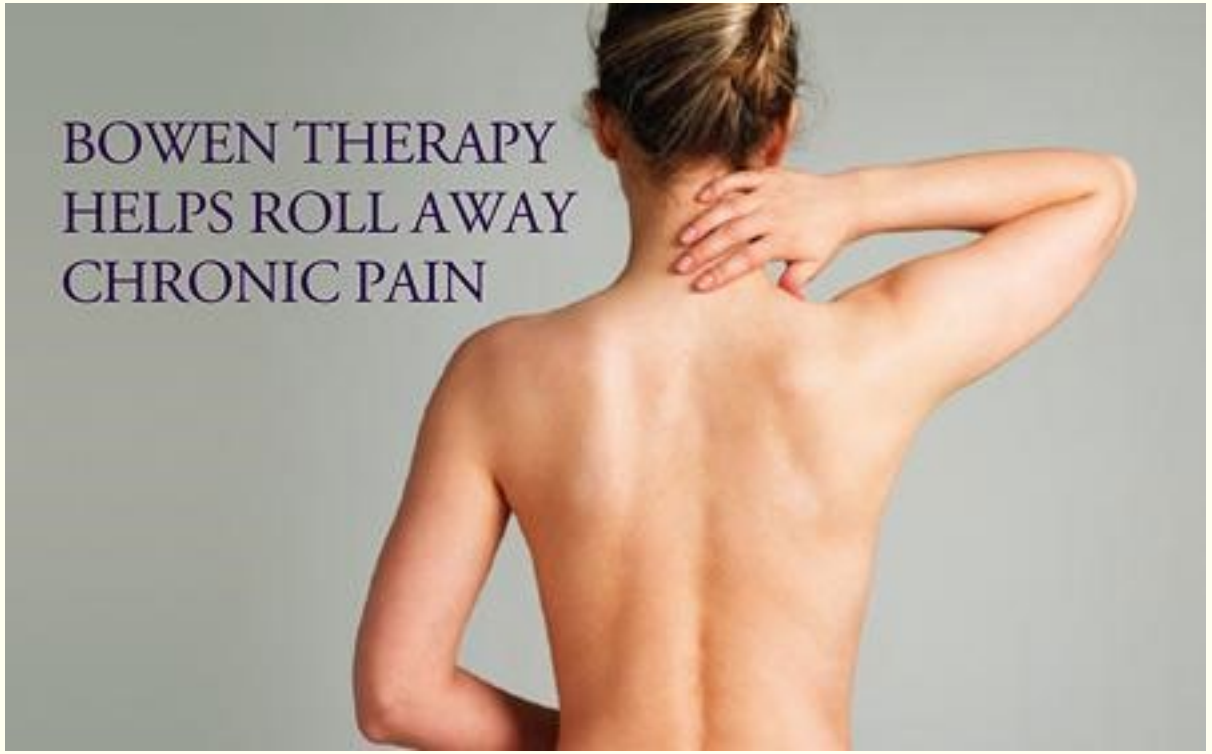


Tom Bowen

Unique form of neuromuscular re-patterning

Works primarily through the nervous system on both structural and energetic levels, rebooting the body's computer.

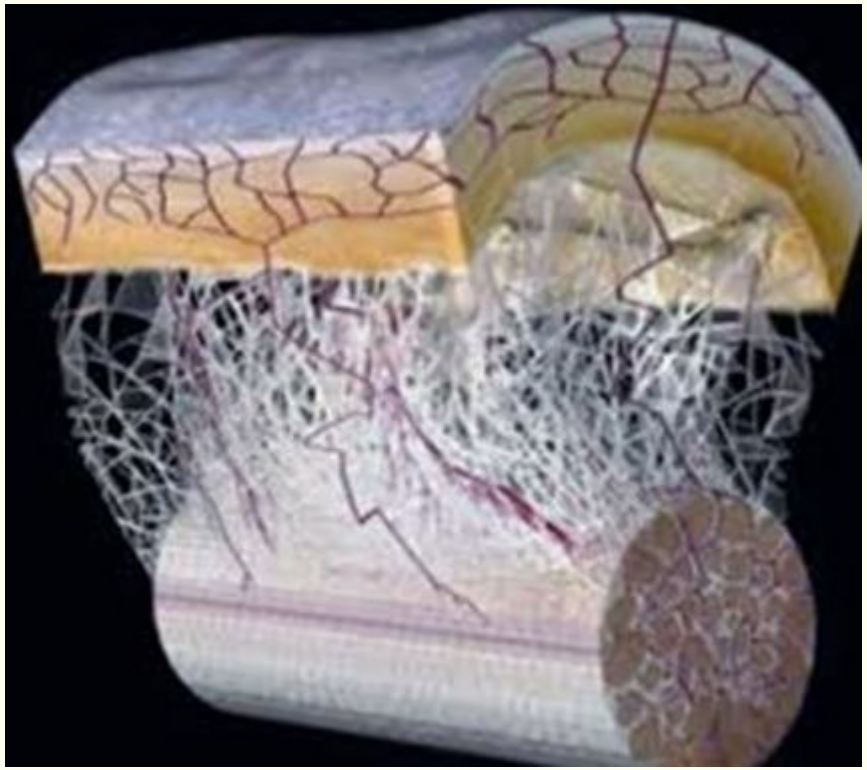




Misalignments commonly right themselves, without manipulation of joints or bones, as in chiropractic.

Muscle tensions and strains are relieved and normal lymphatic flow restored, yet muscles are not squeezed as in massage.

Energy flow throughout body meridians shows immediate improvement while the process is none invasive unlike acupuncture or acupressure.



Fascia rehydrates, adhesions release and scar tissue softens, without heavy pressure as with deep tissue work.

Internal psychological shifts are common, yet it's unnecessary to evoke emotional responses characteristic to other mind-body therapies.

Bowenwork is safe and appropriate for everyone:

Newborns to the elderly, pregnant women, athletes and those suffering from chronic and acute illness.

A session consists of sequences of short, gentle, rolling moves over specific body locations (muscles, tendons, ligaments, and nerves).

These moves activate a powerful systemic response, followed by intermittent pauses to allow integration.

Sessions spaced 5-10 days apart allow time for the body to integrate metabolic changes.

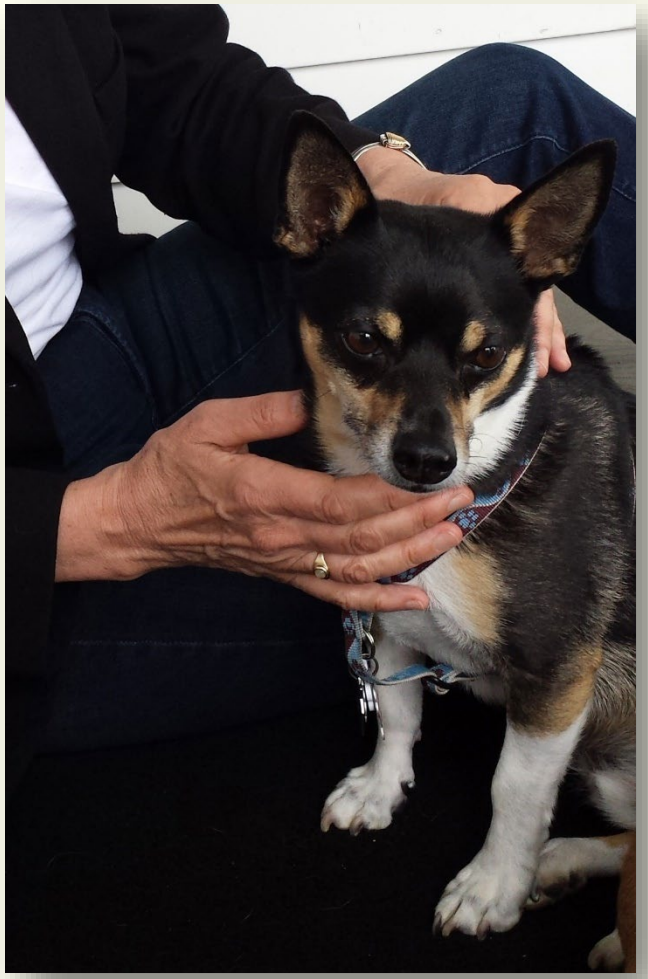
A cascade of healing effects is initiated.

Sample Indications:

- Lymphatic & circulatory illness
- Back, neck & knee pain
- Repetitive strain injuries
- Traumatic brain injury/concussion
- Asthma & breathing issues
- Anxiety & panic attacks
- Chronic disease
- Scoliosis/herniated discs
- Sensory dysfunction
- TMJ and jaw pain

Sessions can be delivered laying down, seated or standing.

Sessions can be delivered to animals.



Session and Class Options

- Single Private (Adult, youth)
- Bowen Buddy (Dual session)
- Triple Session (Mini clinic for familial groups)
- Virtual Sessions (Customized remotely)

- 4-HR Introduction Class (First Aid of Bowenwork: rescue protocols)

- Customized Session/classes for groups with targeted interest

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