

How It Works

A specific 'move' performed over the belly of the muscle sends feedback to the spinal column and brain about the state of that structure - cold, warm, contracted, stretched, etc. Organs, skin, joints and muscles all have nerve endings sending impulses continuously. Bowenwork® activates all these structures during a session. Fascia is also an important component activated. Fascia surrounds muscles and organs, allowing friction-free movement and intercellular communication between structures. If fascia has been damaged or stressed, efficiency of function may be impaired.

Between moves, the practitioner pauses (mandatory waits). The client is given time alone to experience any sensations that may arise. This is a quiet space for the brain and body to re-adjust without interruption from the outside world. Bowenwork® restores balance in the body via the Autonomic Nervous System (ANS). Healing occurs when the body is in the parasympathetic branch of the ANS, also referred to as the rest, relax, and repair mode.



Your Body . . . Your Response

Your body is unique, progressing and healing in its own way. Your body's response to Bowenwork® is always 'right.' It is important to recognize and give your body time to respond and to realign towards health and well-being. This is where setting the mind aside is beneficial; our expectations and judgments about how fast and what it "should" be like may not be in unison with your body.

A single session provides a deep sense of well-being and relaxation. Chronic conditions may require regular sessions over an extended period. As results are gained and maintained, 'tune-ups' provide long-term balance. Three sessions are recommended to determine if Bowenwork® feels beneficial to you.

A specialized modality, unlike other hands-on disciplines, Bowenwork® does not manipulate the body by imposing correction. Alignment and resetting are done internally, at your body's discretion, using its' own resources. It takes time to heal. The analogy of the onion fits here. Tension and dis-ease accumulate over time and release in succession, like peeling off the layers of an onion.