

BOWEN IS BEST

Dear Student

Thank you for considering Bowtech with regards to your training requirements in The Bowen Technique. Bowtech can offer you the most extensive training available in the World. Welcome to The Bowen Therapy Academy of Australia.

Bowtech is better because we can offer various levels of training to meet your requirements:

- Basic knowledge of all procedures, Modules 1 – 6, for those not wishing to practice professionally
- Practitioner - Modules 1-7, this on successful completion allows you to practice in a professional capacity.

Please see the enclosed information for details of dates and venues. To book a place on your chosen course, please fill in the enclosed application form and return it together with your deposit to the relevant instructor. Further details of the course and venue will be sent to you along with a receipt, if required.

Please do not hesitate to contact the instructors listed should you wish to clarify any points about the course or The Bowen Technique prior to enrolment.

We wish to make your training in The Bowen Technique the most positive and uplifting of experiences. To that end we are committed to helping you learn this very special bodywork which will have a profound affect on you, and everyone you treat.

We look forward to welcoming you to the growing worldwide organisation of Bowen therapists.

Yours sincerely,

Lorna Drury

Lorna Drury
p.p. Bowen Training UK

The Bowen Technique, a form of natural healing, is a gentle but dynamic body therapy that is therapeutic and highly effective. It empowers the body's own healing resources, achieving balance and harmony, and often results in fast and lasting relief from pain and discomfort. The technique is considered appropriate to use on anyone from newborns to the elderly, with any condition from back pain, sports injuries, to acute, chronic or organic complaints. Being holistic, it treats the whole person not just symptoms and the body is brought into balance, to its original blueprint. The lightness of the touch makes it an extremely popular therapy.

TREATMENT

A treatment comprises a sequence of small gentle 'rolling' moves with fingers or thumbs, each at specific sites on the body. There is no forceful manipulation, just a light cross-fibre manoeuvring of a muscle, tendon or ligament, pleasant to the recipient. **The Bowen Technique elicits a healing response in the body.** Thus the body is able to relax, realign and heal itself.

The practitioner can target a specific problem or address the body as a whole.

As it works on re-aligning the muscular skeletal system, it also gently resolves the compensating patterns that have often built up over months and years due to any number of aches, pains, accidents and emotional trauma. In addition it works well for acute problems, injuries of recent onset and pain.

As well as releasing any tension within the muscles, the moves also work on energy blocks (accumulated by injury, tension or disease), allowing increased energy flow and hence healing ability.

Treatments can be performed through light clothing, and substantial relief is frequently experienced after the first 1 or 2 sessions. Specifically, the kind of symptoms that may be helped by **The Bowen Technique** include:-

Back pain and Sciatica *Sports injuries* *Stress and Tension* *Hay Fever*
Digestive and Bowel problems *RSI & Tennis Elbow* *Chronic fatigue*
Neck, Whiplash & Frozen Shoulder *Knee & Ankle problems* *Pelvic problems*
Menstrual irregularities *Migraines & Headaches*

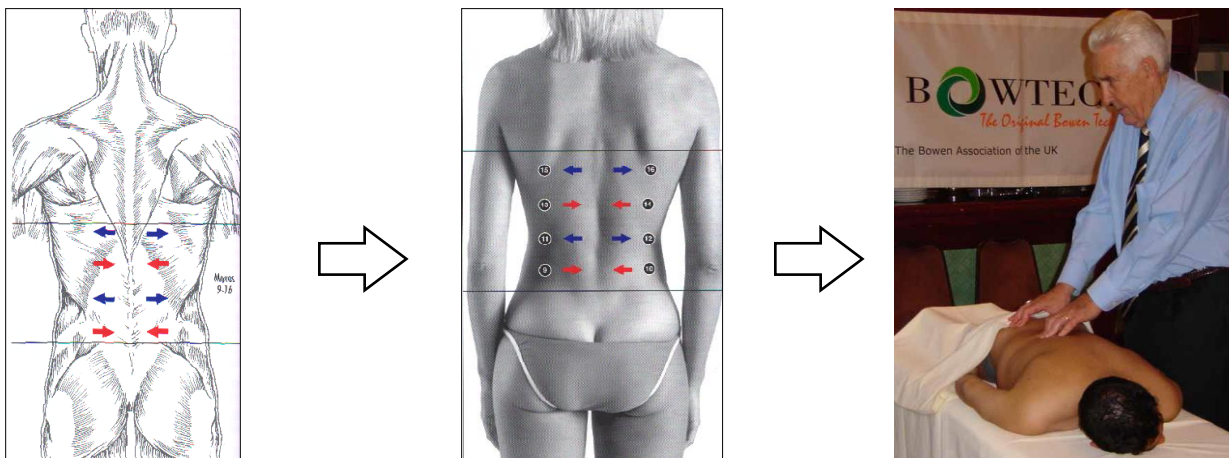
The technique not only addresses the muscular-skeletal framework but also the fascia, nerves and internal organs. It works on many levels at the same time, improving circulation, lymph drainage and aids in the assimilation of nutrients and elimination of toxins. It addresses the physical and the energetic system and balances both. It is common for people to say that they have a sense of 'well being' after their treatment. A Bowen treatment has a unique deep relaxing effect on the whole body as it directly impacts the **ANS** (autonomic nervous system)

STUDENTS

Students are often amazed at the profound effects that result from even their earliest practice. And practitioners who may be adept at a number of modalities are usually delighted with the unique gentle approach that Bowtech (our registered trademark) provides. While we honor all effective modalities, Mr. Bowen recommended that they not be mixed with his technique for at least a week. His reasoning will become clear as you gain understanding of his work. In brief, the Bowen treatment initiates many changes in the body that take up to a week to process. Applying other physical therapies interferes with the efficiency of Bowen and sends too many messages into the system that can confuse the healing process.

Additional requirements for full accreditation help to ensure competence and professionalism.

Our Bowen instructors are situated all over Great Britain and able to service areas wherever there is a need. They are skilled practitioners in their own right, each having their own practice thereby bringing valuable clinical experience to their teaching. In addition they attend regular in house teacher training with the Bowen Academy of Australia to keep up to date with requirements.



After completion of the course (module 1 – 7) practitioners have the unique opportunity of furthering their studies and adding to their technique by applying to do the advanced and masters course. These courses are unique to our Bowen school as they are original material that Oswald and Elaine Rentsch collated while they were working with Tom Bowen. They have only recently released it to the world. It takes Bowen work to new levels and opens doors to deeper ways of working with this fascinating and powerful therapy.

We look forward to teaching you this life-changing therapy.

The Course outline and costs

Modules 1—7 must be taken in consecutive order

Module 1: (2 days) Bowtech procedures for lower back, upper back, neck, kidney, head.

Module 2: (2 days) Bowtech procedures for hamstrings, respiratory, shoulders, cramp.

Module 3: (2 days) Bowtech procedures for pelvis, elbow & wrist, sacrum, knee.

Review of previous modules.

Module 4: (2 days) Bowtech procedures for upper respiratory tract and temporo-mandibular joint, ankle & foot procedures including strapping techniques, babies & children, forearm and Bowen seated. Review of previous modules.

Module 5: (2 days) Bowtech procedures for gall bladder, chest, coccyx, additional shoulder procedures.

Revision of previous modules.

Module 6 : (2 days) Bowtech procedures for bed-wetting, buttock pains, bursitis, perineum, thoracic, recommendations to aid conception. Review of previous modules.

Module 6a – Revision of Modules 1-6: Review of procedures from Modules 1 – 6

Module 7: (2 days) Review and assessment of all Bowtech procedures to assess competency. and if all paperwork is completed, successful candidates will receive a Certificate of proficiency from BTAA The Bowen Therapy Academy of Australia.

Note:- *You may start the Bowtech course without an Anatomy & Physiology Certificate however you will not be issued with your Certificate of Proficiency until you have your A&P Certificate*

Course Fees

Module 1 & 2	£520 includes registration fees
Modules 3 – 6	£220 per Module
Module 6a-Review of Modules 1-6	£220
Module 7	£240

Notes for Payment of Course Fees .Pay a deposit of **£100** to confirm their place on the course.

Then pay the balance of £420 - two weeks before the start of Mod 1.

Overseas applicants please do not send money until course is confirmed

Modules 1 & 2	£520 payable a minimum of 2 weeks before start date of Mod 1.
Modules 3 & 4	£440 £220 each - payable a minimum of 2 weeks before start date of Mod 3.
Modules 5 & 6	£440 £220 each - payable a minimum of 2 weeks before start date of Mod 5.
Module 6a-Review of Modules of 1-6	£220 - payable a minimum of 2 weeks before start date
Module 7 Assessment	£240 payable to the Assessor. a minimum of 3 weeks before start date of Module 7

All course fees payable in GB Pounds Sterling unless you make other arrangements with your Tutor .

Notes about the course

- Modules 1 and 2 are usually held on consecutive weeks or within 4 weeks.
- Each module thereafter will be **approximately 6 – 8 weeks apart**.
- After module 2 each module commences with a review of the previous module course work which includes a written and practical assessment.
- A total of **ten case studies** are to be completed by the student during Modules 1-7.
- The basic Module 1-7 course takes **approximately 9 – 12 months** to complete.
- **A Certificate of Proficiency** will be issued when the candidate has successfully completed the Module 7, Practical Assessment and has attained an Anatomy & Physiology Certificate to a minimum of NVQ Level 3 (*further details explained throughout the course*)
- **For Full membership to BA(UK)** on completion of the above requirements, you will need to send them a copy of your A & P Certificate, First Aid Certificate and Insurance Certificate to enjoy the benefits of your Bowen Association UK membership in order to enable you to practice professionally.

BOWTECH the LARGEST INTERNATIONAL BOWEN ORGANISATION in the world - by far!

Thomas A. Bowen (1916-1982) developed this technique in Geelong, Victoria. Around the time following World War II, he became interested in ways to alleviate human suffering and began to notice that certain moves on the body had particular effects. The Bowen Technique is unique in that it was developed without its originator having any previous training in any modality or discipline. In fact, he frequently stated that his work was 'simply a gift from God'. Over a period of several years he developed the system as it is used today.

Bowen was extremely busy in his clinic, as was verified by the 1975 Victorian government inquiry into alternative health care professionals. The study documented Bowen seeing some 13,000 patients per year as assessed over a 27-week period. Considering sessions were seven days apart and most people needed only two or three sessions, that was an amazing number of clients per year.

In 1974, while attending a National Health Conference in Adelaide, Australia, Tom Bowen was introduced to Osteopath and Natural Therapist, **Oswald Rentsch**. Although Rentsch knew nothing of Bowen's work, he spontaneously asked if he could train with Bowen. Tom Bowen subsequently invited Ossie Rentsch to Geelong to study with him.

During the next two and a half years Rentsch and his wife, Elaine, studied Bowen's technique, ultimately being authorised by Bowen to document his work. Bowen had no notes, charts or manuals that they could copy, but with the help of Bowen's receptionist, Rene Horwood, they produced a true representation of Bowen's original technique. They then began utilizing Bowen's methods in their clinic in Hamilton, Victoria, Australia. At Bowen's request, it was not to be until after his death that Ossie and Elaine began teaching his technique.

The first seminar was held in Perth, Australia in 1986, and by 1990, the Rentsch's were teaching full time. Since then, they have introduced the Bowen Technique throughout Australia, New Zealand, USA, Canada, United Kingdom, Republic of Ireland, Norway, Denmark, Austria, Germany, France, Greece, Italy, Israel, Sweden and South Africa. The number of new countries being added to this list is growing at an exciting rate.

Practitioners across the world are now using this amazing healing modality. Because this technique is so effective, it has been widely embraced by a broad spectrum of people. Healing professionals are impressed by the capability of the Bowen session and the diversity of problems addressed by it. It was so successful that in 1992, the Rentsch's implemented a Teacher Training Programme.

Every year their instructors are assessed as to their capability, accuracy and adherence to the formula that brings success. There are currently over 90 teachers registered with **The Bowen Therapy Academy of Australia** offering seminars around the globe. The Academy has taught well over 16,000 students worldwide. Many of these students remain active in their practice, and many have become Accredited Practitioners.

We look forward to training you in Tom Bowen's remarkable technique.



Bowen Training UK

Application form for Training in The Original Bowen Technique

Please complete in Block Capitals. Thank you.

Name Name you like to be called.....

Address

..... Postcode

Phone No: (Home).....(Work)(Mobile).....

e-mail:..... Occupation:.....

Qualifications in other Therapies /Modalities (if any)

**Do you have a First Aid Certificate? YES or NO Do you have an Anatomy & Physiology qualification
YES or NO fromLevel?.....**

Please book me in on the Bowen Training Course with.....

Starting on:- Date..... Venue

Have you done any previous training in The Bowen Technique? *If so, please state when and with whom you trained*

.....

Where / how did you hear about this course

Could you bring a therapy couch for the course if required? YES or NO

To enable me to address your needs, **please tick (☑)** if any of the following apply to you?

Dyslexia Other learning difficulties Hearing/sight impairment A disability

English as a second language? Pregnant ...months Any medical condition(s) *(please list previous and current)*

.....

Are you taking medication/drugs *(including recreational)* *(please list)*

Do you have any other special needs? *(please list)*

Have you ever been convicted of any offence in a UK or foreign court of law *(apart from traffic driving offences)*? YES or

NO...If Yes- please give details:

Note 1:- I understand and consent to be worked on during the course by other students and assistants or tutors. I understand that none of the training involves any medical treatment or advice for any condition that I may have and is not a substitute for me obtaining professional medical advice.

Note 2; - Cancellation Policy

- A Deposit will hold your space in a class and is non-refundable. Full payment is required 14 days prior to class date.
- If you should need to cancel more than 14 days prior to the class start date you may transfer your fees to another class.
- If you need to cancel less than 14 days prior to the class start date your fees are non-refundable and non transferable.
- We reserve the right to cancel any course in which case your entire fee will be refunded. We are not responsible for guaranteed airline or hotel reservations

I enclose my deposit of £100 and I agree to pay the balance a minimum of two weeks before the start date.

Signed.....

Date

The Bowen Therapy Academy of Australia (BTAA)

Established in 1987 by Oswald & Elaine Rentsch in 1987, the BTAA is the worldwide governing body of Bowtech therapists. The therapists registered with the BTAA adhere to a strict code of conduct in their respective countries where Bowtech Associations have been established. There are registered Bowtech therapists in more than 30 countries around the world. Many more people in countries worldwide are being taught Bowen by the Instructors of the Bowen Therapy Academy of Australia. This makes the BTAA the largest International Bowen organisation in the world.

Academy Registration and Benefits

You will be registered with the **Bowen Therapy Academy of Australia** and Bowen Training UK when you attend Modules 1 & 2

Registered students receive the following benefits:

- Four issues of “Bowens Hands”, the quarterly journal of the BTAA.
- Four issues of the quarterly newsletter of Bowen Training UK

You will also receive **free student membership** of **Bowen Association UK** for a maximum of one full year.

- Four issues of “Bowen News”, the quarterly newsletter of the BA(UK)
- Access to the “Registered Users Only” areas at www.bowen-technique.co.uk website.

In addition, **Bowen Training UK** will post on its web site, details of all teaching seminars of specific interest to UK based students and additional post graduate courses. Some of these include seminars by Academy instructors from outside the UK. Post graduate courses also include the opportunity to learn directly from Ossie & Elaine Rentsch whose skill and experience cannot be equaled.

After certification, meeting the requirements for full membership and paying an annual membership fee, professional Bowen practitioners are eligible for referrals – through the office of **The Bowen Association**, listings on both the UK and International websites and in *Bowen Hands* magazine. They may choose to post their biographies, photographs, and links to their practice/clinic’s websites.

Registered BTAA Instructors

Currently there are over 100 instructors in 30 different countries worldwide, each hand-picked by Oswald & Elaine Rentsch. They have been qualified by the BTAA to teach the Bowen Technique and are highly skilled practitioners themselves. Registered BTAA Instructors review the coursework each year with Ossie and Elaine to ensure accuracy in teaching.

It is the intention of the Academy to remain true to the original teachings of Tom Bowen.

Q How long does the course take?

It usually takes about one year to complete the Basic Practitioner course. The seven modules of the course are spread fairly evenly throughout this period to allow plenty of time for study and practice (usually 4-6 weeks between each module)

Q Aren't all Bowen courses the same?

Bowen Training UK is the only organisation in the UK offering courses approved by Tom Bowen's student Oswald Rentsch. Due to this close link to the Originator of the technique that bears his name, we believe we are unique in this regard.

Bowen Training UK's instructors are all individually tutored by Mr & Mrs Rentsch and have annual assessments as to their accuracy and technical knowledge of the Bowen Technique. This is to ensure the technique is handed to you as accurately as possible.

All Bowen Training UK's instructors are highly skilled practitioners and have a depth of accumulated knowledge in health care spanning many years.

Q Do I need a qualification in Anatomy & Physiology (A&P) before I start training?

NO. Anatomy and Physiology is not a requirement to commence your course.

Students may take the Module 7 Assessment at the end of the course. However your Bowtech Diploma of Proficiency can not be issued until you have your Anatomy & Physiology Certificate

If you are a Health Care professional and already have an Anatomy & Physiology qualification, then please contact your chosen Instructor for verification.

If you already have a qualification in A&P, but are in doubt if it is up to the standard we require, then please phone or email the Instructor of your choice for clarification

Q Where do I find a suitable course in Anatomy & Physiology?

Bowen Training run their own online course with Essential Training Solutions available on http://www.essential-training.co.uk/bowen_association_courses.htm. There are lots of suitable I.T.E.C. and other certified courses on offer at your local college or Adult Education Centre (some of these may be possible by correspondence). At least 60 hours tuition is required. In this pack you will also find a list of approved courses to help you find the right one for you.

Q Can I practice once I have completed Module 7?

YES but you will need Insurance to cover you in practice and a First aid certificate (a one day appointed person course is sufficient.). This will be explained in detail as you proceed through the course.

Q Is this a certificated course?

YES. Upon successful completion of Module 7 you will be presented with a Certificate of Competency in The Bowen Technique issued by The Bowen Therapy Academy of Australia and signed by its co-founder Oswald Rentsch. You will then be eligible to join the Bowen Association (UK) and become a registered practitioner.

Q Do I have to pay for the whole course at once?

NO. There is an initial deposit of £100. The rest of the course modules are paid in pairs (usually paid 2 weeks prior to commencement of each pair, Modules 1, 3, 5 & 7 see page 4 – Course outline and costs for full details), thus the cost is spread evenly throughout the course.

Q Do I need to have experience as a therapist before I can enrol on a course?

NO. For many people our course is their first introduction to bodywork. As the Bowen Technique is such a usable and efficient healing tool this is often the only bodywork course people take.

Contact Information

Instructor	Address	e-mail
Lesley Baxter 0131 4540018	Old Iron Mill, 48 Iron Mill Road, Dalkeith, EH22 1JP, UK	Lm.b@btinternet.com
Sue Buckley 07788-591111 01386-553008	Hillview, Goodleigh Hill, Pensham, Persore, Worcestershire, WR10 3HE	suebuckley@bowentherapy.plus.com
Ellen Cobb 01252-545837	Bowen Therapy Clinic, Flat 3, 21a Southampton Street, Farnborough, Hants, GU14 6AU	bowen@ellen-cobb.co.uk www.ellen-cobb.co.uk
Nickatie DiMarco 07866 474041	3 Shelley Place, Sutton St Nicholas, Hereford, HR1 3BH	nickdemrt@yahoo.co.uk
Joanne Figov 01202 432160 07756026841	8 Dukes Close, off Heytesbury Road, Southbourne, Bournemouth, Dorset. BH6 5NA	Joanne@bowen8.plus.com
Trevor Griffiths 01764-670567 07887 597455	47 Tay Avenue, Comrie, Perthshire, Scotland, PH6 2PF	comriephysio@gmail.com
Nicola Hok 07415 889963	3 Peony Gardens, Shepherds Bush, London W12 0RX	Bowenworks.net@gmail.com Skype: Nicola.Hok
Jacqui Marshall 01721-721882 07801 279255	9 Cross Street, Peebles, Scottish Borders, Scotland EH45 8LE	Jacqui.hoitingh@gmail.com
Michael Patrick 07886 440807	Bowen Therapy UK, Chelsea Health Club & Spa, CFC Stamford Bridge, Fulham Road, London, SW6 1SW	study@bowentherapyuk.com
Helen Perkins 01733 555476	185 Mayors Walk, Peterborough, PE3 6HE	info@helenperkins.com www.helenperkins.com
John Wilks 01963 220845 07866 764960	Wyndham Barns, Corton Denham, Sherborne, Dorset, DT9 4LS	mail@jwilks.co.uk www.therapy-training.com
Jan Williamson 07969 627671 01477 532138	35 Southlands Road, Goostrey, Cheshire, CW4 8JF	jan@getbacktohealth.co.uk

Anatomy & Physiology Courses accepted by The Bowen Association UK

Diploma should have a *minimum* of 60 hours pure A&P

DISTANCE LEARNING COURSES



Bowen Training UK

<http://www.bowentraining.co.uk/page21.html>
http://www.essential-training.co.uk/bowen_association_courses.htm
 Bowen Training & Essential Training Solutions are providing a VTCT accredited online Level 3 Diploma in Anatomy and Physiology course for continuing professional development (CPD), e-learning, CD ROMs, study manuals and question banks

Accredited and Approved Learning Since 1998. Specialists in Health & Safety and Anatomy, Physiology & Pathology. Level 3 Diploma in A&P . Online IOSH, VTCT, FHT and AOR Courses Available

COURSE PROVIDER

QUALIFICATION & ADDITIONAL NOTES

London School of Massage

[ITEC Anatomy, Physiology & Pathology for Complimentary Therapists \(Level 3 QCF\)](#)

020 7700 3777
 455 Caledonian Road, London N7 9BA
www.londonschoolofmassage.co.uk

The Distance Learning Course provides a means where you can study at your own pace with guided learning material, mock exam questions and e-resources.
 The ITEC Anatomy, Physiology & Pathology for Complimentary Therapists qualification is a well recognised industry standard which on completion, will allow the practitioner to obtain credits and course exemptions for prior learning for more advanced courses.

Anatomy & Physiology for Bowen Therapists: In association with the London School of Classical Homeopathy (LSCH)
Gordon Manning on 07880 720276 or 0845 4563124
E-mail: anatomy@inrhythm.co.uk

Certified courses in London in association with the LSCH.
 Distance Learning courses also available

International Therapy Examination Council (ITEC)
Website: www.itecworld.co.uk
Email: info@itec.world.co.uk
Telephone: 020 8994 4141
Notes: Check the ITEC website under Training for ITEC

ITEC Diploma in A&P Level 3 Or the Foundation Diploma in Complementary Therapy,
 ITEC Diploma in A&P & Massage Qualifications to find colleges in your area approved by ITEC.

The SEED Institute, 4 Church Street, Henstridge, Somerset, BA8 0QE
Website: www.theseedinstitute.co.uk
E-mail: seedinstuk@aol.com
Telephone: +44 (0) 1963 362048
Mobile: 07761 185630

Certified course held in Ash(nr Aldershot) Surrey
 Accredited by the IFPA and accepted by ITEC as an APL (accreditation for prior learning)
 Distance Learning courses also available

OTHER QUALIFICATIONS: For Anatomy & Physiology Qualifications obtained as part of another course in Complementary Health or Medicine. Please discuss this with your chosen Bowen Training UK Instructor.

In addition to your certificate, you may be required to provide a letter or course curriculum from the issuing College/Institution concerned, confirming a breakdown of the A&P course content & guided learning hours. This needs to be a minimum of 60 hours.