

Bowen Work Instructions

Bowen work is a specific series of muscle and connective tissue movements designed to treat a wide range of problems and injuries. It addresses every system in the body, including internal organ systems as well as musculoskeletal structures. These gentle, powerful moves send neurological impulses to the brain. The brain then processes and feeds impulses back to realign the body. Respecting this feedback loop is essential for allowing the body to restore its own natural balance. Your Bowen session will continue to be integrated over the next 5-7 days. Following the instructions below will support this process.

Before Treatment: There should be a 4-5 day wait between other forms of bodywork and a Bowenwork session.

Day of treatment:

- Please wear loose, comfortable cloths. A cotton T-shirt and shorts is ideal.
- No heating pads or ice packs
- Avoid strenuous exercised both on the day of and the day after a session. Gentle exercise such as walking or swimming is beneficial.
- Avoid yoga and tai chi on the same day.
- Break up your sitting periods every 30 minutes. This is important even if driving; do stop within 30 minutes to get out and move. However, you may lie down today to rest or nap without getting up. The Bowen work will set further into the brain's hemispheres tonight while you are sleeping, so you do not need to observe this practice tomorrow.
- When you stand up from a sitting position, stand with your weight placed evenly on both of your feet, as you did off the table. This helps to maintain the balancing effect of the treatment on the body.
- Increase your water intake. Room temperature water is easier for the body to assimilate.
- No hot baths, hot tubs, heating pads or ice packs. A brief, warm shower is fine.

During the week:

- Please avoid all other forms of bodywork; massage, chiropractic, acupuncture, etc. Also avoid hot tubs, hot or cold packs, long, hot showers/baths or dental drilling. Homeopathic medicines, essential oils and flower remedies may still be used, as they do not interfere.
- Take a walk each day to help integrate the changes your body is undergoing
- Continue to increase your water intake (room temperature is recommended).
- If you reinjure yourself, contact me immediately.

3 W's of Bowen

WATER: Increase your water intake (2-3 quarts/day) unless water intake is restricted by your doctor because of a medical condition.

WALK: Gentle walks help the body process your Bowen treatment.

WAIT: Call your Bowen practitioner if you have any questions or to report any major changes in your condition rather than resorting to other body treatments or self-care that may antidote your Bowen session.