



# Prospectus

## Bowen Fascial Release Technique Practitioner Training 2016

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[www.thebowentechnique.com](http://www.thebowentechnique.com)

## What our students say . . .

"Bowen was to add to my practice, but it has completely taken it over and now virtually 100% of my clients want this." Lynne A.

"I appreciate the CBS modular format, flexibility of how it was run and being able to spread the cost." Beryl F.

"I chose Bowen because it works. It only takes a year to qualify. It is affordable and fits in without too much disruption to my working life. A really big plus, which was essential for my choice of therapy –is that there is no physical demand on the practitioner. I have been doing deep tissue massage for 14 years and my body is now struggling." Vya F.

"CBS seemed more professional and well organised. I remain very impressed with the high standard of the CBS training system. It's wonderful that you make it so flexible. The teaching skills are excellent and the scope for further learning seems endless, which is very exciting. Also the availability of help at any time during or after qualifying is very reassuring. The paperwork is always prompt and clear." Sharon C.

"It's the most thorough and professional therapy training I've attended." Rachel C.

"CBS is an amazing organisation to be affiliated with." Annalisa C.

## What is the Bowen Fascial Release Technique?

The Bowen Fascial Release Technique is a soft tissue remedial therapy. The practitioner uses thumbs and fingers to perform the unique rolling-type moves which are applied to precise points on the body over muscle, ligament, tendon and fascia. This prompts the body to reset and re-align without the need for deep or forceful manipulation. The treatment is gentle, subtle and relaxing and most of the work can be performed through light clothing. A distinctive feature of Bowen is that the therapist leaves the room between sets of moves, allowing the client's body time to respond to the treatment.

## Who practices the Bowen Technique?

Most people who join our courses have had a positive response to Bowen Fascial Release treatment themselves. Practitioners such as massage and sports therapists, beauty therapists, personal trainers, acupuncturists, physiotherapists, nurses, health professionals, osteopaths, aromatherapists, etc learn Bowen for many reasons. For some they want to expand the treatments they offer their clients. Many are looking for a more gentle way of working. Their thumbs, fingers, arms and back are feeling the strain using the more strenuous, physical therapies that they practise.

Others are looking for a new vocation and enter the bodywork field having appreciated the benefits that the Bowen Technique can offer. Physiotherapists find Bowen a convenient technique to use in private practice and, dependent on the Trust, in a variety of NHS settings too.

Bowen is one of the most effective therapy tools available and it works successfully with chronic and acute conditions. As well as being gentle on the client, the Bowen Technique is also very gentle on the practitioner. The light touch required makes minimal physical demands on the therapist. Due to the format of the CBS course of training, there are no pre-requisites for commencing the Bowen Technique course. Many people ask us for pre-course reading so our suggestion would be 'The Bowen Technique' by Julian Baker and if you are new to bodywork or if you would like to refresh your anatomy we recommend 'Trail Guide to the Body' by Andrew Biel or 'The Concise Book of Muscles' by Chris Jarmey. Full details of these books are on our website [www.thebowentechnique.com](http://www.thebowentechnique.com)

There is also superb 3D anatomy software available from Primal Pictures that brings the body to life. For a free trial contact us [info@thebowentechnique.com](mailto:info@thebowentechnique.com)

**What are the benefits?** A very wide range of conditions can be addressed with the Bowen Technique and it is suitable for all ages from newborn babies to the elderly. Response is generally quick and this makes it a time and cost effective treatment option for clients.

**College of Bowen Studies (CBS)** Under the dynamic direction of Julian Baker, the European College of Bowen Studies (ECBS) and now Paula Esson (CBS) have been training Bowen practitioners since 1994. Our training is stimulating, detailed and thorough. Our approach to learning is practical and innovative. Learning the Bowen Technique with CBS will quickly enable you to practise this highly regarded treatment with skill and confidence. The Bowen Technique, with its many proven benefits, is one of the fastest growing therapies in the world and will revolutionise the lives of your clients - and your own.

## CBS course format

Courses are held all over the UK, throughout the year, and overseas too. We have an extensive list of convenient locations.

Our teachers are highly experienced in the field, professional, supportive and passionate about Bowen!

The training is extremely practical and 'hands-on' with comprehensive, full colour training manuals. And we use state of the art computer presentations to enhance your learning.

You can attend each course with the same or different teacher(s) at any venue throughout the UK.

In a hurry? You can complete the course of training within nine-twelve months, depending on how convenient the course dates and venues are.

Are you busy? You can complete the course of study at a pace to suit you. Spread the training and have longer periods between modules to enable you to get sufficient practise. It is a wonderful course; enjoy the journey.

### **Part One** **3 days £425 \*£500 Jan 2017**

Our courses are all highly practical and very 'hands-on'. Class sizes are deliberately kept small to ensure you receive a high level of teacher supervision whilst you practise the moves with your fellow students. By the end of the Part One course you have the skills to perform a complete body treatment. Our course manuals are superb; they are detailed, colour-illustrated and user-friendly and designed for independent practise.

- Lower Back and Leg Procedures
- Back and Neck Procedures
- Shoulder Procedure
- Elbow, Wrist & Knee Procedures
- Ankle Procedure
- Hamstring Procedure

### **Case histories**

Taking effective client notes is an important part of a Bowen Fascial Release treatment. To establish a good level of understanding and proficiency you record your case histories. Before Part 3, you choose 10 of these where you each client has received three treatments from you to submit to your teacher. You work on these in the time between Part One and Part Three. You will be provided with the DVD "Taking Effective Client Notes" as part of your course materials.

### **Part Two** **3 days £300 \*£400 Jan 2017**

Part Two gives you the opportunity to review everything that you learnt on Part One. On this course you will consolidate your knowledge and improve your technique. You will have already gained some experience through practise and Part Two will build on and refine your skill and accuracy. Time is also set aside to help you with the system of taking client records (or case histories); an important element of your training.

## Part Three

**3 days    £300 \*£400 Jan 2017**

Part Three takes the technique to a new dimension with specific treatment procedures that are remarkable for their speed and efficacy. A manual accompanies the Part Three notes containing over 100 full colour photo-graphs with simple text and directional arrows showing the position and direction of the moves. This can also be a useful resource to help you explain the nature of the technique to clients.

- Respiratory and Diaphragm Procedure
- Temporo Mandibular Joint Procedure
- Pelvic Procedure
- Coccyx Procedure
- Kidney Procedure

The case histories that you submit before attending Part Three receive a written evaluation to support and guide you.

## Part Four

**3 days**

**£300 \*£400 Jan 2017**

Part Four reviews the Bowen moves covered in Part Three and aims to consolidate all the moves you have learnt so far. At this stage, you are in the process of preparing your second set of 10 client case histories.

## Part Five

**3 days**

**£425 \*£500 Jan 2017**

This is the course where everything seems to “fall into place”. The first two days are spent re-visiting all the Bowen Technique moves; and with your experience so far, you will deepen your knowledge and understanding of the Bowen Technique. Day 3 includes a written and practical assessment.

- Part Five is offered in a limited number of regional venues and therefore is unlikely to be the same venue as the previous levels of training.
- The course dates & venues for Part Five are given to you during Part Three. They are listed on the website [www.thebowentechnique.com](http://www.thebowentechnique.com)
- A level of competence is required before attending Part Five. To achieve this, you will be informally assessed by your teacher throughout your training from Part Two onwards.

## Case histories

The submission of 10 more client case histories (30 treatments) is a pre-course requirement. These receive a written evaluation and form part of the final assessment.

# **The CBS Certificate of Proficiency in the Bowen Fascial Release Technique**

Is awarded upon successful completion of Part Five

## Planning consideration

Please allow at least 4 months between Part One & Part Three.

Please allow at least 4 months between Part Three & Part Five.

This is to allow sufficient practise and to give you time to prepare the case histories that you submit for Part Three and Part Five.

To maintain a level of proficiency, if a period of 12 months or more elapses between any course levels, for any reason, you will need to repeat the last course level attended.

If it would be helpful to spread the course fees, you can arrange with your teacher to pay by installments.

## Professional membership

Upon completion of the full training, accredited Bowen Technique practitioners may wish to become full members of professional therapy organisation/s. Most of these require members to have an ITEC or VTCT qualification in Anatomy and Physiology (A&P). If A&P has been gained as part of another training e.g. medical, sports therapy, massage, nursing, acupuncture, physiotherapy etc. A copy of that certificate will be acceptable. If you do not have an A&P certificate please contact us (01373 461812 ) [info@thebowentechnique.com](mailto:info@thebowentechnique.com)) and we will give you full information about these courses. Don't forget, you don't need an A&P certificate before you start your Bowen training.

## Research

CBS is at the forefront of research to test and document the effectiveness of the Bowen Technique. The positive and exciting results of a controlled trial to study the effects of Bowen on hamstring flexibility were published in September 2010 in the Journal of Bodywork and Movement Therapies. The evidence from this important trial proves that Bowen has a significant effect on conditions directly related to hamstring problems. In 2016 research is moving to centre stage to assist in our understanding of the work and help more people gain access to treatment.

Previous studies demonstrated that "the Bowen Technique significantly improves the frozen shoulder condition". The National Migraine and Asthma Programmes showed very positive outcomes using Bowen to treat these conditions.

## CBS Teachers

Our teachers are dedicated to providing students with a stimulating and professional learning experience. Each of them runs a busy Bowen practice and students benefit tremendously from their day-to-day knowledge and experience.

They undergo a demanding, intensive and structured CBS Teacher Training Programme, which combines dynamic teaching and communication methods with detailed Bowen concepts and theory.

## Teacher profiles

**JULIAN BAKER – Previous ECBS Director and Part 5 Assessor.**  
**01373 461 812**  
**[info@thebowentechnique.com](mailto:info@thebowentechnique.com)**



Originally from London, Julian discovered the Bowen Technique whilst living in Australia. Initially a reflexologist, he trained in Bowen after receiving effective treatment for a chronic neck injury. Returning to Britain in 1992, Julian set up a highly successful clinic, as well as an extensive teaching programme. He has subsequently trained thousands of people in The Bowen Technique throughout the UK and Europe. He has written the internationally best-selling books *Bowen Unravalled* and *The Bowen Technique* and has made DVDs on successful marketing. Julian is an international lecturer and his reputation as a very lively, humorous and knowledgeable speaker is well deserved. He has collaborated in professional research examining the effect of Bowen on hamstring flexibility, which was formally presented at the Fascia Research Congress in Boston, USA in October 2007. He is now the primary assessor for the College and is pursuing a ground breaking career in human dissection, partner company to CBS ([www.functionalfascia.com](http://www.functionalfascia.com)) Julian's boundless enthusiasm and tireless promotion of this gentle yet powerful therapy has been largely responsible for its current status as one of the most effective therapies available today.

**PAULA ESSON. CBS College Director**

**07780 900283. [paula@thebowentechnique.com](mailto:paula@thebowentechnique.com)**  
**BSc (Sport Science) Cert.Ed. Ass.Prof. Pain Management.**



The phrase...if I was a stick of rock you would see "The Bowen Technique" written all the way through has been applied to 20 years of involvement with this inspirational therapy. I started my career as a Sport Scientist and Basketball coach. Injuries being a common theme in this environment, I was always looking for innovative ways to help my players and students on the road to a fast recovery. Bowen crossed my path in 1998 and I've never looked back. It has formed the "backbone" of every business decision from this point. I ran a successful Bowen clinic for 5 years from Claypath Medical Practice Durham then became a teacher for ECBS for 12 years. Northern Integrative Health Practice was then launched in 2009 and now has clinics over UK and Europe. We specialise in the caring management and resolution of chronic pain and muscular skeletal injury through teams of experts. We are also providers for the NHS in England meaning we have "won our stripes" for quality to deliver in this arena. Bowen is my passion and my main therapeutic approach, now fluid from 20 years of knowledge, anatomical understanding, research, clinic and a tenacious desire to see the work recognised by the public in my working lifetime. The client and the student are always at the centre of my attention and desires for success and personal therapeutic outcomes.

I approach all teaching with fun, analogies and stories created from decades in the field and adore imparting this experience to new practitioners and those taking their careers to a new level. A long teaching background leads to a great learning environment. I look forward to seeing you on the next course.

## Teacher profiles

### **SYLVIA WILKINSON**

**01584 890 989 / 07971 428701**

**[sylvia@thebowentechnique.com](mailto:sylvia@thebowentechnique.com)**



Sylvia was born in mid-Wales and educated at Llandrindod Wells Comprehensive School. Upon leaving school, she commenced her State Enrolled Nurse training at the Royal Shrewsbury Hospital. After completion of training, she met and married Kevin and moved to Worcester and continued nursing the elderly in a Residential Nursing home. During the next few years her two children were born so she worked part time nights at a residential home in South Shropshire where the family have made their home. It was due to an injury in her early nursing career, followed by the birth of her children that exacerbated a lower back condition. Having spent numerous months in hospital on bed rest, her prospects of returning to nursing were failing fast. It was at this time that she was introduced to Reflexology which had remarkable effects and encouragement to learn the therapy. This really started her career in complementary practice. She then trained in the following: remedial massage, aromatherapy, Indian head massage, allergy testing and reiki. It was in 1994 that Bowen entered her life when an old injury reoccurred and she found the treatment enlightening and beneficial to the body and mind.

In 1992 she commenced teaching reflexology on a sports therapy course at a college in mid- Wales and over the years has taught holistic therapy to numerous students. In 2002 she became a teacher with ECBS and gained her PGCE from the University of Wales, Cardiff. During the week she runs a busy clinic for private clients with wide ranging problems and enjoys treating expectant mothers and babies in her local village and a picturesque village near Llandrindod Wells. Sylvia's classes are always filled with a dedicated level of commitment to learning with a calm, patient, sympathetic and fun approach.

### **MICHAEL MORRIS**

**01775 725059 / 07775 608 607**

**[michael@thebowentechnique.com](mailto:michael@thebowentechnique.com)**



Michael has been in full time clinical practice since 1998 and has also worked with a number of elite professional sports teams/individuals at national and international level. Initially trained in sports & remedial massage and manipulative therapy, Michael's grounding has always been in the structure and function of the human body and his own sporting background has added to his knowledge base of the human form. Training in The Bowen Technique transformed Michael's approach to structural integration and the treatment approach to the working of the body, but his roots still remain in a thorough assessment and functional approach. Michael has an MSc having researched, through the University of Warwick, a study into The Bowen Technique's effect on Lower Back Pain. His interests lie in performance-based outcomes to treatment, learning more about the workings of the body through human dissection work and working with children, especially those with additional needs.

Michael runs a busy practice in his hometown of Spalding, South Lincolnshire and has been teaching with the ECBS in 2007. Alongside teaching the introductory levels, Michael also teaches the assessment and kinetics workshops at CPD level.

# Teacher profiles

## **JENNY HOLCOMBE**

**01406 424311/07888 748651**

**[jenny@thebowentechnique.com](mailto:jenny@thebowentechnique.com)**



Originally from Liverpool, Jenny lived in London, Brighton and West Somerset before settling in Lincolnshire in 2007. She is married with 4 children. With a background in administration and management, Jenny was appointed Head of Human Resources at a residential home for children exhibiting extreme challenging behaviour. She saw at first hand the effects of ADHD, dyspraxia, dyslexia, abuse and substance misuse on young people and developed an interest in alternative/complementary therapies as she sought a better means of helping the young people she helped to care for. She was also aware that these therapies could support her staff and help to prevent burn-out. Thus began her exploration of nutritional, dietary and behavioural techniques. Along the way, she acquired a Spiritual Healing qualification in 2005 and three years later she added Indian Head Massage, Aromatherapy, Swedish massage and Reflexology to her therapeutic tool kit. In 2013, she qualified as a Naturopath Kinesiologist. Having considered the Bowen Fascial Release Technique for many years, Jenny finally found time to complete her training and qualified with ECBS in May 2010. I have spent 4 years training to be a Naturopathic Kinesiologist as well and a Touch for health instructor alongside my Bowen career. Very experienced in treating people with MS and works at the MS Therapy Centre in Huntingdon as well as with Mutual Support, a support organisation for service personnel with MS. Busy clinics in Spalding also provide support for treating children with stress related conditions, an area where I have substantial experience.

## **GUS de la QUERRA**

**01869 331265/07909 556222**

**[gus@thebowentechnique.com](mailto:gus@thebowentechnique.com)**



Born in Cape Town, South Africa, Gus spent the first 15 years of his career in the Fitness industry as a successful Personal Trainer before immigrating to the UK in 1999. A qualification in Sports Therapy allowed him entry into the world of body work, leading him to open his own clinic in the town of Witney, on the edge of the Cotswolds in Oxfordshire.

Gus stumbled upon the Bowen Fascial Release Technique two years later and, whilst very sceptical at first, could not deny the amazing results yielded by this simple technique. He has been using the technique exclusively for the past 8 years in his busy and successful clinic. His relaxed style of teaching filled with passion and humour promotes learning in an informative and enjoyable environment. Gus is also a loving husband and proud father to two beautiful teenage daughters. He is a keen musician and will sell his soul for a bar of dairy milk chocolate.

## **JULIE ECKHOUT-DUFF**

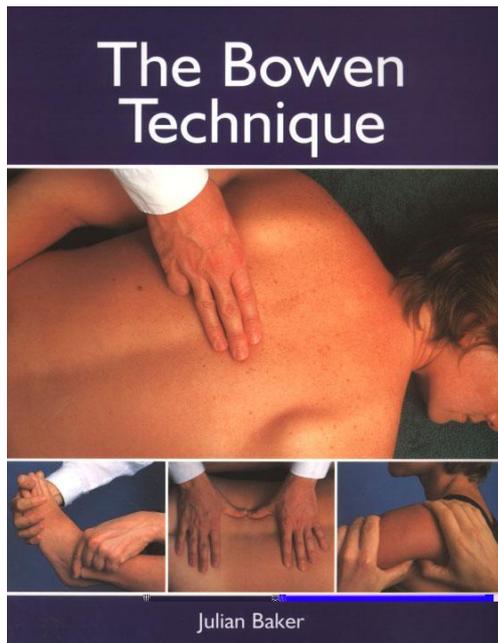
**+352 621 389 596**

**[julieeckhout13@hotmail.com](mailto:julieeckhout13@hotmail.com)**



She has always been very active in sports since a child, developing this to become a fitness teacher and running this alongside her 9 to 5 job in Human Resources. Since moving to Luxembourg and starting her own family of 3 boys, she experienced her first Bowen session after sustaining whiplash from a car accident. Her short recovery time amazed her so much so, she felt she had to learn the technique herself, to be able to help others. Julie is no stranger to working intuitively on the body and prefers to work with Bowen as her main bodywork therapy and studied to become a Bowen Teacher. She brings a smiley, fun way of learning in the classroom and you can see the passion emanating from her when talking about this beautiful technique.

## The Definitive Guide to the Bowen Technique by Julian Baker



The Essential Principles What is it? How does it work?

What does it address?

Clear and precise guidance

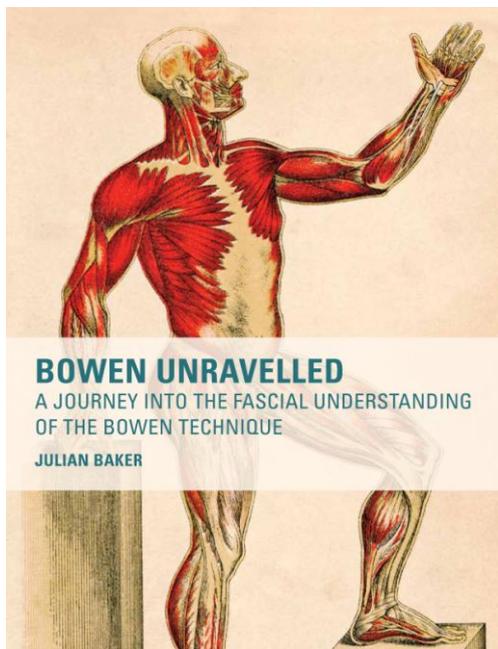
Clearly and informatively written

Fully illustrated

A great read for anyone wanting to find out more about the therapy or thinking about training in the Bowen Technique

£19.50 including p&p

## Bowen Unravelled A journey into the Fascial Understanding of the Bowen Technique by Julian Baker



Using his 23 years experience of teaching and practicing Bowen, as well as his work teaching human fascial dissection, Bowen Unravelled is the most detailed explanation of the technique ever written. It is a must for anyone interested in the technique or indeed in any kind of soft tissue therapies.

£19.50 including p&p

**Phone 01373 461 812 to pay by debit/credit card**

**Cheques payable to CBS .**

**Durham Rd. Sacriston. County Durham. DH7 6FE**

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## European College of Bowen Studies Terms & Conditions of Payment

Insurance cover for course fees is available for each module in case of illness, (pre-existing conditions exempt) or injury etc. leading to an inability to attend the course. The £14 premium is paid directly to the insurance company. Details and booking form will be sent with your Part One confirmation.

### **Part One £425 \*£500 Jan 2017 onwards**

The course fees will be collected in one payment on booking. Full course refunds will be given if the course is cancelled by CBS.

### **Part Two £300**

### **Part Three £300 \*£400 Jan 2017**

### **Part Four £300**

The course fees will be collected in one payment on booking and a receipt and reference provided by return. Full course refunds will be given if the course is cancelled by CBS.

\*The modular style of the course allows you to spread payments across the year. If you are experiencing financial limitations and want to train, you can discuss standing order options with CBS directly on 01373 461 812.

### **Part Five £425 \*£500 Jan 2017**

Terms & Conditions for the Part Five fees are provided with the booking form at Part Three. The College advises to reserve your final level course early in your training to avoid disappointment. Your lecturer will inform you if they feel you need to postpone for more time training. The College of Bowen Studies reserves the right to cancel a training level at any time. In such an instance, a full refund will be given to the student.

The College of Bowen Studies reserves the right to increase course fees from time to time to reflect costs and inflation. The College of Bowen Studies reserves the right to decline admission to any training level.

CBS Training Recognised by.  
BTPA Bowen Therapy Professional Association  
FHT Federation of Holistic Therapists  
CoC College of Chiropractors  
GPBT Guild of Professional Beauty Therapists  
BCMA British Complementary Medicine Association



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