



Enhance Your Practice with Bowen Therapy

BY JACQUI HOITINGH

The Bowen Technique offers a complementary approach designed to address the body's deeper regulatory systems for longer-lasting relief.

For clients with chronic problems, this gentle, highly effective therapy can often bring complete resolution of the presenting problem.

It takes its name from founder Tom Bowen, a visionary natural therapist whose pioneering form of bodywork offers an opportunity for massage therapists to enhance their skill set and bring even more benefits to their clients. Not only improving a variety of physical problems but also in terms of mental and emotional health.

A gentle therapy with a profound effect, Bowen aims to re-balance the body and enable it to heal itself by

addressing the nervous system to encourage relaxation and recovery.

One of the most discussed aspects of health in recent years is the importance of the vagus nerve, influencing everything from stress response and digestion to inflammation and emotional well-being. While science is now uncovering its full significance, Tom Bowen intuitively developed a therapy that directly impacts the vagus nerve and supports the body's ability to self-regulate and heal.

Qualified massage therapists already familiar with anatomy, physiology and pathology, can embrace Bowen therapy



Bowtech moves over the rhomboids to treat arm and shoulder restriction

with confidence using new and broader skills to better understand the client's symptoms and how best to help them.

Why does the Vagus Nerve matter

The vagus nerve is the longest cranial nerve in the body, running from the brain stem down through the neck, heart, lungs, and digestive system. It plays a vital role in regulating essential functions including:

- Digestion and gut health
- Heart rate and blood pressure
- Breathing and oxygen levels
- Stress response and emotional well-being
- Inflammation and immune function

When the vagus nerve is functioning correctly, it helps keep the body in a state of balance. However, stress, trauma and even postural strain can affect its function, leading to a wide range of issues that lead clients to seek relief from hands-on therapy.

Bowen Therapy Works with the Vagus Nerve

Bowen therapy is unique in its ability to influence the vagus nerve through light-touch, precise moves that stimulate sensory receptors in the fascia. Research into piezoelectricity – the electrical charge that fascia generates when gently compressed – helps explain why light, targeted stimulation can send signals further and have a broader effect on the nervous system than deeper pressure.

Unlike methods that primarily focus on muscle manipulation, Bowen therapy communicates with the nervous system through the fascia, helping to re-set and regulate its function.



Athletes suffering from tight hamstrings benefit from this move



Bowtech moves over the rhomboids to treat arm and shoulder restriction

A Powerful Addition to Your Therapy Toolkit

Bowen is different to massage as it enables you to work effectively with the nervous system using minimal effort... one of the biggest advantages of this therapy. It is gentle on the therapist as well as on the client!

The precise, light moves involved put less strain on the therapist's hands and body while delivering far-reaching results:

- Less physical strain helps maintain a long and sustainable career
- A qualified, experienced Bowtech therapist can treat two people at the same time, in different rooms
- The ability to support clients dealing with chronic pain, nervous system imbalances or stress-related conditions
- A unique skill set that enhances your existing practice and sets you apart

"Massage therapy offers incredible benefits, and Bowen therapy provides a complementary approach that helps address the body's deeper regulatory systems. If you wish to expand your professional expertise and bring lasting relief to your clients, please consider learning the Original Bowen Technique," says Bowtech instructor Jacqui Hoitingh.



Classic opening Bowen Move over lumbar area at start of treatment



Relaxing moves over erector spinae upper back



Loosening the metatarsal joints for healthy feet.

For more information and course details see www.bowentraining.co.uk
To find a therapist near you, check out www.bowenassociation.co.uk