

# **Basic Bowen & Bowsage Reset Routine**

*presented by*



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## Introduction

One day, I had called to check up on one of my massage clients only to find out that she had fallen down some stairs. She had hurt her back to the point of not being able to get up or drive her car. She couldn't function for a few weeks when her friend told her about the Bowen Therapy sessions they were getting from a doctor in Gastonia. They went so far as to drive her over to him so he could treat her. She told me that after the first session she was about 50% better and was able to move with a lot more ease and less pain. She went for the follow ups and recovered from just the Bowen sessions. I was intrigued by this incredible relief she received and asked her who, what, and where can I learn this? I researched and found out the same physician in Gastonia also taught CE's to other therapists to learn the Bowen technique. Dr. Mitchell Mosher was wonderful to work with and has a passion to educate people on Bowen therapy. So in 2012, I studied Bowen/Body Reset Therapy from Dr. Mitchell Mosher. I have been using this on my own clients and am now teaching it to other massage therapists.

It was taught as a home study course. I was fortunate enough to be able to practice it on several of my senior clientele. I had all sorts of documents strewn out all over and around my massage table to learn the Bowen technique. I practiced until I finally understood and memorized the sequences. I tested them and used them on several different types of clients, by itself and adding it to my massages creating the Bowsage Therapy.

In this class you will not be able to memorize the sequences in just two days, but it is my intention to help you understand it, be able to practice it successfully on each other (the other participants), to answer your questions, and to help you find ways to market it with your current existing practice. It will be up to you how fast you can learn and practice the sequences. I offer a free follow up visit for those of you willing to come back. However, I am confident that you will see how quickly it works once you try it. You'll gain your own confidence and may not need a follow up. After you have used this for 6 months, I offer an "Advanced Moves Course," an 8 hours CE class.

I look forward to working with you and seeing how much you'll love working with Bowsage Therapy!

Sincerely,

Michelle Lally, LMBT, Ca

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## What is Bowen Therapy?

Bowen Therapy is an alternative medicine technique. It is a form of massage and bodywork and is very effective for non-invasive pain management. Some circles say that it's like acupuncture, only without needles. Tom Bowen, an Australian, developed the system between 1950 and 1982.

Bowen therapy is performed with the clothes on, [loose fitting, or shorts and tee-shirt]. It is best done with the client in a prone followed by supine position, but some of it can be done sitting or standing. A series of "moves" are made over the muscles, tendons, and ligaments in certain locations with the fingers or thumbs. The moves are made in a specific order, in designated places, and in the best direction to obtain maximum results. The moves are very much like rolling a guitar string. Once rolled, the muscles and tendons vibrate from one end to the other, and from outside to inside. The moves create reflex arcs, unlike the Knee Jerk Reaction, where the muscles relax instead of contract. So, subsequently, the muscles, tendons, and connective tissues release their holding patterns.

Holding patterns occur to protect us from further injury. If you had a whip-lash injury once upon a time, chances are, when you look in the rear-view mirror and see a car coming upon your rear end while stopped at a stop light, you will instinctively tighten your neck to brace yourself from another injury. Those of us who have never experienced a whiplash, in the same scenario, hopes that the guy stops in time. We remain en'garde to protect against further traumas, which in turn is detrimental to our health. Holding patterns also occur after repetitive micro-traumas and compensations for skeletal dysfunctions a misalignment.

Additionally, many of the moves are made over many "extraordinary" and "main meridian points", and along the meridian pathways. A group of moves make up a procedure. Most procedures contain a part "A" and a part "B". There are "rest periods" between moves, or parts A & B. These rests allow for the release of the primarily tightened muscles, the compensated muscles, the fascia, and the energy released from the entrapped compartments to do their thing. Since many of the "moves" are along the meridian pathways, obstructions which were removed by the "moves" allow for the free flow of Qi, [life force], lymph, water, and blood cells. These rest periods are much like the installation of a software program in your computer. As you enter data, your computer takes this data in and processes it. Now, it is ready for more data, so you enter more data, and so on. You do not try to install another program during the time that the 1st program is installing; otherwise, the computer will be scrambled. Once installed, your computer is ready to provide information.

All the cells in our body are like silicon computer chips. They take in data and store and put out information. So, when we do too much information while doing traditional non-stop bodywork, the cells don't get it! TMI = "Too much information". The rest periods during Bowen Therapy give the cells a chance to process the gentle stimuli and respond accordingly.

The basic relaxation procedures are located in the lower back, the upper back and shoulders, and the neck. These moves over points that can release endorphins, (many of my patients tell me they can feel a "Runner's high right after the treatment). Endorphins have been discovered by a researcher, Candace Pert, PhD., to be the connecting link between the immune, endocrine, and central nervous systems. Following the "Runner's High", patients often feel a sense of peace and well-being. Tom Bowen concluded that 80% of the people 80% of the time would improve with these 3 simple

procedures [lower back, upper back-shoulders-neck]. These procedures are imperative to perform prior to any other procedures.

Some of the more common problems relieved by Bowen Therapy are:

Back and shoulder pains.

Neck pain.

Migraines and headaches.

TMJ problems.

Tennis elbow.

Carpal tunnel.

Sciatica.

Knee pain

Plantar fasciitis.

Bunions.

Bowen therapy is a very gentle, yet powerful technique that is easy to perform and is getting amazing results for 85% of the people that try it.

Bowen is done in using mainly your Fingers & Thumbs, over the Belly of the muscle creating a reflex reaction. This technique affects the fascia, muscle tendons, nervous system and meridians throughout the body. The series of movements assists in reprogramming the pain memory loops caused by the fight or flight response and long-term chronic pain. The Bowen System can act as a reflex reaction within the body that can reset the nervous system to rest, relax and release healing hormones.

This process can be done with the client's clothes on or off and is helpful for all ages. The Bowen Reset can be done by itself or combined with other massage techniques.

In my practice, using only the Bowen System, I have seen significant results with my clients. Some issues that have responded well to this process are:

- long time chronic issues, physical and emotional trauma
- TMJ
- neck pain
- shoulder pain
- tennis elbow
- carpal tunnel
- digestive issues
- lower back,
- sciatic and
- knee pain

As noted in the Bureau of Labor Statistics,(2) Massage Therapists and Bodywork Practitioners can succumb to various repetitive motion and fatigue work-related injuries due to the physically demanding nature of giving massages, including carpal tunnel syndrome and lower back pain.

Because Bowen and Bowsage is so gentle and easy to do, it can reduce the risk of work-related injuries and allow you to continue your massage practice longer. In addition, the rest periods between Bowen movements will allow you to be able to treat more than one person, at the same time for example as a couples massage or in group clinic setting. That means you can earn more money by treating more people at the same time.

The good news: Less wear and tear on the therapist, earning more in less time and helping more people.

Clients have seen significant results and you'll love how elegant and powerful this unique modality really is.

Therapists have been known to see and feel a chemical change in the muscle fibers immediately during and after each Bowen session.

- Receive 16 CE's towards your continuing education for massage therapy
- ROI (Return on Investment) in less than 30 days.
- Learn the basic Bowen Therapy complete body routine
- Learn how to combine the Bowen with your massage techniques.
- See immediate and significant results for your clients
- Grow your client base by introducing this new technique that takes less time than a 60-minute massage
- Use less effort and reduce strain on your hands, arms and legs – with excellent results for your client

I teach Bowen Therapy because of all these reasons and believe every massage therapist and body worker should have this process on their list of techniques and services.

My name is Michelle Lally, I teach a basic full body Bowen Therapy protocol for continuing education hours, approved by the NCBTMB, and CE Broker for GA, SC and Florida.

## Testimonials from Michelle's Clients

*I am a fifteen-year-old who experiences joint and hip pains. I have recently started going to Michelle Lally where she used the Bowen Therapy Technique. After the treatments the pain massively decreases and doesn't come back for a while. I was very pleased with the results of Michelle Lally's Massages. --Taylor*

*"I have had back and leg issues for years, at one time requiring surgery because cartilage was pressing into my spine. That helped but I still had leg, back and glut pain constantly. Finally, I found Michelle Lally and had the three session Bowen treatment. Since then, I've been able to work in my garden and play with my dog and daughter. I expect to return for occasional tune-up treatment, but I'm pleased to say this has completely eliminated my pain and was infinitely better than surgery! -- Jeff*

*"I started coming to you a year ago for my first massage at the age of 79. Since you have been working on me I have felt better and stronger, I had severe Lordosis and was very hunched over. Since you started the Bowen treatment, I have noticed a significant change in my hunched back, neck, and shoulders. My kids have also noticed the improvement with my posture. Thank you for making me feel so much better. --Mae*

## Testimonials from Michelle's Students

*Hi Michelle!*

*So as of now, I've done 18 Bowsage sessions and every single client has experienced some kind of immediate relief and they have been completely wowed by the experience. It took me about a week to get the flow down without the book, but every single session I've done this week has been without it. I can't speak highly enough about how amazing this work is. After the session you did on me in class, I have had no neck pain. My neck has been in constant pain (at about 7 pain scale) for years and of course I seek massage and chiropractic care both will give me relief for a few days at most, but this technique has left me completely pain free. This technique is nothing short of a miracle and I can't wait to learn more! Jena*

*Hi Michelle,*

*I loved the class this weekend, thank you!! I'm feeling 80% better I love this technique and want more!! There is so much to learn...I see myself studying Bowen for the rest of my life! Talk to you soon. Pam*

## A Personal Note from Dr. Mosher

His complete journey with Bowen is in his book, which you can purchase here in class or on his website: <http://www.bowen4life.com>

When I took my first Bowen class in 1995 we learned 23 different procedures during the 4-day class. These were in, "The Notes." They were in the fourteen pages of Ossie's interpretation of the Bowen Technique booklet.

Whilst trading sessions with my guru, Milton Albrecht (Ossie's original U.S. Bow Tech instructor) and two of his assistant instructors, I took note of how they all grouped the parts of the different procedures together and spaced them apart from one another with the rests in between. All were a little different, but very similar. So, I decided to make up my own "Recipe" as Graham Pennington calls it.

Over the years, I changed the "Recipe" a little here and a little there, but it finally rests now as presented to you here. It has served thousands of my patients very well.

After learning Graham's assessment and reassessment techniques plus some of his special procedures I add these to the mix. This is along with the special procedures that Milton taught me over the years before he passed. I sprinkle these procedures into the basic sequence when indicated. So, I am a more is better than less is more kind of practitioner. My intent is to send healing love and light to my patients during their session, and the seemingly overworking the patient just doesn't seem to occur. So, the less is more wasn't the buzz back in 1995! Not sure where that came from later on? I have my thoughts about that.

When I practiced podiatry and Bowen at the same time (25 to 30 podiatry patients plus 10 to 15 Bowen patients per day) I didn't have time to do a full sequence on everyone who needed treatment. I did lots of targeted treatments while sitting in or lying on my podiatry chairs. These people did very well. Their necks, knees, shoulders, carpal tunnels etc., often resolved. But, none of them ever came back saying things like what the full sequence patients told me; "Dr. Mosher that treatment you did last month has changed my life", "Oh Dr. Mosher, you won't believe what happened after that treatment you did for me last week", "I only wish that I had met you 2 years ago-my life would have been different", "I had a Runner's High after that last treatment you did for me and now I feel a sense of peace, balance, and well-being".

I believe that it is best to provide a holistic treatment session whenever possible. A holistic session opens up all of the meridian channels, stimulates many of the major meridian points, balances the transverse planes (ankle-pelvis-TMJ) which helps the alignment of the sagittal and frontal plane structures, puts the patient into the rest and digest phase for now, the release of beta endorphins can reduce stress and relieve pain, and my patients just do better with a full sequence than they do when I release the SMS - Sorry Graham P. I do love your work and approach to the Bowen Technique, but I am convinced that for some folks, more is better.

## Testimonials from Dr. Mosher's Students

**Kate:** *One practitioner says, "Mitchell, I received your sequences. Thank you! I have been using them on certain clients and must report that people who were previously not getting as good results finally ARE! Also, people who previously had a more difficult time relaxing, fall asleep very quickly. Thank you!"*

**Diane G:** *I named it the "Addictive Sequence" because my clients come in and ask for it now. LOL I usually use it on clients that just want more relaxation, because they are at a maintenance level. I've also used it when I've needed to do so much in one session I didn't know where to start. And it's been a good start to then being able to get more specific later. I get many great results using it. Often with people who are fairly healthy but a lot of different issues are going on. I also use it for maintenance, people who come in to get tuned up after having had specific work done and when I just have no idea where to start. I also add different moves here and there. It's a great way to get a lot of things accomplished.*

**Betty Ann:** *So, Mitchell, is this your "go to" procedure for most clients, adding individual procedures as needed? I'm trained in Bowtech & was hesitant to try this because it seemed like a lot of work, but my clients respond well to it. One said, "something inside is different."*

# LIVE AS IF!

***What is the one thing I could teach another massage therapist that could improve their practice?***

**The answer is simple “Live as if.”** What does “Live as if” stand for?

It means that we create the life, the business and the customers we dream of having. Live as if your goals are already met. Whether it means that you are the most compassionate massage therapist offering care to those who can't afford it, or most successful with other therapists working for you, or you're the most educated bodyworker in your community. Whatever your personal and professional goals are, live as if they have already come true.

We hear people say, “I don't have time to get a massage” or “I don't have time to take another class.” Yet too often there are health industry professionals who want to attract the kind of person, client or patient that sees the value of self-care. Make a choice to be the person you want to attract to your life, personal or professional. Surround yourself with a community of people who do the same.

For example, I receive a weekly massage, from a therapist who also receives massage, or in other ways takes care of themselves. They believe as I do that it is the most important thing they can do, in addition to other self-care therapies and healthy living regimens. So, I attract customers who also believe in self-care practices.

## **Ten things to be mindful of:**

1. 10 swallows of water! Most people put a cup to the mouth and maybe swallow 3 or 4 times, stop and take 10 swallows (of water) each time you put a cup to your lips.
2. 10 Breaths ~breathe in and out ten times don't stop
3. 10 min Stretch as often as you can each day
4. 10 min Meditation that's all it takes, think of something your grateful for, have compassion for, you feel love for
5. 10 Affirmations~ just ask Google/Siri/Alexa to tell you 10 if you can't think of any.
6. 10 min of walking ~in place counts too, make sure you swing your arms
7. 10 min of smiling ~at yourself in the mirror, your dog, a stranger whatever works...
8. 10 min of feet on the ground (no shoes)
9. 10 acts of kindness (like throwing a love/peace hand sign instead of what you really wanted to)
10. 10 min call to a friend or relative you have not spoken to for awhile

When I look back on my success as a Bowen Therapy Instructor, Massage Therapist and Retreat Owner, I can attribute it to learning one simple tool: **Live as if!**

I have had my own Wellness Center, working with other healthy lifestyle professionals who believe as I do about quality of care for themselves, their family and their community. I attract clients who are seeking a healthy lifestyle and give back to their community through donations, gift cards or reduced rates for the elderly.

My massage career started at 42, now I'm 60, have two adult children, grandchildren, a loving partner, perfect home/retreat, a successful business and I practice self-care daily. My key to a happy, healthy and abundant lifestyle?

## **I live as if!**

Published in 2018 Massage Magazine

## **OTHER WAYS OF HELPING YOUR TRIBE/COMMUNITY**



**Earth - Spleen and Stomach Channel**  
Acupressure Points can affect- Spleen and Stomach Channel address digestive issues, Earth Element such as worry, overthinking, and lack of empathy. Ingredients Earth Coconut Oil, Juniper, Tangerine, Spearmint, Fennel and Ginger Essential Oils



**Fire - Heart-Pericardium Channel**  
Acupressure Points can affect. Fire Element of Chinese medicine such as lack of joy. emotional/sexual coldness, emotional/Shen disorders, and sleep problems. Ingredients Fire Coconut Oil, Lavender, Sweet Orange, Frankincense and Rose Essential Oils



**Metal Element- Lung-Large Intestine Channel**  
Acupressure Points can affect Many of the points along both Channels help to normalize the respiratory system including the sinuses. Addresses issues associated with Metal Element Imbalances including unresolved grief and sadness, lack of spiritual connection or growth, digestive issues, poor personal boundaries, and low self-worth. Ingredients Metal Coconut Oil, Bergamot, Sweet Orange, Oregano, Cypress and Cinnamon Essential Oils.



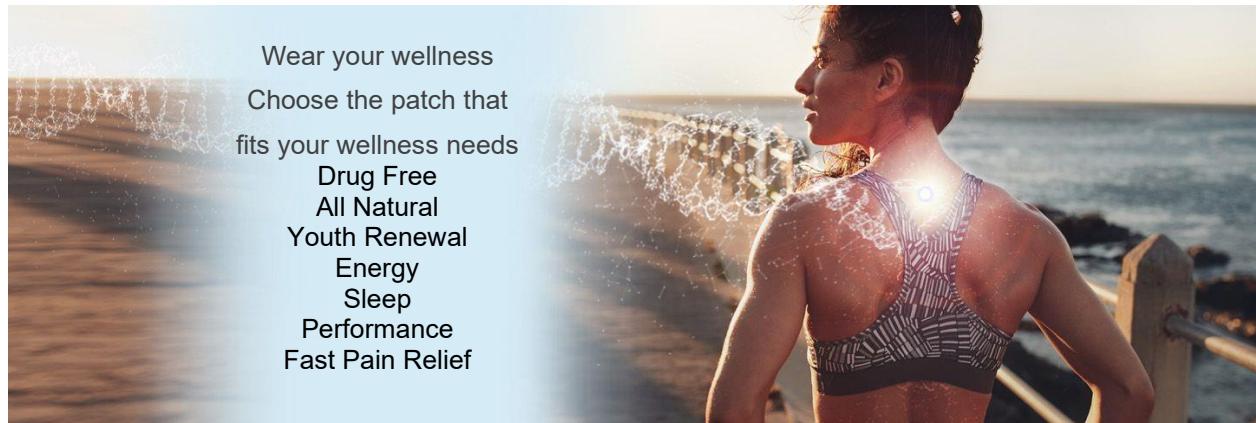
**Water Element- Kidney-Bladder Channel**  
Acupressure Points can affect the Kidney and Bladder Meridians. Water Element of Chinese medicine such as lack of willpower, lack of awe, anxiety, and irrational fears leading to panic attacks. This blend activates acupressure points that assist with issues such as low virility and infertility as well as other Kidney energetic attributes such as premature aging. Ingredients Water Coconut Oil, Lavender, Cinnamon, Eucalyptus, Wintergreen, Sweet Orange, Helichrysum, Clove and Peppermint Essential Oils.



**Wood Element - Liver-Gallbladder**  
Acupuncture acupressure points can affect the Liver and Gallbladder Meridians. Can alleviate emotional constraints leading to depression, anger and frustration as well as physical maladies associated with the Wood Element imbalances according to Chinese medicine such as menstrual disorders and poor sleep patterns. Wood Coconut Oil, Lavender, Rosemary, Cedarwood and Lemongrass Essential Oils.



### **AROMA ACU THERAPY PATCHES**



## PRECAUTIONS, CONTRAINDICATIONS & NOTES

### IMPORTANT! ALWAYS DO BOTH SIDES

If one side is not treated it may become symptomatic if ignored.

**Contraindications:** There are no contraindications that would prevent a person from receiving Bowen sessions. There are a few procedures that are contraindicated in certain circumstances.

- High risk Pregnancy. Otherwise, Bowen is immensely helpful, especially during labor.
- The “TMJ Procedure” is not done on people whose jaws have been surgically altered.
- The “Chest Procedure” is not done on women with breast implants.

### Precautions:

- Fever present from a cold, the flu, or some other infection.
- Contagious Diseases.
- Blood Clots.
- Kidney or Liver Conditions.
- Cancer.
- Uncontrolled Hypertension.
- Epilepsy. Less is best. For the first 3 to 4 weeks only do the first 4 Moves in BRP 1.
- Parkinson’s. Space sessions 2 weeks apart instead of the usual 1 week with only BRP 1, BRP 2 and BRP 3 procedures for the first 2 to 3 sessions.
- Open sores, wounds or recent burns.
- Fracture, surgical or inflamed site. One may perform the moves close to, but not over these areas, as in massage. Moves may be performed on a surrogate for effects on the receiver.
- Acute flare-up of inflammatory conditions (like rheumatoid arthritis, or Fibromyalgia) If no flare up, try just the first 4 moves then see how they respond.
- Deep vein thrombosis.
- Osteoporosis.
- Varicose veins.
- Recently ruptured or torn muscles.

### Other Items of Note:

- Quite often patients will experience a flare up of present symptoms or old pain. These usually resolve themselves in a few hours or a day.
- If a patient is presently in pain, it may intensify during the treatment session, within a few hours post treatment, or in a few days.
- New pain. Occasionally a new pain will surface as the posture realigns. A mild pain may become more noticeable once the primary pain has resolved.
- Since the moves are gentle there are no cautions other than to respect the anterior neck and pelvis and touch the other sites with less pressure.

## **Dr. Manon Bolliger**

### **Bowen Practitioner & Instructor**

I first met Manon in 2015 at the WMF in Cherokee NC, it was my first time as vendor to start promoting Bowen Therapy. We both had the same intentions of spreading the Bowen News and teaching therapists about Bowen. We have since collaborated and now offer several ways to teach the Bowen Technique.

While exploring my own practice with Bowen Therapy and teaching my advanced course, I found that Dr. Bolliger had a unique way of explaining the Bowen Approach and what she calls “BowenFirst.” Philosophy.

This is an excerpt from her website and I feel that as you explore Bowen further, her explanations and insight into Bowen can only help deepen your understanding of the process.

#### **Bowen College & Dr. Manon Bolliger**

Bowen College is an international school for dedicated practitioners. We are on a mission to transform how the world perceives health.

In addition to training practitioners, we are a resource for holistic, natural pain management for patients and their families. We help patients and their families feel empowered on their journey to wellness.

With a deep personal connection to health advocacy, Dr Manon Bolliger is a dedicated proponent of **patient** consciousness in the healing process. Devoted to a healing movement that emphasizes listening to our symptoms rather than trying to cover them up, she helps her patients and students understand the vital role they must play in their own unique healing process. Dr. Bolliger propels this vision through her work as a naturopathic doctor and esteemed homeopath, author, founder of Bowen College, and director of Cornerstone Health Centre. Her passion for motivating students, patients, and health care professionals alike has made her a sought-after educator, thought leader, visionary, and healing expert.

Dr. Bolliger helps patients discover that freedom is health – on a physical, emotional, mental, and spiritual level. From rural farmers in Nova Scotia, Corporate CEO's in Toronto and Tri-Athletes in BC, Dr. Bolliger's expertise has guided thousands of patients and helped them learn how to listen to their bodies and heal.

Dr. Bolliger's training in Bowen began in 1992. Inspired by the endless possibilities inherent in this dynamic and evolving technique. By 1997 she had become one of the most experienced and recognized instructors of Bowen Technique in Canada and the world. The Bowen College was the first Canadian College of its kind, founded by Dr. Bolliger to embrace the legacy of Tom Bowen and incorporate her years of experience and expertise into programs that educate practitioners and

patients from all walks of life, on how to bring effective, pain-free healing to their patients, clients, friends, family and loved ones. Bowen College is home to BowenFirst™ Therapy, an approach to Bowen that Dr. Bolliger developed in her years of experience, teaching, training, and practicing as a naturopathic doctor. BowenFirst™ Therapy incorporates, and is consistent with, current research on mind-body integration that educates her students on a more holistic and advanced level of practice and care.

As founder of Bowen College, Dr. Bolliger has taught thousands of professional health care practitioners, including NDs, MDs, psychologists, RNs, homeopaths, RMTs, Chiropractors, Doctors of Osteopathy, and many other practitioners in the healing arts, how to bring effective, pain-free healing to their patients with BowenFirst™ Therapy.

As an educator and mentor, she has found that practitioners and patients are seeking a deeper level of healing. In 2016 she is suspending her practice to focus her attention on bringing BowenFirst™ Therapy to the world and raising patient and practitioner consciousness to embrace a new paradigm of healing – that healing starts with you. She endeavors not only to bring BowenFirst™ Therapy to the masses, but to cultivate a new paradigm of healing that focuses on connection – to ourselves, to our patients, to each other, and to our bodies. She shows her students and patients that connection is truly where healing takes place. Not only has she mentored students and healthcare providers in this vision of deeper healing, but her goal to put healing back into the hands of patients so they can own their health, and show them that anyone can heal themselves, anyone can be a healer – because how you live, is how you heal.

In her 20-minute video you will find on my website, I encourage you to watch as you read the transcript below from her presentation. It is an excellent way to learn how she explains Bowen and her approach.

# The BowenFirst™ Approach

The next step to pain-free living transcript:

***Reboot Your Body and Your Life***

## Overview

- Why we need to Reboot our **Minds**.
- Why we need to Reboot our **Bodies**.
- Why this helps us Reboot our **Lives**.

## Context of Health Care

- When we are not well, we see a generalist, a doctor who is trained to refer to a specialist.
- Specialists who look at the part that is acting up; we see a dermatologist, a GI specialist, a heart specialist, and a joint health specialist.
- Many of us get multiple diagnosis.
- Some of us just one like “arthritis.”

Your GP wants the complete picture.

How can you help your family doctor give you the best care?

You should want the whole picture!

## What patients and health consumers are saying...?

- Doctors are primarily focused on the disease.
- Little time is taken to get to know you, the patient with “symptoms”.
- Don’t understand the context of your life or lifestyle.

## Why is our health care system failing?

- We start with available drugs and work backwards to creating “disease labels” and symptoms we can palliate.
- Same with mental disease, the mental diagnostic categories in the new DSM have quadrupled from the first publication in 1952.
- Our diagnostic equipment only confirms the late-stage problems.

# The Science

## Science Discovery #1

- Science has demonstrated that the treatment result outcome is intricately linked to your subjective experience of life.
- Why not spend more time getting to know yourself?

## Science discovery #2

- “Disease calling” does not predict the outcome and in fact reinforces the “no-cebo” effect.
- The name of the disease is not the solution.

## Science Discovery #3

- Stress affects the immune system.
- Even low levels of stress experienced by individuals who have poor coping skills may cause significant alterations in immune functioning, increasing their susceptibility to disease.

### What causes stress?

- Is it what we think?
- Is it what keeps us apart?
- Do our thoughts inspire and enlighten us?
- Are your thoughts killing you?
- Do you live by chance?
- Do you live by choice?
- Are you lost in a maze?
- Or are you living life by design?

## Science Discovery #4

- Stress causes disease.
- Research shows coping skills to be the most useful approach to diminishing the impact of stress.
- Therapeutic approaches that focus on “stress” alleviation and the associated coping mechanisms, play a critical role in health.

### Thoughts and Biology:

- “Coping” is not just a mental activity, it has biological implications.
- What you feel and think directly affects your body.
- And, reciprocally, a proper functioning body is better equipped to cope.
- You may say I’m feeling, happy, angry sad, or feeling of fear, or love. If it makes you feel any better the HMO would list you as perfectly healthy, because sometimes when you go

in for prevention, they don't see the impact of all these unprocessed emotions, feelings and stress.

- So, what do you see in the mirror? Are you confused?
- This is what is happening: Your software is tangled. Power down and restart. The programs were simply fine.

### **Can we Reboot our body?**

- Yes, we can.
- Because our Body Stems also go Hay Wire and need a chance to Refresh, Reset and Reboot.

### **Why do we need to Reboot?**

- Pain has pain loops.
- Pain demands your full attention.
- You aren't interested in anything else until you become Pain-Free.
- You need to help restore your body.
- You need your sleep.
- You need your energy.
- You need better circulation.
- And all of this can't work if your body's programs are all tangled.

### **What you need to know about Healing**

- Rebooting the body is one of the most transformational approaches to healing.
- Rebooting the Body happens within a context, a framework which positions you to initiate healing.
- Rebooting the Body is what happens when you introduce Bowen to the healing equation.

### **Healing is a contact Sport**

- Contact: Because healing is in relation to another, whether it be a Source, God, a partner, and aligned health professional.
- Sport: Because it requires you to be your personal best, to make a choice, be committed, take responsibility and be part of a team.

### **How does the body achieve this? Rebooting**

- Because all healing is in relation to another.
- Touch is a fundamental contact.
- Because the body and mind are completely inseparable.
- What affects one affects, and manifests in the other.

Rebooting your body gives you a chance to: clean out the garbage, reprogram, take out the files that limit you, take a new direction, you could listen to your body.

When the body produces symptoms, we need to listen because it is trying to say something. This is true of pain, inflammation, disease and even symptoms with no established category.

We need to uncover the underlying why behind the symptoms. We do need the whole picture.

Plato said that “the part can never be WELL, until the whole is WELL.”

### **Now what?**

- So, what can you do with all this information?
- Is there anything you can try right now and start your body on the path?
- Something to turn on the switch?
- Are you interested in participating in something that is... Painless, gentle, relaxing and liberating?
- You will have the opportunity to experience and become OPEN and ALIGNED with your healing process.

### **Why you will benefit long-term**

- Effective
- Safe
- Applicable to all ages
- Long lasting results
- Painless
- Relaxing
- You will also be able to help family and friends.

### **BowenFirst™: *The greatest healing tool is the body itself***

- **BowenFirst™** is a catalyst to the healing response of the Body, accelerating it, without interfering with it.
- It summons the body's ability to integrate “new states” of repair into its restorative network/
- **BowenFirst™** helps integrate the “separated” part of the body due to trauma, injury, or repetitive strain, to rewire with the rest of the body.
- **BowenFirst™** allows the body to REBOOT itself.

### **BowenFirst™ Restores Parasympathetic Function**

- **BowenFirst™** can directly relieve these symptoms through reducing sympathetically maintained muscle contraction.
- Spasm and inflammation is a “healthy/normal” immediate response to an injury, often they remain long after and become the problem.
- The parasympathetic portion is reciprocally restored, increasing blood and lymph flow, feeding undernourished tissue, and reducing inflammation.

## **BowenFirst™ Facilitates Pain Elimination**

- The Objective in **BowenFirst™** is to remove held patterns of pain and physiological dysfunctions by restoring the structural integrity of the body.
- **BowenFirst™** is a process that enables self-regulation. Pain is the result not only of an original cause but of the many defensive postures the body takes to compensate for the original injury.
- The key is to untangle this painful web of compensatory feedback loops.
- You can feel the shift in your body during and after **BowenFirst™** sessions, which connect you to your own body's resources and magnificence.
- Integrating Mind & Body.

## **Science Discovery #5**

- One of the most effective ways of helping you to take steps towards health is to be heard in the context of your experience.
- To have the opportunity to bring to surface the “meaning” of the symptoms you are experiencing. The body holds the truth, why not listen?
- Maybe it is anger, illness, or prolonged pain. Maybe it’s pride, overachieving, or fear of failure.

## **Are you Integrating body and mind?**

- What attitude do you have towards your body and yourself?
- Are you feeding or nourishing yourself?
- Are you doing simple things like drinking water, deep breathing and helping your body regenerate, rest and restore?
- Are you working out or helping your body reboot?
- Increasing circulation.
- Increasing lymphatic flow.
- Facilitating detoxification pathways.
- Increasing elimination.
- Integrating and harmonizing metabolism.
- Resetting the Autonomic Nervous System.
- Shedding old emotional patterns from your tissue.
- It has been my experience that patients by and large:
  - Know what their problem is.
  - How they got there.
  - When given different options, know what course of treatment will most likely help them.
  - Is this the missing piece for you? The next time you’re here, tell me if you have heard this diagnosis before.

- You can follow a trend.
- Or make a choice.
- You can reboot your world with a clean slate and listen to what your body is saying.
- Take a new direction.
- A mindset for health.
- Because health has a context, just like nature.

### **Science Discovery #6**

- Finding ways for patients to shift their own perspectives may be one of the most powerful prescriptions for health.
- The way you live is also the way you heal.

#### **Your well-being increases:**

- Productivity
- Focus
- Energy
- Happiness
- Health
- Wealth

#### **Your mindset in health governs:**

- Our habits
- Our attitudes
- Our beliefs
- Our thoughts
- Our level of commitment
- Our actions
- Our results

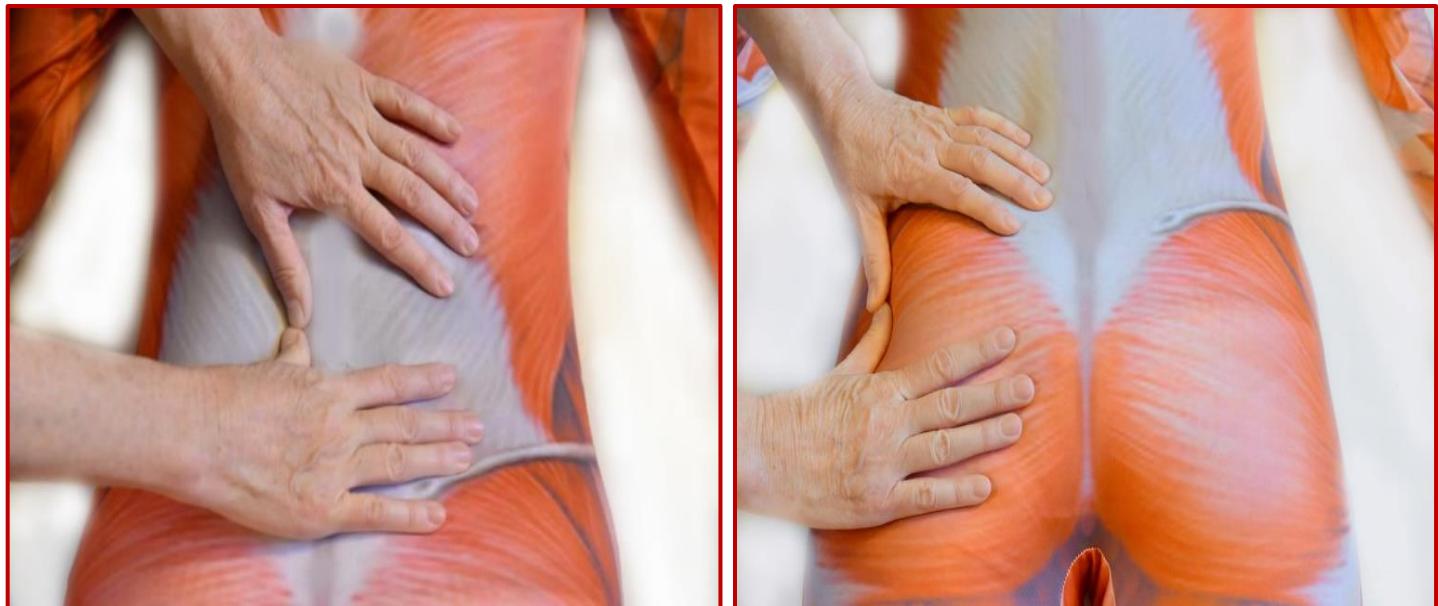
#### **Eckhart Tolle:**

*“Be at least as interested in what goes on inside you as what happens outside.  
If you get the inside right, the outside will fall into place.”*

NOTES PAGE:

# Basic Relaxation 1

Each sequence is labeled in order A, B, C, etc.  
Always start with their left side



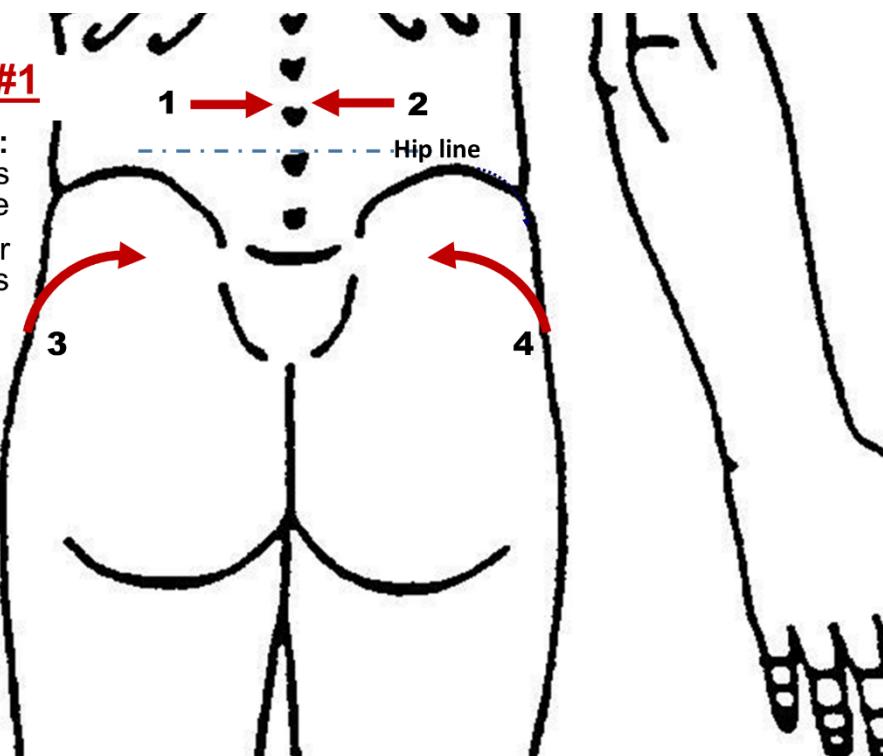
## Sequence A-BRP #1

**Movements 1 & 2:**  
Start 2 fingers  
above the hip line

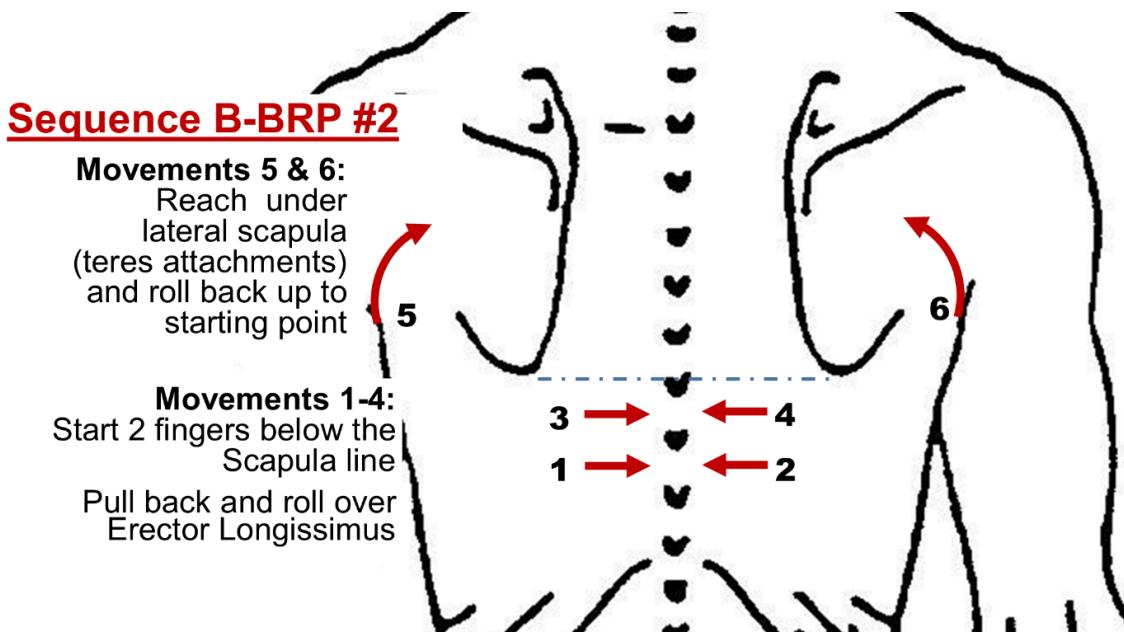
Pull back and roll over  
Erector Longissimus

**Movement 3:**  
Place fingers on top  
of sacrum use thumbs  
pull down the Gluteus  
Max to IT band then  
roll back up.

**#4 Repeat on  
other side.**

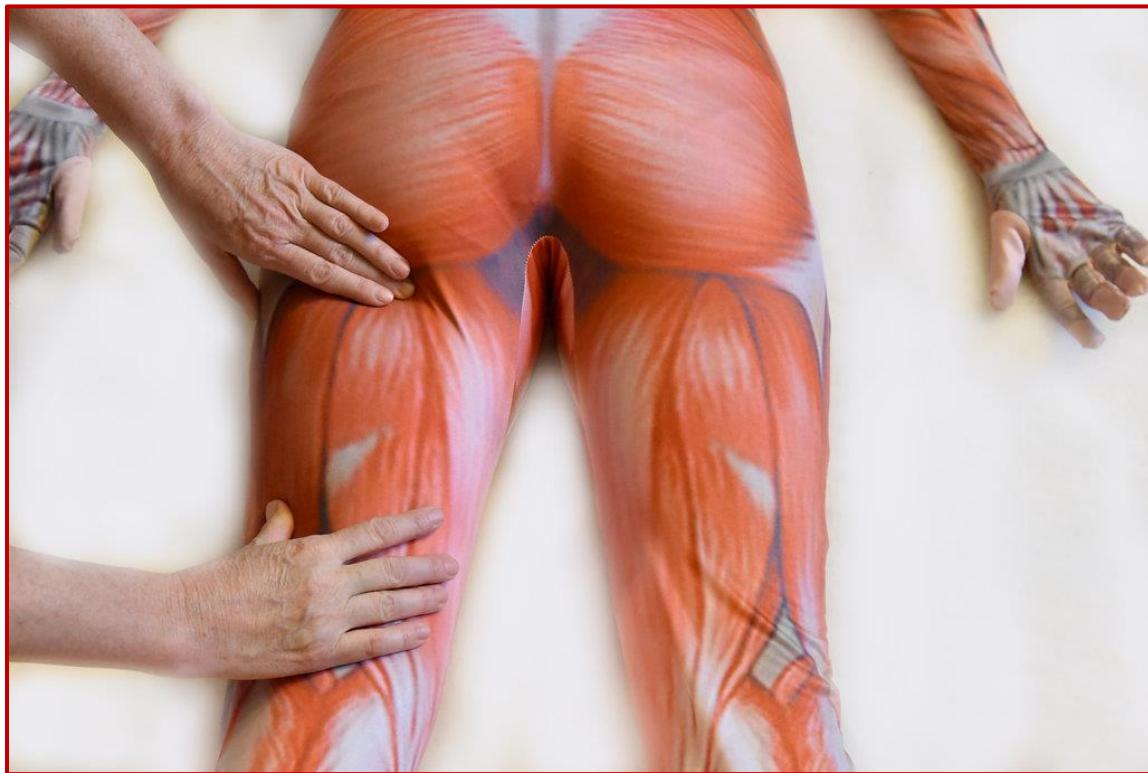
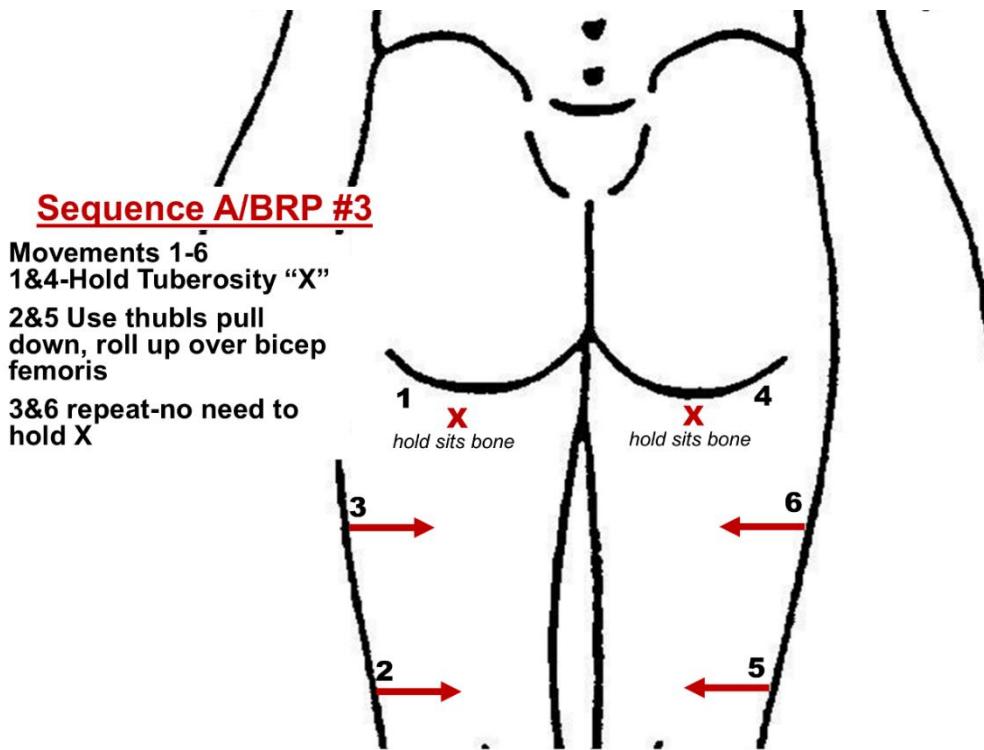


# Basic Relaxation 2

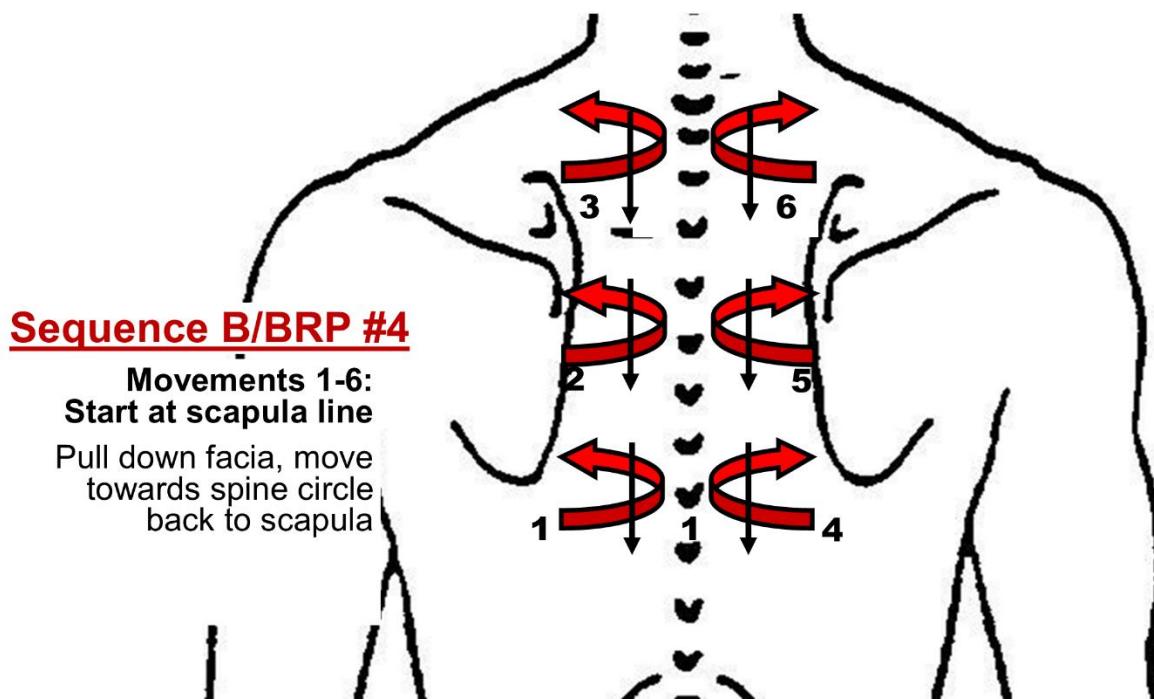


## Pause and Rest

# Basic Relaxation 3



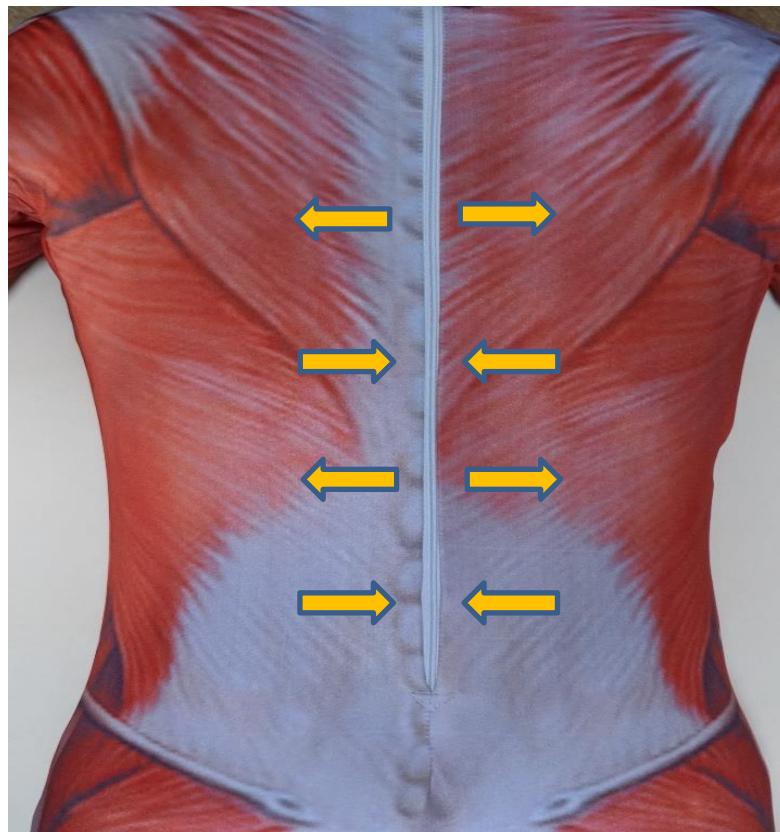
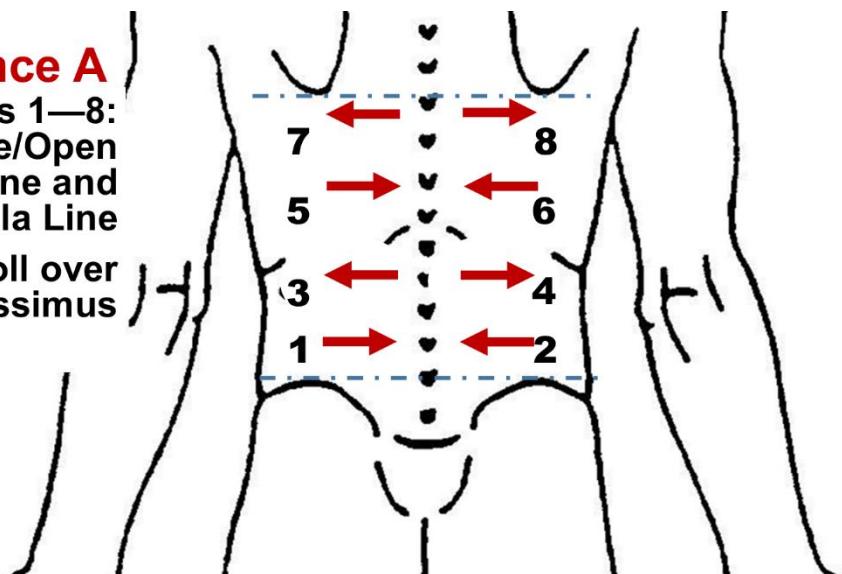
# Basic Relaxation 4



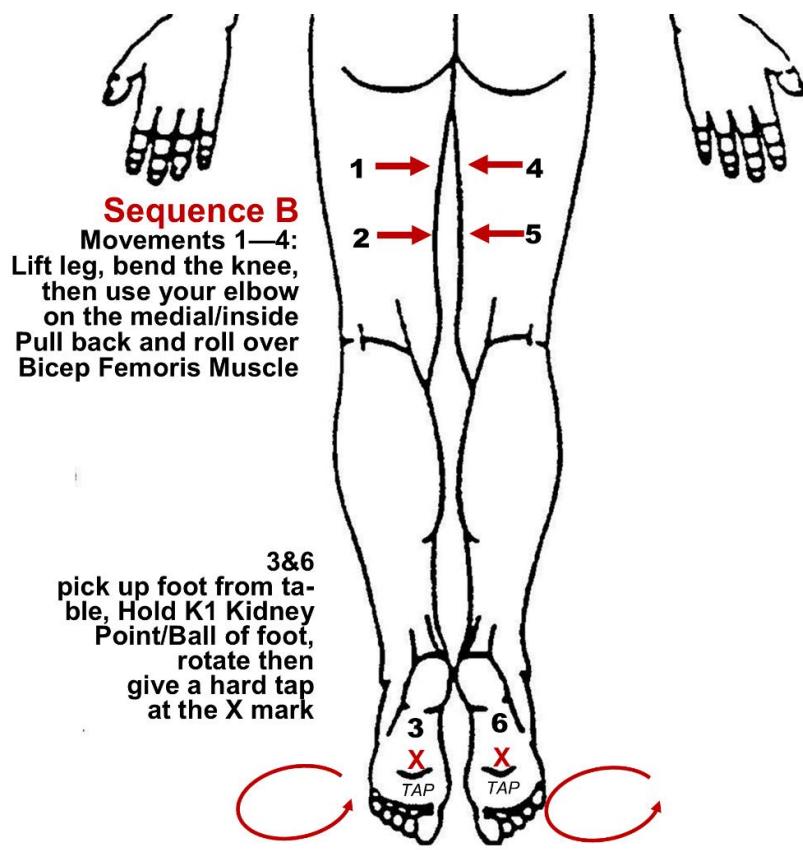
## Pause and Rest

# Kidney 1

**Sequence A**  
Movements 1—8:  
COCO Close/Open  
between Hip Line and  
Scapula Line  
Pull back and roll over  
Erector Longissimus

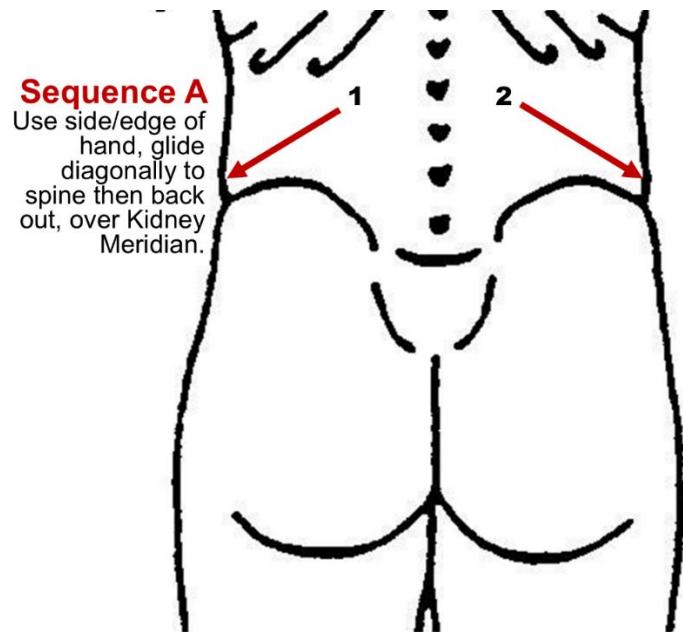


# Hamstrings 1



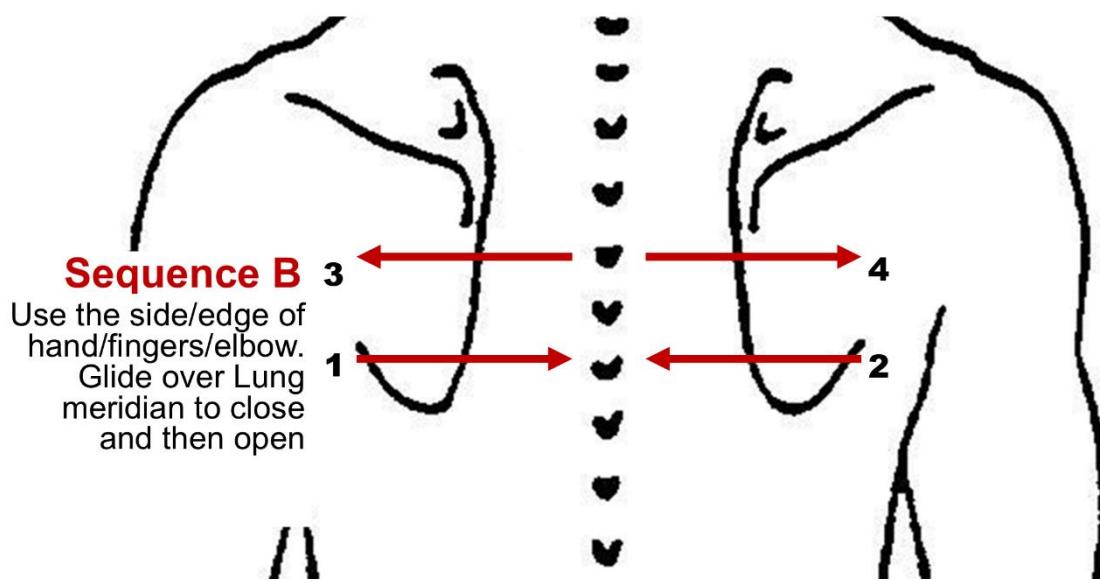
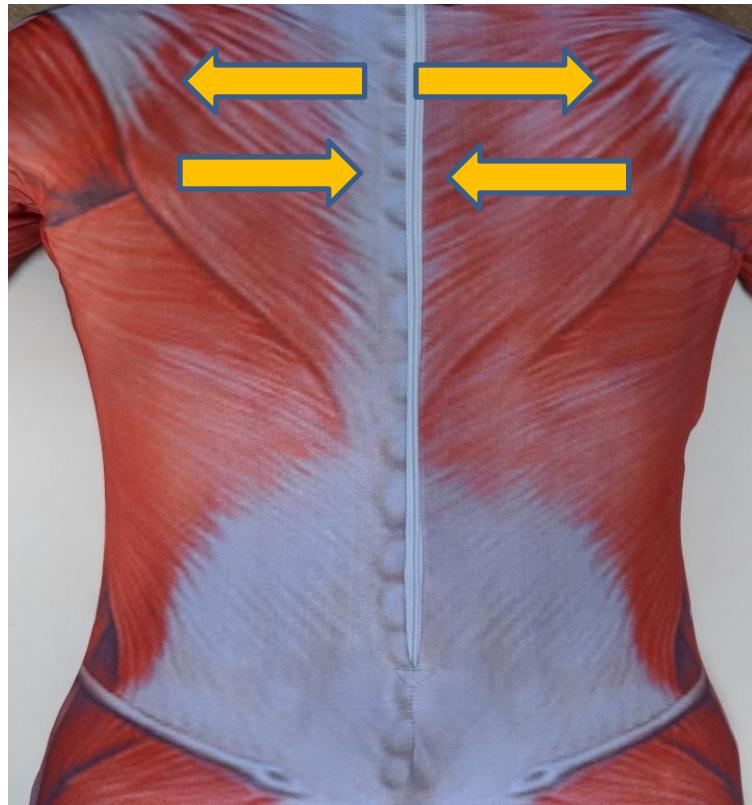
**Pause & Rest**

## Kidney 2



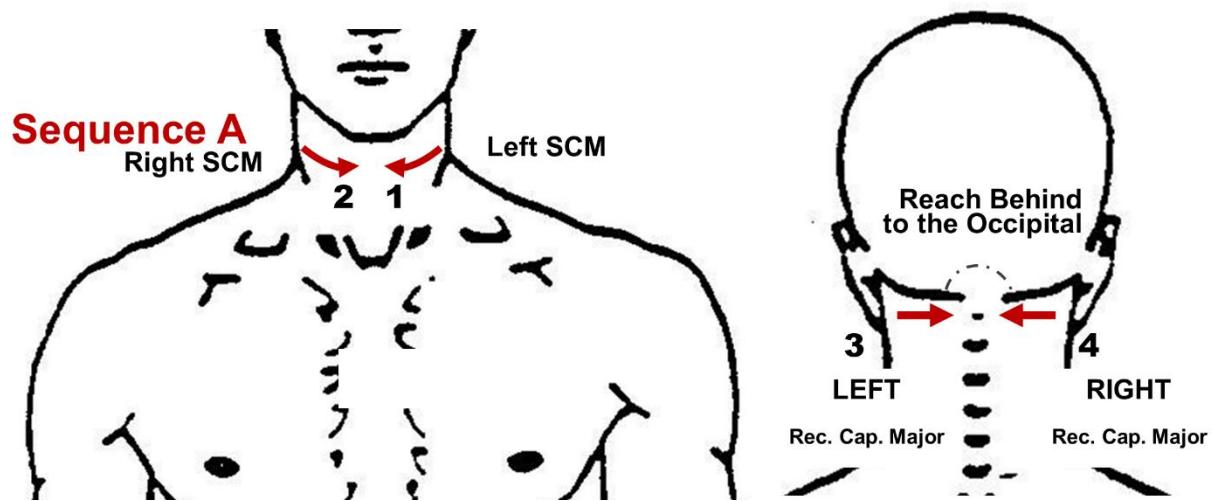
**Pause and Rest**

# Lungs

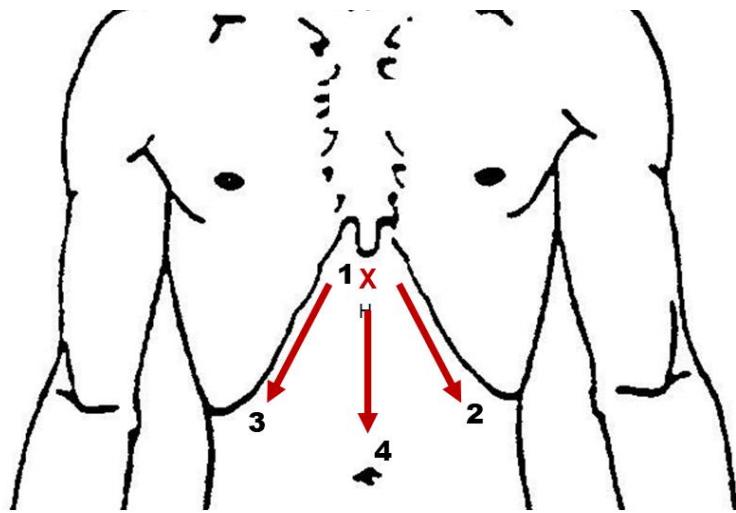


**Pause Then Turn Over**

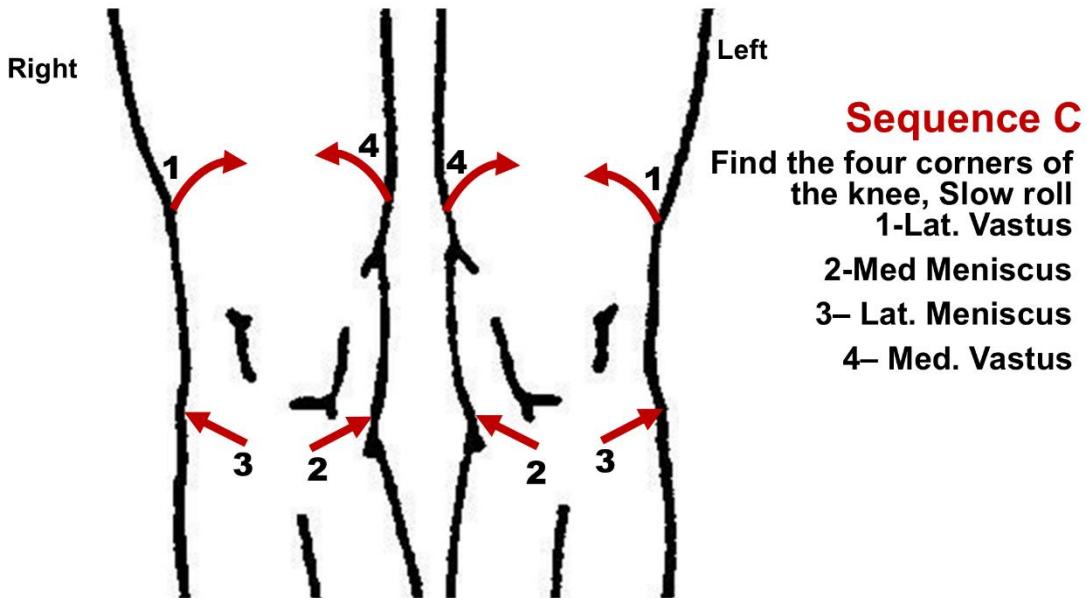
# Neck 1 Sequence



# Diaphragm



# Knee 1 Sequence

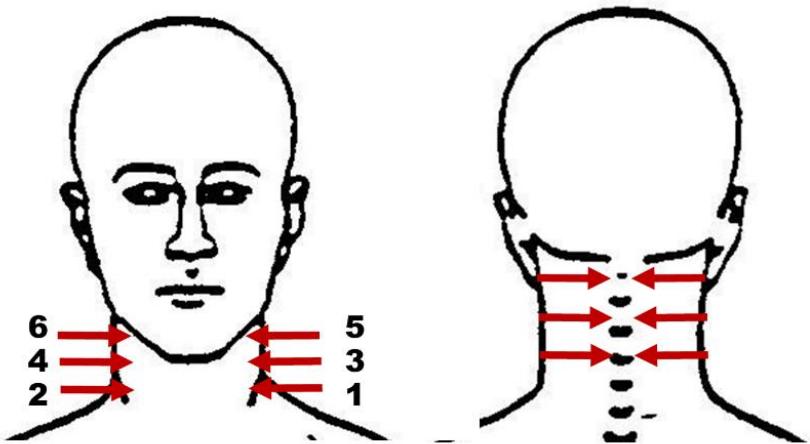


## Pause and Rest

# Neck 2 Sequence

## Sequence A

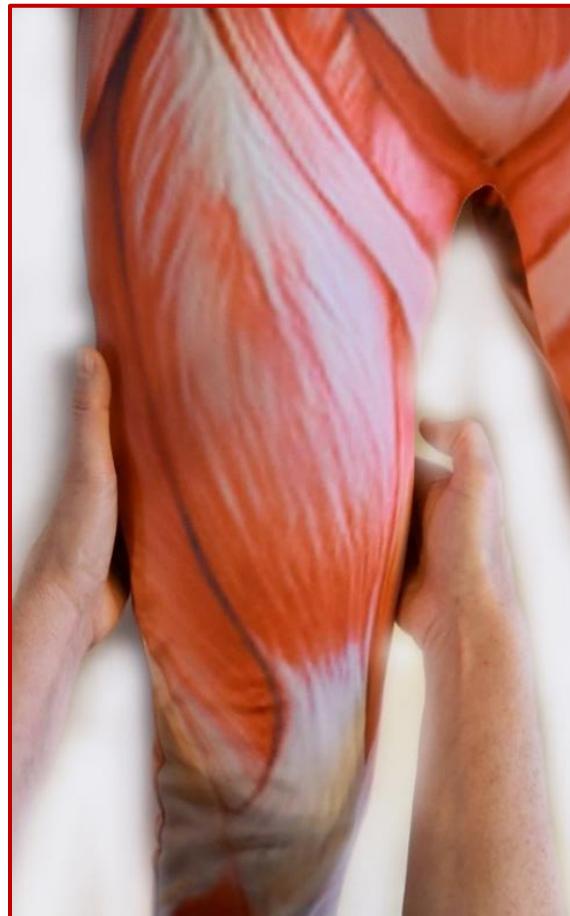
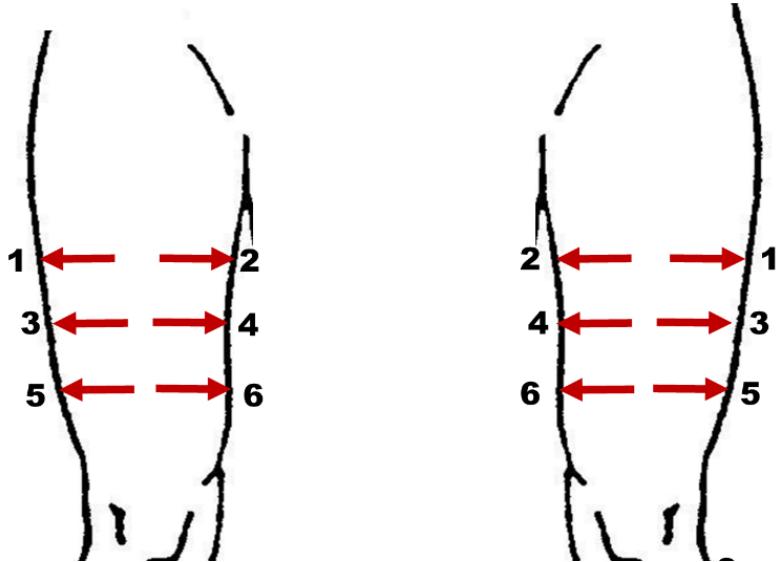
Reach behind tips of fingers touching gentle pull out and roll back in over Trapezius



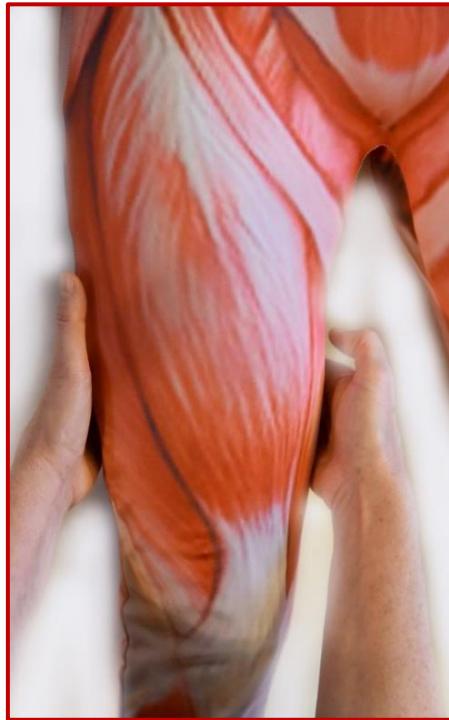
# Hamstrings

## Sequence B

Reach around/under outer thigh push into the middle, lift up, pull to open, bend knee, support foot, continue to open the calf.



# Calf and Achilles

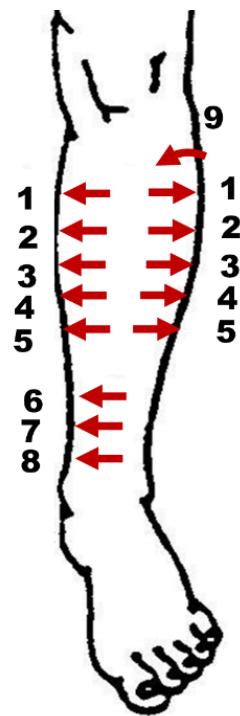
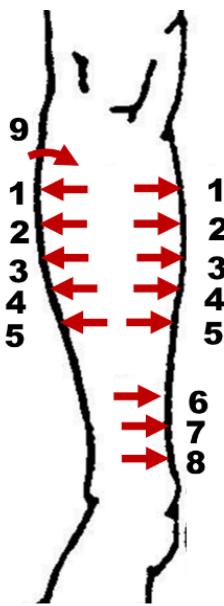


## Sequence C

1-5 Reach around to back of calf, gently push in both hands together, pull to open, at same time 5 times.

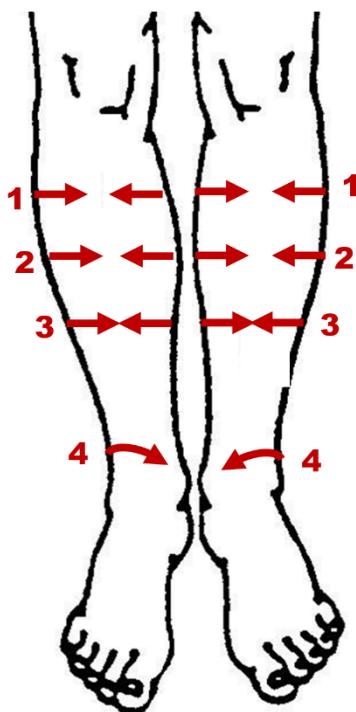
6-8 medial to lateral over Achilles.

9 reach behind and gently pull forward over the soleus



**Pause and Rest**

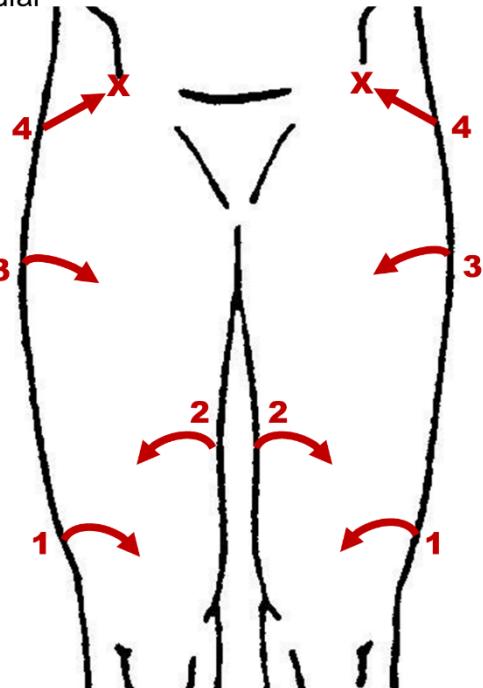
# Knee 3 & Pelvis



## Sequence A

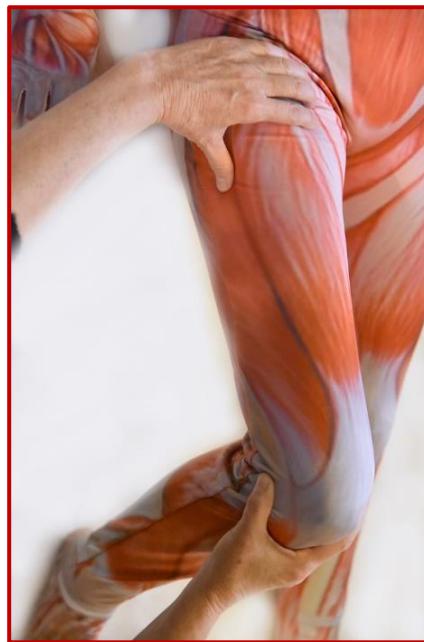
### Calf/Achilles

1-3 Close calf start in the middle of calf, pull out then close back to center.  
4-Start at medial posterior ankle, pull lateral and back to medial

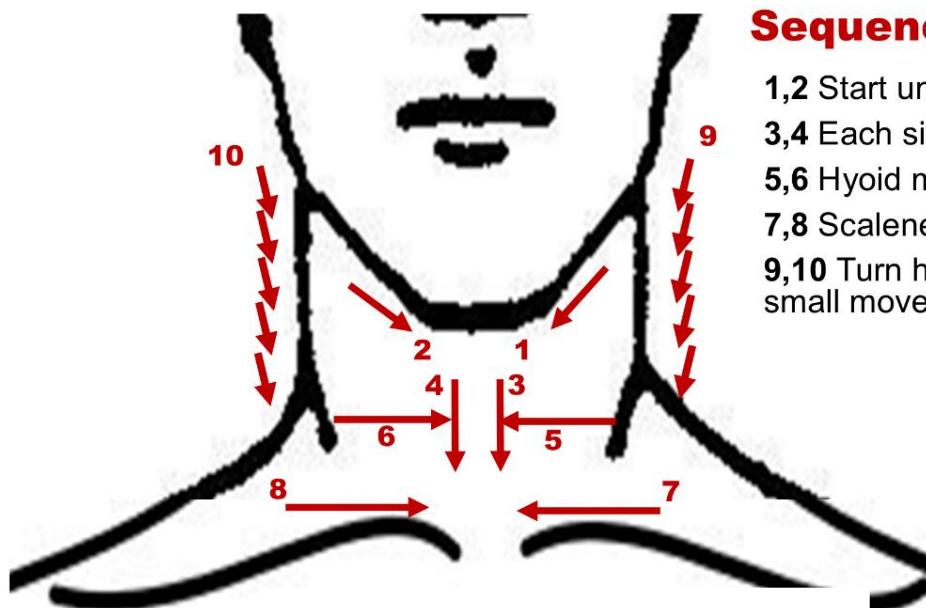


## Sequence B 3

5-8 Keep knee bent, close calf, hold and & support **Itsy Bitsy Spider**, raise leg to engage inguinal ligament straighten leg and engage hamstring to reset hips and hamstring



# Respiratory | Allergy

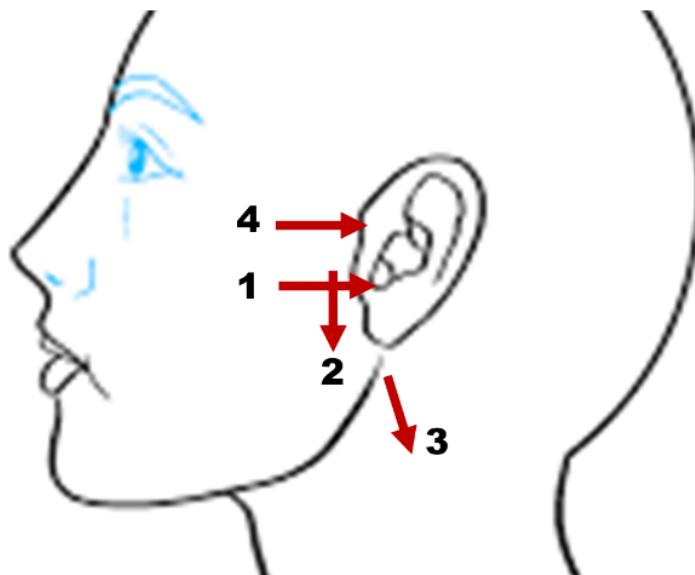


## Sequence C

- 1,2 Start under chin bone
- 3,4 Each side of thyroid
- 5,6 Hyoid muscles
- 7,8 Scalene muscle
- 9,10 Turn head left side SCM small moves up /down move

**Pause and Rest**

# TMJ Sequence



## Sequence A

TMJ left then right

1-1 pterygoid away from ear  
then back

2-2 pterygoid up then down

3-3 Digastric up then down

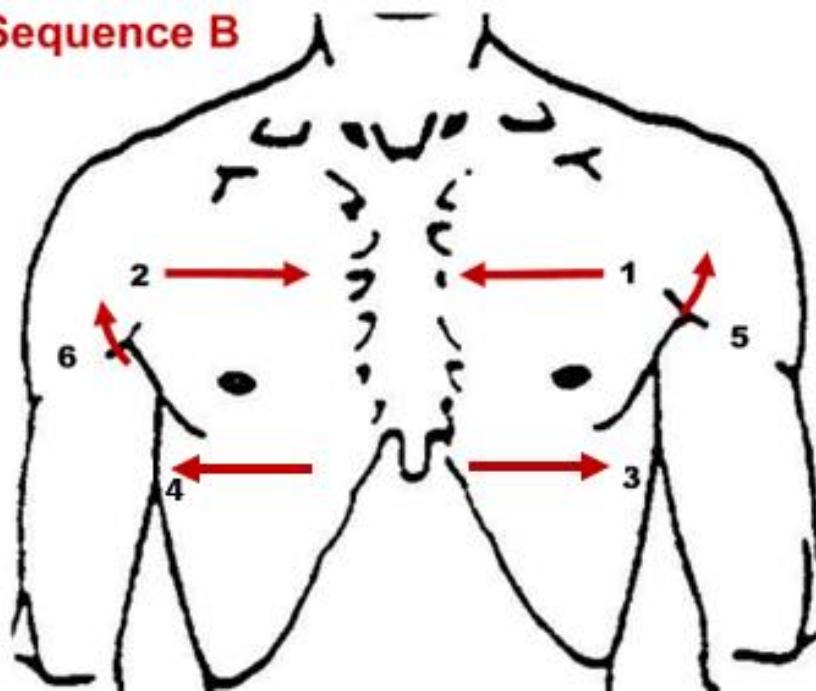
4-4 temporal away from ear  
then back



# Pectoral

## Sequence B

**Pectoralis Major:**  
1-2 Upper Pec– Left hand face away from breast.  
3-4 Lower Pec– Right hand face away from breast  
5-6 stand at head start at top of shoulder move down under pec then roll back up



# Ankle & Foot Sequence



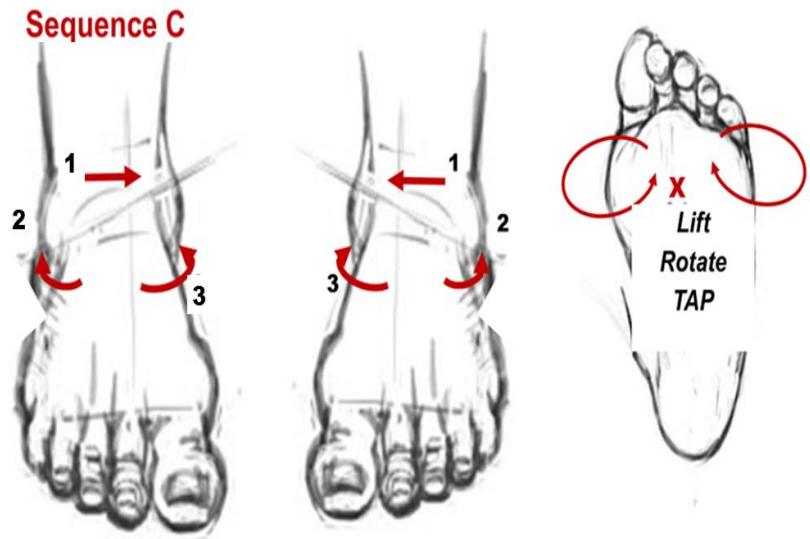
## Sequence C

1 superior extensor-  
start medial across  
top then back

2 superior peroneal-  
start below move up  
then back down

3 tibialis tendon-  
start below move up  
then back down

4 raise leg holding  
calf, Hold pressure on  
X- K1 point- rotate and  
tap –REPEAT ON  
RIGHT SIDE



## Rest and Assist

# Follow-up Instructions

## Ending of a session

1. **Assist client** to a sitting position with the legs hanging over the edge of the table.
2. **Wait for any lightheadedness to pass.** If the client becomes extremely dizzy, lightheaded, nauseous, cold, faint or flush lay them back down on their side with legs bent in a fetal position. Allow them to rest until stable. Do not stay in the room. They will be fine by themselves. If cold, get a blanket and cover. If thirsty, get some water and leave the room.
3. **When getting up on their feet**, have them get up on both feet and legs at the same time so that all the body weight does not fall on one side and then the other.

## Post treatment guidelines

1. **Encourage your client** to drink lots of **water** on the day of treatment. They may become dehydrated to some extent, and the toxic substances need to be flushed.
2. **Have your client walk for 10 to 20 minutes** on the day of treatment. This helps to re-educate the muscles and reset a new program. It also encourages lymphatic drainage which further helps eliminate toxins. Dr. Joanne Whitaker, a retired hematologist and oncologist has performed research on the blood pre- and post-treatment. Whereas normal blood cells are seen microscopically pre-treatment, 20 minutes post-treatment she has observed viral bodies, bacteria, spirochetes, and crystals of varying shapes and forms, in addition to the blood cells.
3. **No strenuous muscle activity** on the day of treatment.
4. **Warm bathing** is all right.
5. **On the day of treatment** have your client get up from sitting positions every 30 minutes and move around. Place both feet on the ground at the same time and rise up on both legs evenly.

# Meridian System

**Meridian** - mə'ridēən/noun; plural: meridians

1. A circle of constant longitude passing through a given place on the earth's surface and the terrestrial poles.
2. **ASTRONOMY** - a circle passing through the celestial poles and the zenith of a given place on the earth's surface. noun: celestial meridian; plural noun: celestial meridians
2. **In acupuncture and Chinese medicine**, each of a set of pathways in the body along which vital energy is said to flow. There are twelve such pathways associated with specific organs.

## According to the Academy of Classical Oriental Sciences

**What is a meridian?** This is one of the first questions students of Chinese medicine want to understand. Simply put, a meridian is an 'energy highway' in the human body. Qi (chee) energy flows through this meridian or energy highway, accessing all parts of the body. Meridians can be mapped throughout the body; they flow within the body and not on the surface, meridians exist in corresponding pairs and each meridian has many acupuncture points along its path.

**The term 'meridian'** describes the overall energy distribution system of Chinese Medicine and helps us to understand how basic substances of the body (Qi, blood and body fluids) permeate the whole body. The individual meridians themselves are often described as 'channels' or even 'vessels' which reflects the notion of carrying, holding, or transporting Qi, blood and body fluids around the body.

It is tempting to think of the **meridians of the human body** the same way as we think of the circulatory system, as the meridians are responsible for the distribution of the basic substances throughout the body just like the circulatory system, but here is where the similarities end. Conventional anatomy and physiology would not be able to identify these pathways in a physical sense in the way that blood vessels can be identified.

**It is more useful to consider the meridian system** as an energetic distribution network that tends towards energetic manifestation. Meridians can be best understood as a process rather than a structure.

**Practitioners of Chinese Medicine** must be as knowledgeable about these meridian channels as the Western Doctor is about anatomy and physiology of the physical body. Without this thorough understanding, successful acupuncture treatments would be difficult. A practitioner of Chinese Medicine must know how and where to access the Qi energy of the body to facilitate the healing process.

**There are twelve main meridians**, or invisible channels, throughout the body with Qi or energy flows. Each limb is traversed by six channels, three Yin channels on the inside, and three Yang channels on the outside. Each of the twelve regular channels corresponds to the five Yin organs, the six Yang organs as well as the Pericardium and San Jiao. These are organs that have no anatomical counterpart in Western medicine but also relate to processes in the body. It is also important to remember that organs should not be thought of as being identical with the physical, anatomical organs of the body.

**Each meridian is a Yin Yang pair**, meaning each Yin organ is paired with its corresponding Yang Organ: The Yin Lung organ, for example, corresponds with the Yang large intestine.

**Qi flows in a precise manner** through the twelve regular meridians or channels. First, Qi flows from the chest area along the three arm Yin channels (Lung, Pericardium, and Heart) to the hands. There they connect with the three paired arm Yang channels (Large Intestine, San Jiao and Small Intestine) and flow upward to the head. In the head they connect with their three corresponding leg Yang Channels (Stomach, Gall Bladder and Bladder) and flow down the body to the feet. In the feet they connect with their corresponding leg Yin channels (Spleen, Liver, Kidney) and flow up again to the chest to complete the cycle of Qi.

- Arm Tai Yin channel corresponds to the **Lung**.
- Leg Tai Yin channel corresponds to the **Spleen**.
- Arm Shao Yin channel corresponds to the **Heart**.
- Leg Shao Yin corresponds to the **Kidney**.
- Arm Jue Yin corresponds to the **Pericardium**.
- Leg Jue Yin corresponds to the **Liver**.
- Arm Yang Ming corresponds to the **Large Intestine**.
- Leg Yang Ming corresponds to the **Stomach**.
- Arm Tai Yang corresponds to the **Small Intestine**.
- Leg Tai Yang corresponds to the **Bladder**.
- Arm Shao Yang corresponds to the **San Jiao**.
- Leg Shao Yang Channel corresponds to the **Gall Bladder**.

**The arm and leg channels of the same name are considered to ‘communicate’** with each other in Chinese medicine. Thus, problems in each channel or organ can be treated by using various points on the communication ‘partner.’ As an example: a problem with the lungs can be treated by using points on the Spleen channel as they are both Tai Yin channels.

In addition to the twelve regular meridians there are ‘**Extraordinary Meridians**’ that are not directly linked to the major organ system but have various specific functions:

- 1) They act as reservoirs of Qi and blood for the twelve regular channels, filling and emptying as required.
- 2) They circulate jing or ‘essence’ around the body because they have a strong connection with the Kidneys.
- 3) They help circulate the defensive Wei Qi over the trunk of the body and, as such, play an important role in maintaining good health.
- 4) They provide further connections between the twelve regular channels.

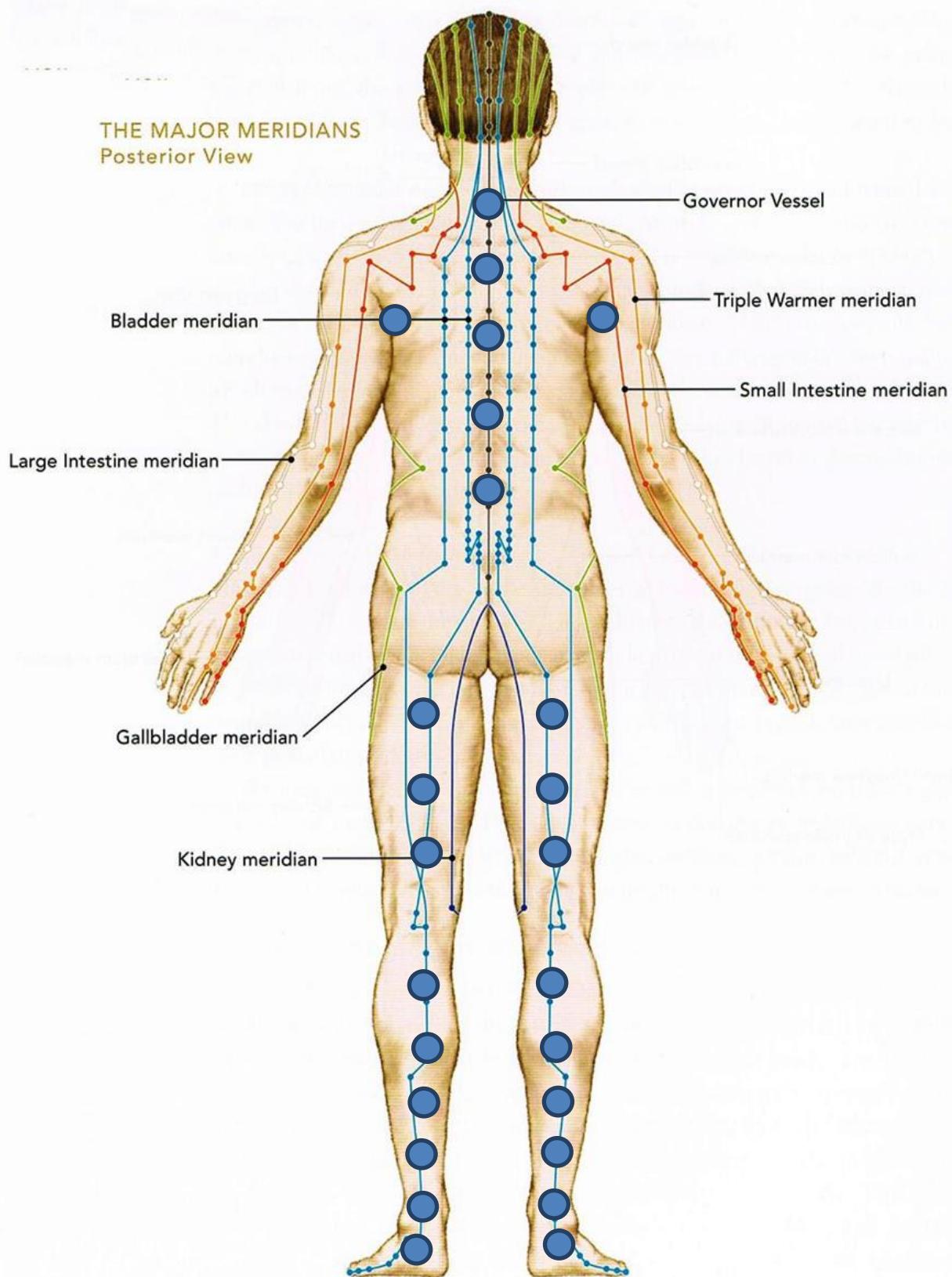
**The meridian system of the human body is a delicate, yet intricate web of interconnecting energy lines.** If a person masters an understanding of this meridian system, they will know the secrets of the flow of Qi energy in the body.

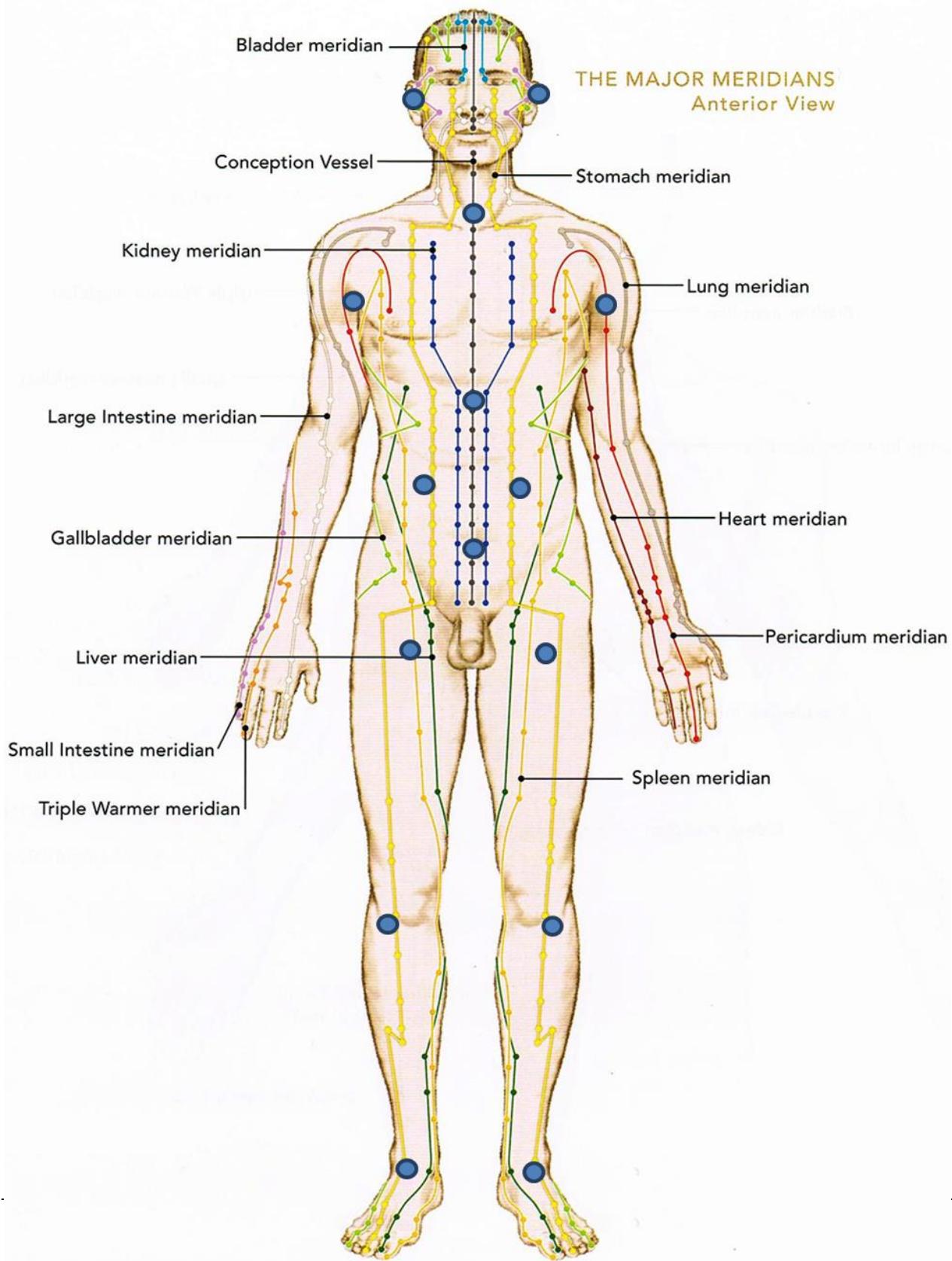
**Resources:**

<http://www.acos.org/articles/acupuncture-chart-main-meridians/>

<https://healdove.com/alternative-medicine/The-Guide-To-The-12-Major-Meridians-of-the-Body>

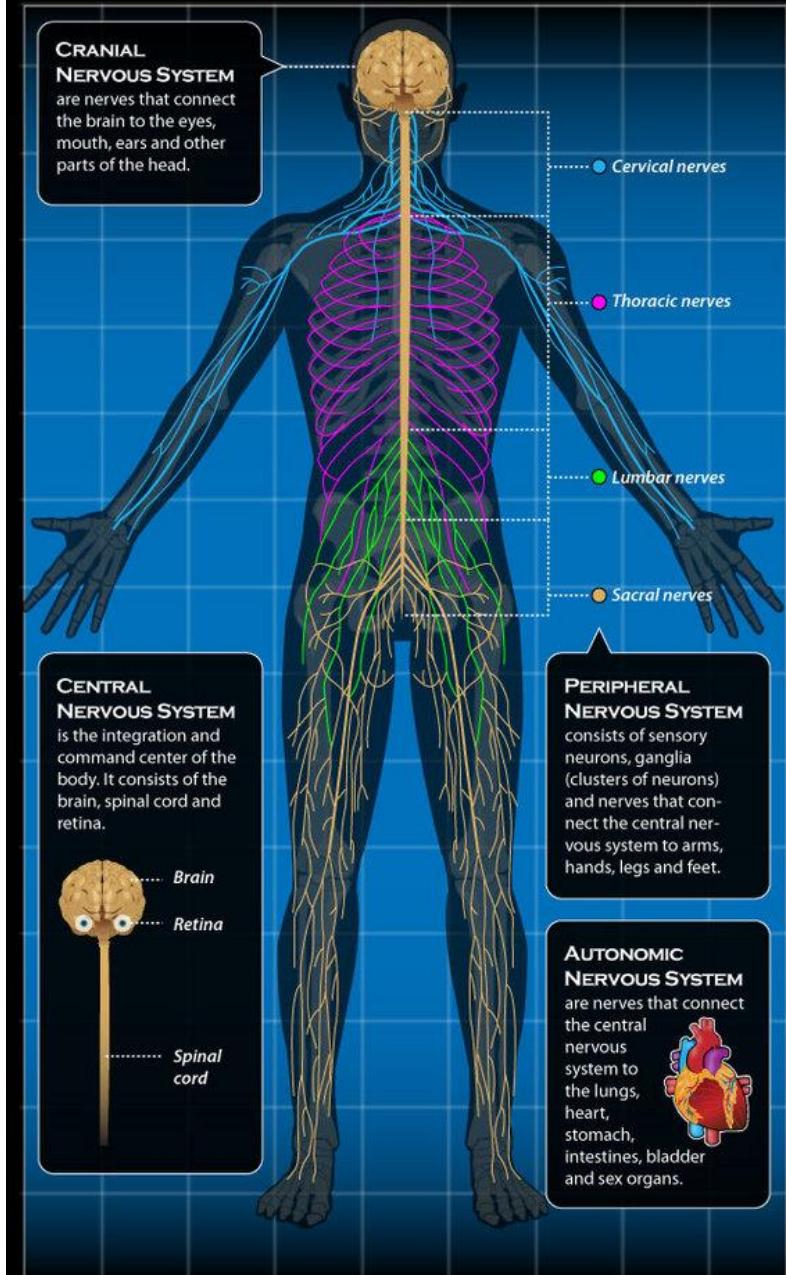
## 95% of the Bowen Moves are done over the Meridian System





## NERVOUS SYSTEM

The nervous system, essentially the body's electrical wiring, is a complex collection of nerves and specialized cells known as neurons that transmit signals between different parts of the body. Vertebrates, animals with backbones and spinal columns, have central and peripheral nervous systems.



SOURCES: WEBMD.COM, NEWS-MEDICAL.NET

R. TORO / © LiveScience.com

## WHAT DO BOWEN AND MERIDIANS HAVE IN COMMON

Understanding the flow of energy that is outlined in the meridian system can assist a Bowen practitioner to more fully understand how the energy from a Bowen treatment will react on certain areas of the physical, emotional and energetic body.

Here is an example of how Bowen Technique also follows the Chinese Healing Methods of using Acupuncture Meridians. Meridians come to play in a variety of healing modalities where those specific Meridians are stimulated such as Shiatsu, Acupressure, Reflexology and others.

### Bowen - Erector Spinae Move

Follows the same points used in acupuncture for example the UB23 or Urinary Bladder, which affects the bladder and kidney

#### What it does:

- Tonifies Kidney & fortifies Yang
- Regulates water passages & benefits urination
- Benefits & warms uterus  
Benefits eyes & ears;
- Strengthens lumbar region



#### Indications:

Edema, dysuria, UTI, enuresis, Impotence, premature ejaculation, genital pain, Menstrual issues, leukorrhea, uterine issues, Cold/damp diarrhea, borborygmi, undigested food in stool

Chronic cough, dyspnea, asthma, deafness (from Kidney deficiency), tinnitus, blurred vision

Pain in lumbar region & knees, cold legs, hemiplegia Bowen

**Notes:** Use this move + Bowen Kidney Move for renal & reproductive issues

## Basic Relaxation 1

Each sequence is labeled in order A, B, C, etc.  
**Always start with their left side**

## Sequence A-BRP #1

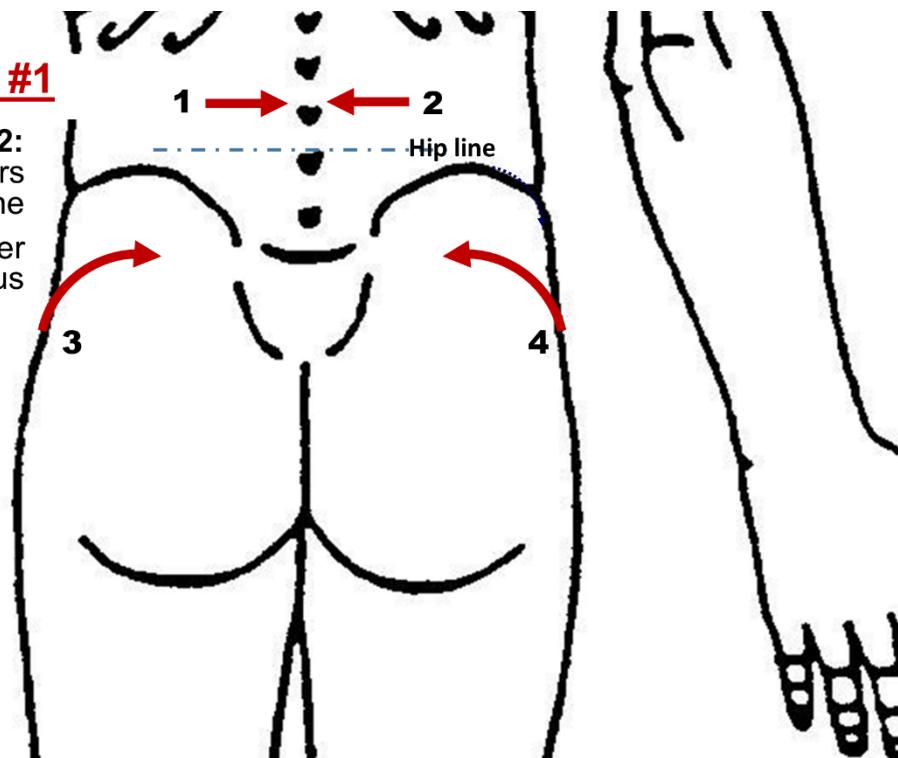
## Movements 1 & 2:

Start 2 fingers  
above the hip line

Pull back and roll over  
Erector Longissimus

**Movement 3:**  
Place fingers on top  
of sacrum use thumbs  
pull down the Gluteus  
Max to IT band then  
roll back up

## #4 Repeat on other side.

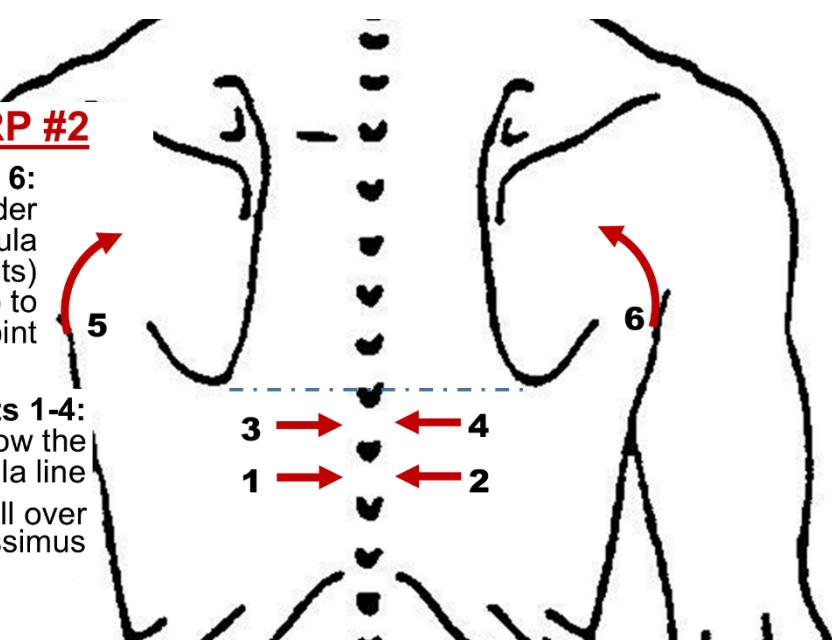


# Basic Relaxation 2

## Sequence B-BRP #2

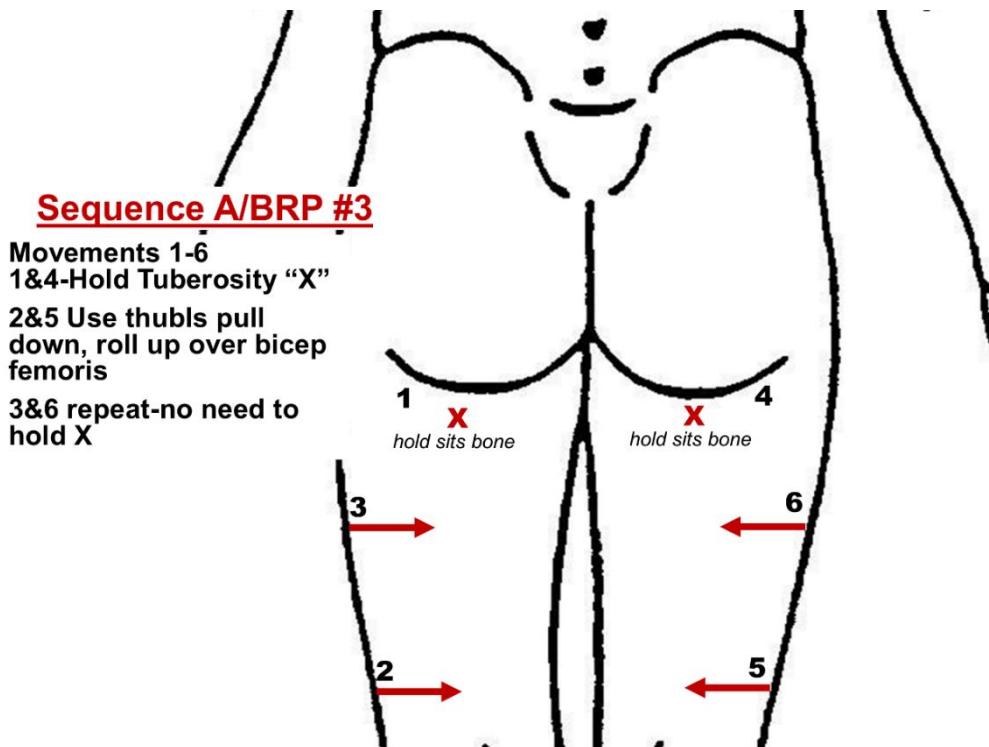
**Movements 5 & 6:**  
Reach under  
lateral scapula  
(teres attachments)  
and roll back up to  
starting point

**Movements 1-4:**  
Start 2 fingers below the  
Scapula line  
Pull back and roll over  
Erector Longissimus

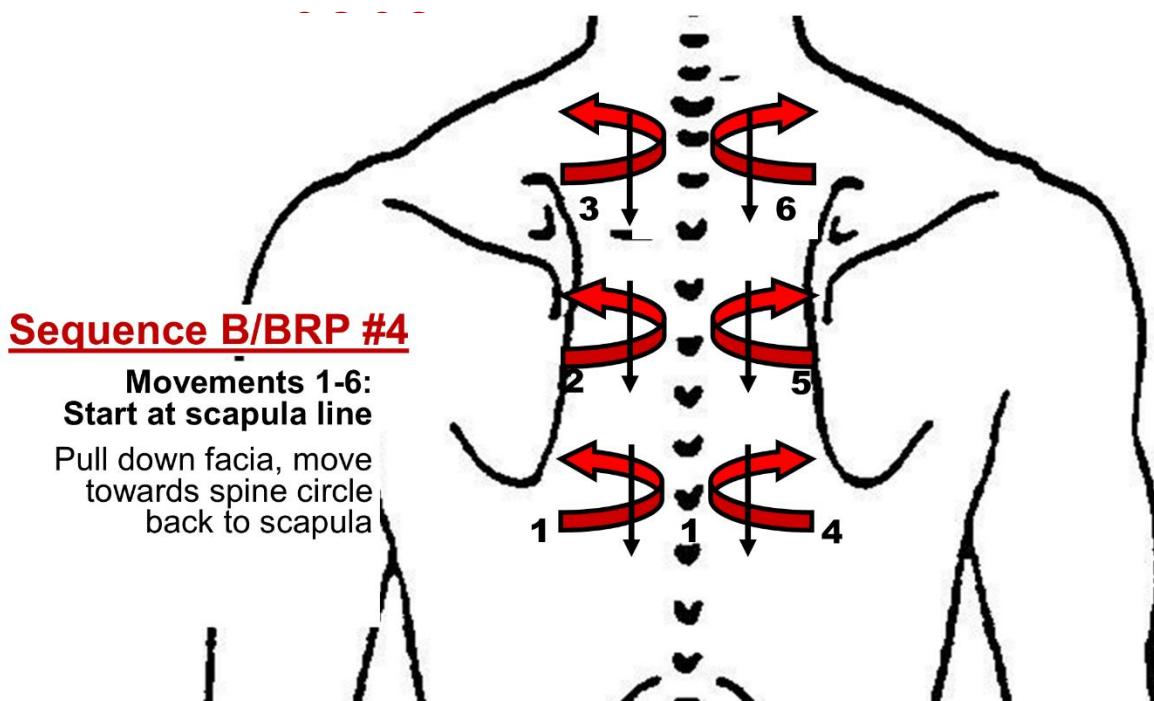


# Pause and Rest

## Basic Relaxation 3

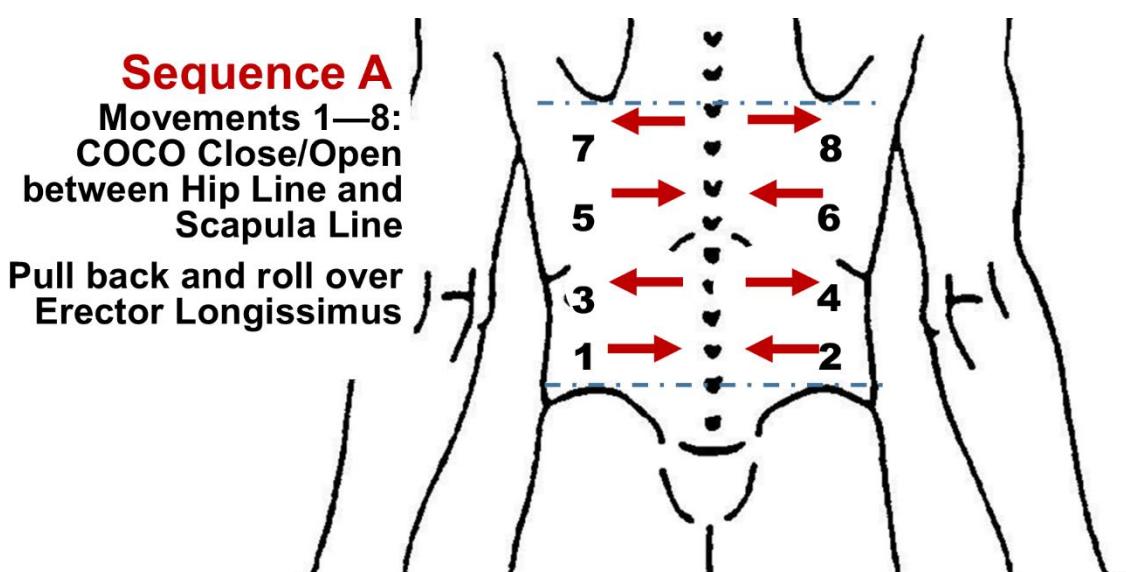


# Basic Relaxation 4

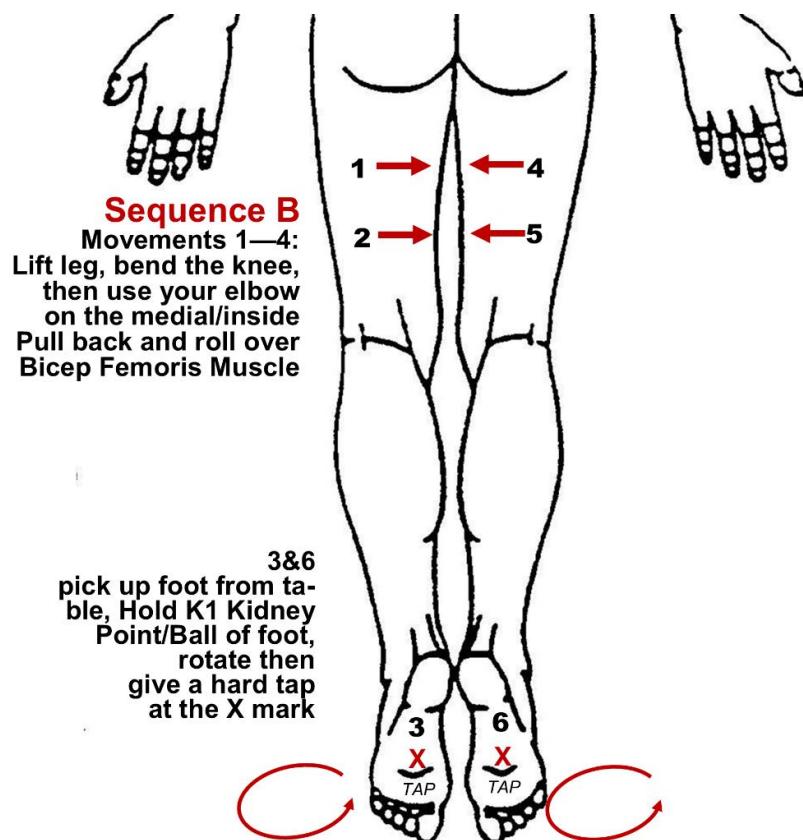


# Pause and Rest

# Kidney 1

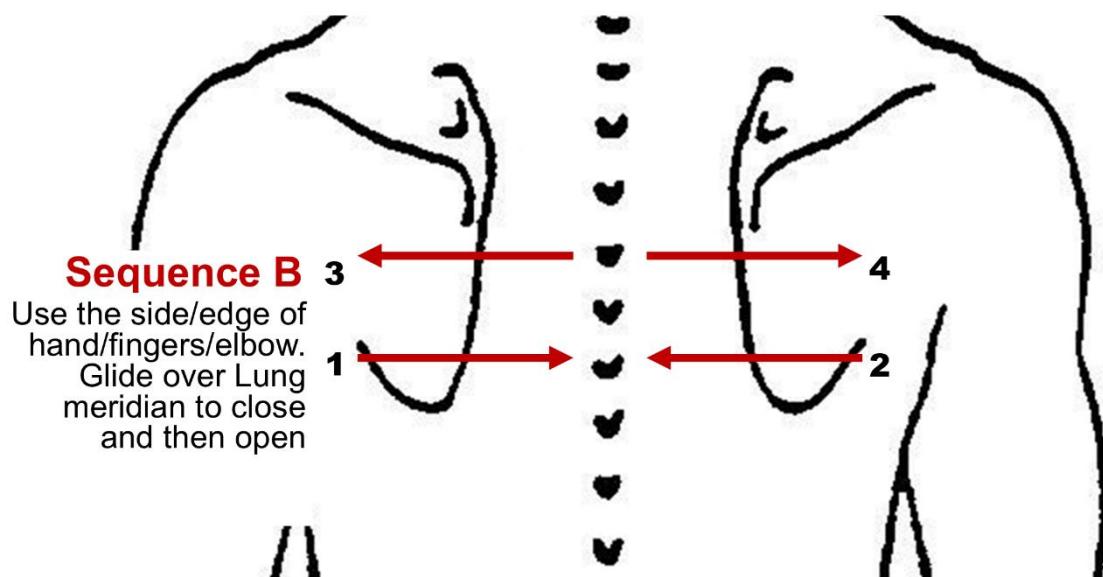
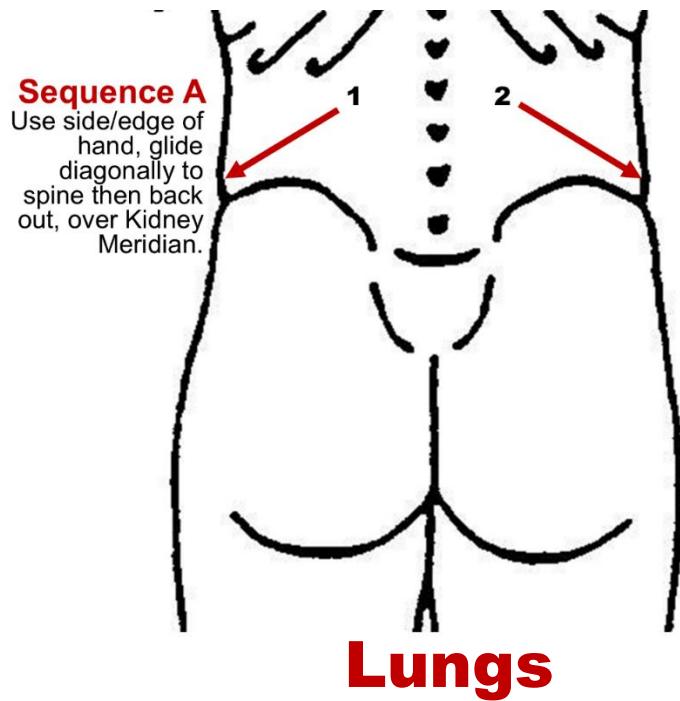


# Hamstrings 1



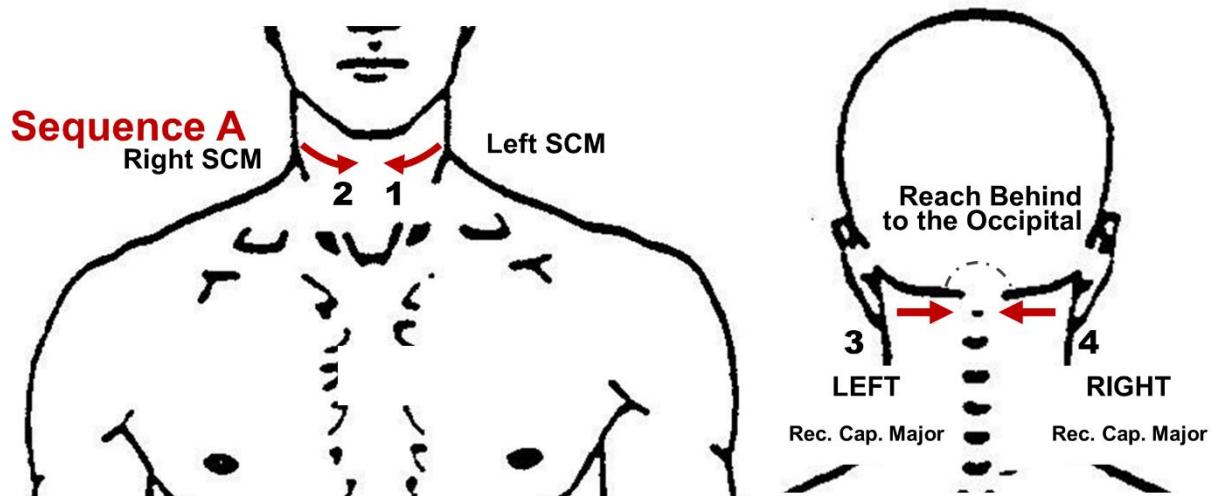
# Pause and Rest

## Kidney 2

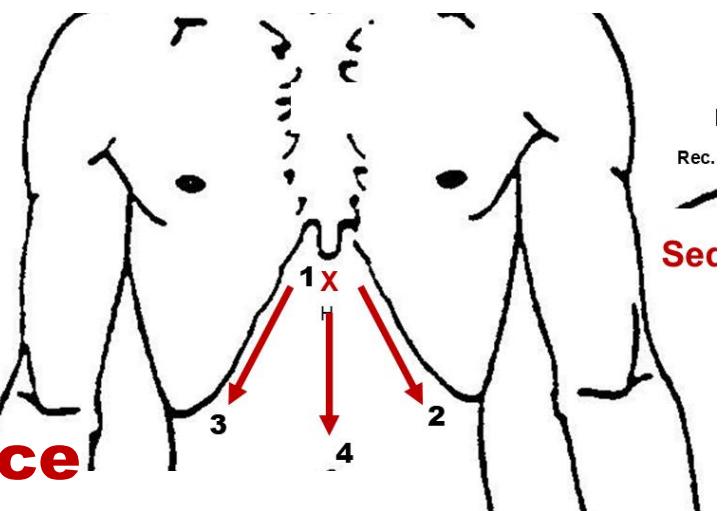


**Pause Then Turn Over**

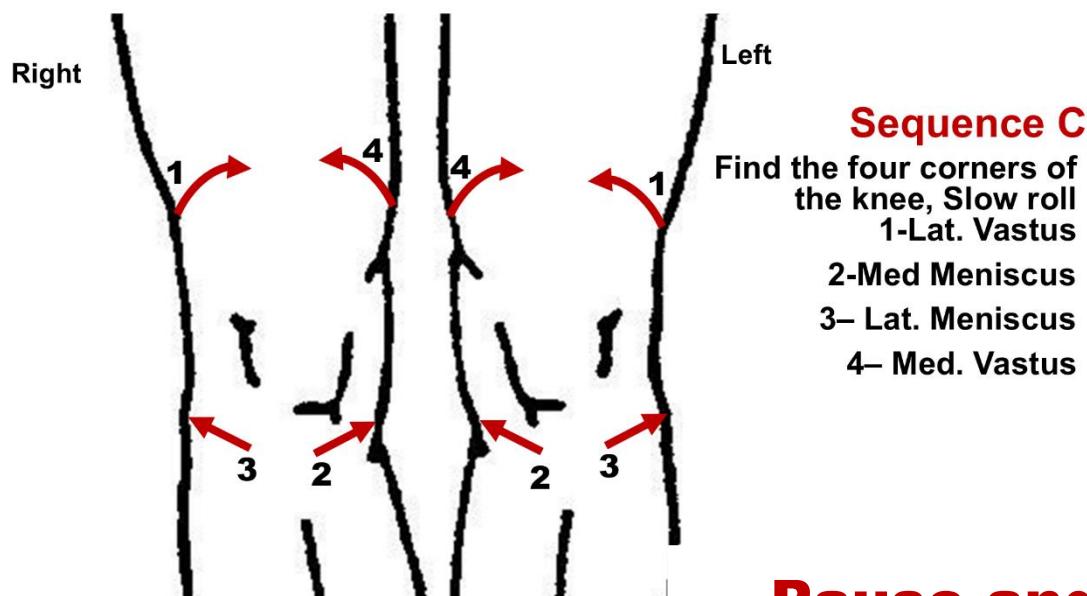
# Neck 1 Sequence



# Diaphragm



# Knee 1 Sequence

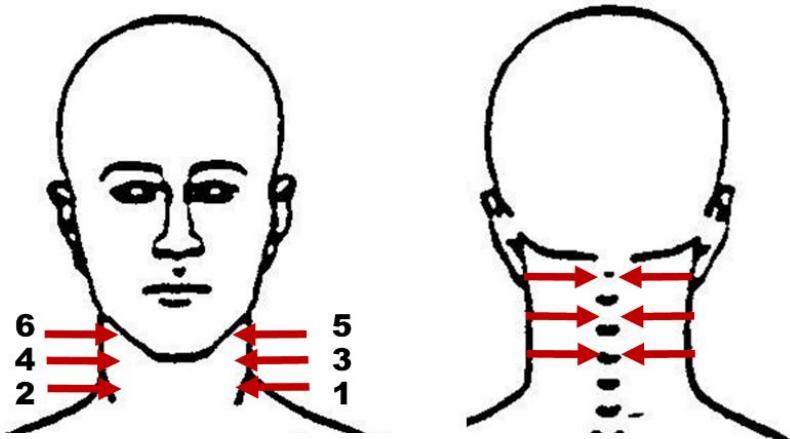


# Pause and Rest

# Neck 2 Sequence

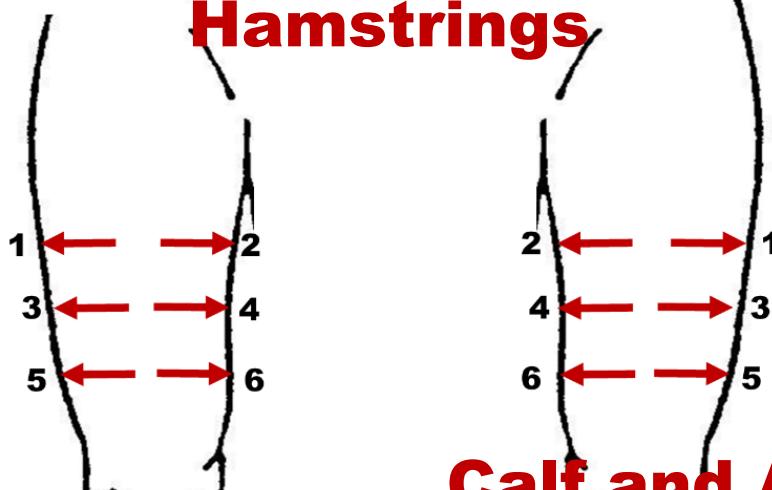
## Sequence A

Reach behind tips of fingers touching gentle pull out and roll back in over Trapezius



## Sequence B

Reach around/under outer thigh push into the middle, lift up, pull to open, bend knee, support foot, continue to open the calf.



## Hamstrings

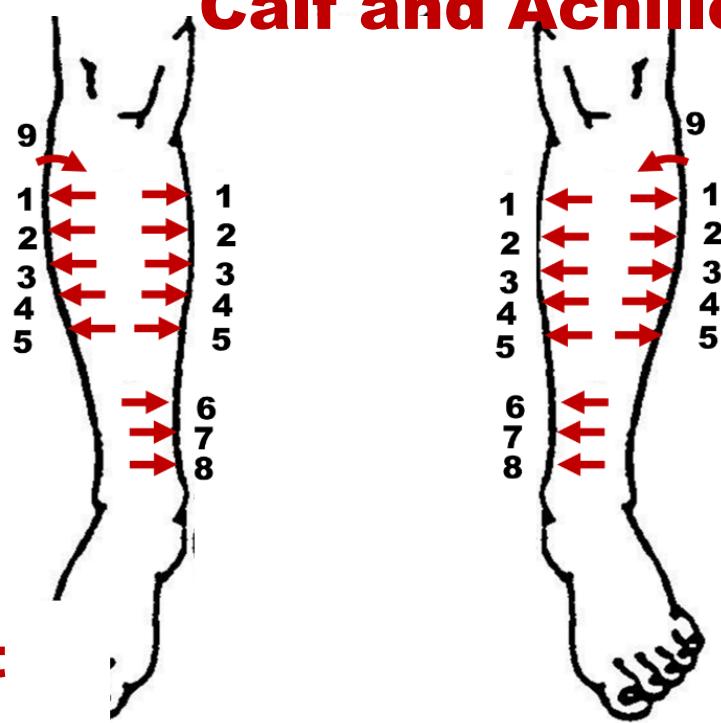
## Calf and Achilles

## Sequence C

1-5 Reach around to back of calf, gently push in both hands together, pull to open, at same time 5 times.

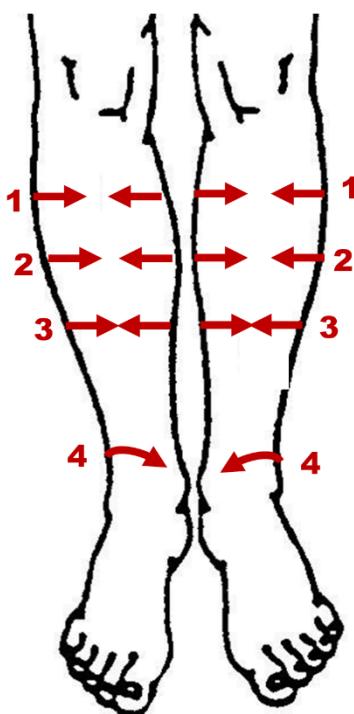
6-8 medial to lateral over Achilles.

9 reach behind and gently pull forward over the soleus



## Pause and Rest

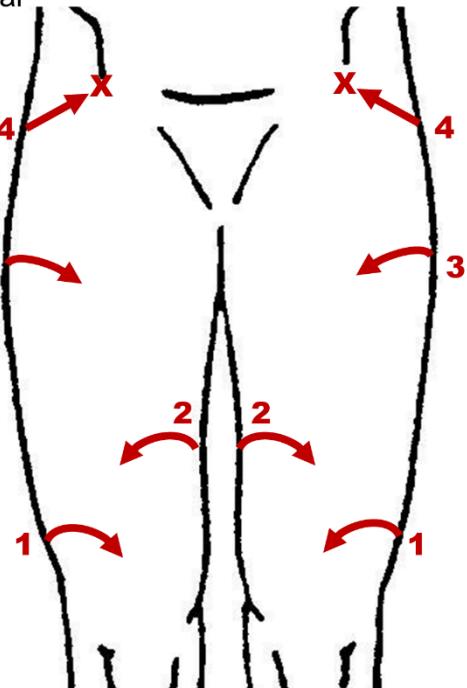
# Knee 3 & Pelvis



## Sequence A

### Calf/Achilles

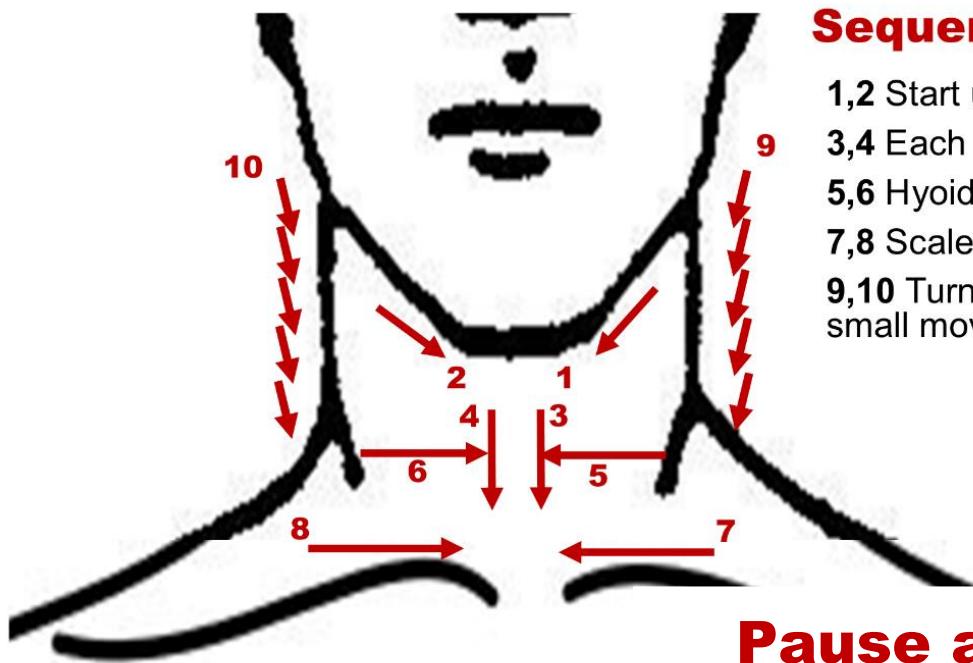
1-3 Close calf start in the middle of calf, pull out then close back to center.  
4-Start at medial posterior ankle, pull lateral and back to medial



## Sequence B

5-8 Keep knee bent, close calf, hold and support **Itsy Bitsy Spider**, raise leg to engage inguinal ligament straighten leg and engage hamstring to reset hips and hamstring

# Respiratory | Allergy

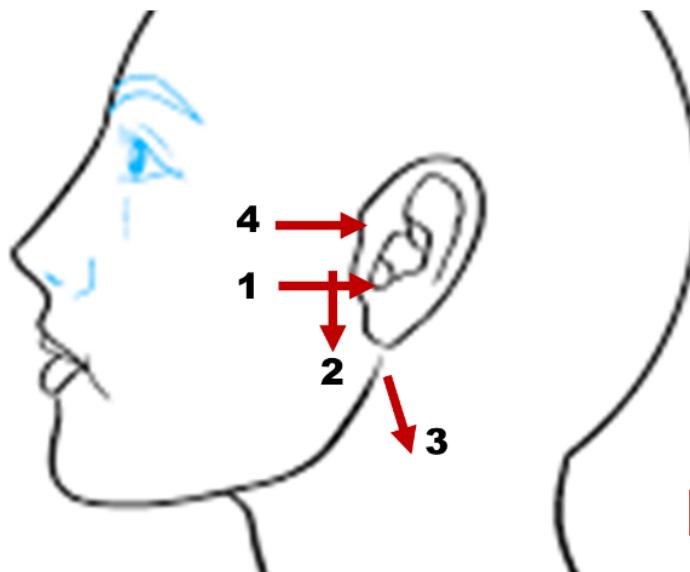


## Sequence C

1,2 Start under chin bone  
3,4 Each side of thyroid  
5,6 Hyoid muscles  
7,8 Scalene muscle  
9,10 Turn head left side SCM small moves up /down move

# Pause and Rest

# TMJ Sequence



## Sequence A

TMJ left then right

1-1 pterygoid away from ear then back

2-2 pterygoid up then down

3-3 Digastric up then down

4-4 temporal away from ear then back

## Pectoral

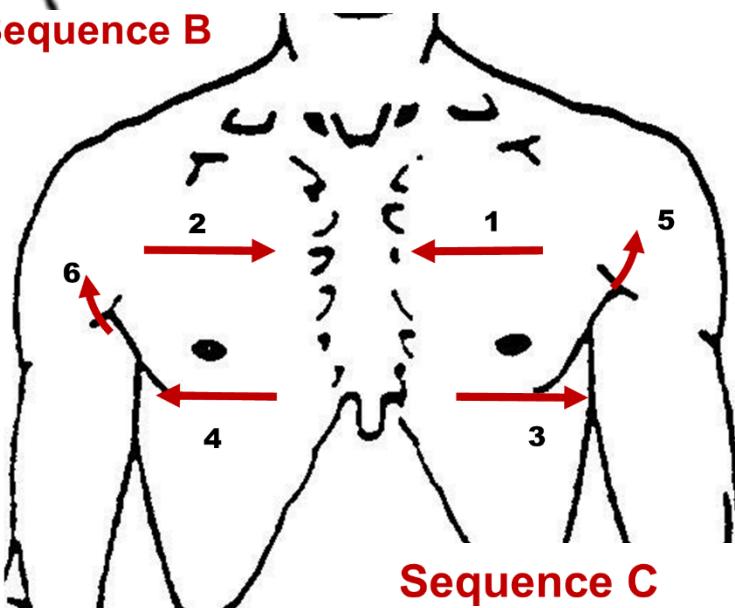
### Sequence B

#### Pectoralis Major:

1-2 Upper Pec— Left hand face away from breast.

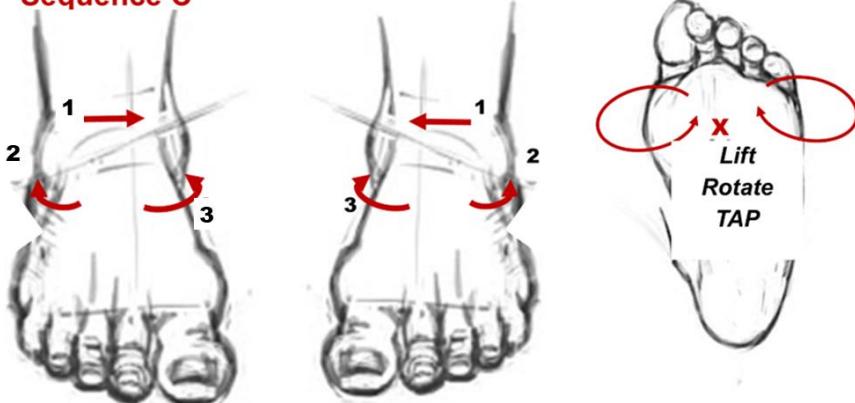
3-4 Lower Pec— Right hand face away from breast

5-6 stand at head start at top of shoulder move down under pec then roll back up



## Ankle & Foot

### Sequence C



### Sequence C

1 superior extensor— start medial across top then back

2 superior peroneal— start below move up then back down

3 Tibullus tendon— start below move up then back down

4 raise leg holding calf, Hold pressure on X- K1 point- rotate and tap –REPEAT ON RIGHT SIDE

## Rest and Assist

