

# **Introduction to Bowen**

*presented by*



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# Introduction to Bowen by Bowsage Therapy

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## Introduction to Bowen by Bowsage Therapy

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### Personal Message from Your Instructor

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Hello, and thank you for your interest in the Bowen Technique. I want to share with you how I heard about and eventually decided to teach this amazing technique. We will start with my story, a little about my instructor. You will receive 4 of the Bowen Moves to practice with and learn about, how and why Bowen is one of the most important techniques I have come across. I believe that Bowen should be in every massage therapist tool box. And soon it will be as popular as reflexology or cupping. I have also included some great information from a few of my colleagues, as well as a full history from my mentors and their mentors. If you want to learn more just let me know I have several ways you can learn more than just this basic intro to Bowen.

Here is how it all started. One day, I had called to check up on one of my massage clients to find out that she had taken a fall down some stairs and hurt her back to the point of not being able to get up and 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, why and where can I learn this? I researched and found out the same physician 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 and have been using on my own clients and am now teaching it to other massage therapists ever since.

It was taught as a home study course and I was fortunate enough to be able to practice it on several of my senior clientele and family members. 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 with my own clients and used them on several different types injuries and complaints. I began scheduling basic Bowen therapy only without additional massage techniques and saw significant results. The results were so outstanding I started to include it along with my usual massage routine to create Bowsage Therapy.

I look forward to working with you and hope that you will find Bowsage Therapy as effective as I do. I am confident that you will see how quickly it works once you try it for yourself.

Sincerely,

**Michelle Lally, LMBT, Ca**

## Introduction to Bowen by Bowsage Therapy

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### A Personal Note from Dr. Mosher

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The Bowen Technique is named after Tom Bowen who was an Australian healing icon circa 1952 - 1982. He studied Osteopathy (a blend of medicine and manipulation), acupressure, and Shiatsu massage and by mixing these together, he was able to successfully treat 65 to 70 patients a day (all by word of mouth referrals).

I learned about Bowen from a client who was explained to me how her sciatica was healed after several sessions with a Bowen Therapist. Never hearing about this particular therapeutic option, I explored it further and met her Bowen therapist, Milton Albrecht. After experiencing first hand how effective this simple but powerful technique was, I simply had to learn more. The rest is history as I studied with Milton and worked with him for years.

Adding Bowen to my own practice of podiatry, my weekly surgical cases dropped from 8-10 weekly to 5 or 6! Completely correcting the issues that were diagnosed.

Michelle has been an exceptional and thorough student of the Bowen Reset Routine that I taught her over the years. She is patient, knowledgeable both as a massage therapist as well as a Bowen practitioner. I am confident you will learn a great deal about how to use Bowen within your own practice and how to successfully perform the Bowen technique. She is always open to helping her students and available to answer your questions.

In the process of the Bowen technique, the soft tissue movements are most usually done with the clothing on. These movements cause a release of muscle tension, balancing of the nervous system, lymphatic drainage, and influence the Chi-Meridian System, all of which help the body to reestablish its own healing power, reduce stress, relieve muscle tension, eliminate pain, and restore good posture. Allowing the body to re-balance and heal itself.

Michelle and I are confident you will find Bowen a useful tool to add to your massage practice and see the same amazing results with your clients as we have.

To see a short video demonstration of the movement see: [www.bowen4life.com](http://www.bowen4life.com)

Sincerely,

**Dr. Mosher**, aka Mitchell

# Introduction to Bowen by Bowsage Therapy

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## INTRODUCTION

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In this class my goal for you is to learn:

- Where the Bowen process came from and how it was developed
- How to perform the actual Bowen technique movements
- The basic sequence to start using Bowen effectively
- How the Chinese Traditional Medicine Meridian System supports and works with the Bowen process
- What are some contraindications, precautions & ethical guidelines for specific issues
- How to use Bowsage Therapy in your own massage practice and how to attract clients with this process

This Basic Bowsage Therapy course will complement the next level of training which is a live 2-day in-person training to learn the complete Reset Routine and to hone your skills in performing the Bowen movements.

I have also included other references at the end if you are interested in studying further.

*In this workbook you will see us refer to Bowen interchangeably with Bowen Technique, Bowen System, Bowen Reset & Reboot, BRP (Bowen Relaxation Procedure), or simply Bowen. You may want to read more about the history of the development of the Bowen Therapy System. Students of Tom Bowen, creator of Bowen, have developed their own unique ways of incorporating Bowen and Bowen movements.*

### PART 1: What Is Bowen Therapy?

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In this section you will learn:

- What is “Bowen Therapy” and “Bowen Reset”
- Physical issues that respond well to Bowen Body Reset
- Brief history of Bowen Therapy
- Why Bowsage Therapy is beneficial to your massage practice

Bowen therapy is a very gentle, yet powerful technique that is easy to learn, perform and is getting amazing, measurable results in 85% of individuals who have tried it. The Bowen Reset can be done by itself or combined with other massage techniques. Bowen has been found to be beneficial to all ages.

Bowen is a series of soft tissue movements and are most usually done with the clothing on (massage clients that are undressed may also receive Bowen technique). These movements cause a release of muscle tension, balancing of the nervous system, lymphatic drainage, and influence the Energetic Meridian System (Acupuncture Meridians), all of which help the body to reestablish its own healing power, by reducing stress, relieving muscle tension, eliminating or reducing pain, and restoring good posture. A Bowen Reset Routine allows the body to re-balance so that it can heal itself.

Bowen is done by mainly using your fingers & thumbs, quickly stroking over the belly of the muscle creating a reflex reaction, very much like strumming a guitar string, across specific points identified in the routine.

This unique technique affects the fascia, muscle tendons, nervous system and meridians throughout the body. The prescribed series of movements (BRP or routine) assists in reprogramming the pain memory loops that are 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 and reboot the nervous system to rest, relax and release healing hormones.

In my own practice, using only the Bowen System, I have seen significant results with my clients. Some issues that have responded exceptionally well to this therapy include but not limited to:

- Long time chronic issues
- Physical and emotional trauma
- TMJ
- Neck pain
- Shoulder pain
- Tennis elbow
- Carpal tunnel
- Digestive issues
- And many others, *(see for additional case studies)*

### **BRIEF HISTORY OF THE ORIGINAL BOWEN TECHNIQUE**

The Bowen Technique is named after Tom Bowen (1916-1982), a layman and native of Australia. He was interested in alleviating pain and suffering. He began to notice that certain moves on the body had particular effects. Tom developed his technique without having previous formal training in any modality or discipline. In fact, he frequently stated that his work was 'a gift from God'.

He continued to develop and refine the technique throughout his lifetime with the help of his friend and secretary, Rene Horwood. He later studied Osteopathy (a blend of medicine and manipulation), acupressure, and Shiatsu massage and by combining these techniques, and refining his Bowen process, he was able to successfully treat 65 to 70 patients a day.

Over the years, he taught only six men how to perform his distinctive healing technique. They were called, "Tom's Boys." One of them was Ossie Rentsch. Ossie had taught the late Milton Albrecht 1988. Milton was Dr. Mitchell Mosher's teacher who then passed this down to myself, Michelle Lally, along with many other students of this technique.

### **WHY ADD BOWSAGE THERAPY TO MY MASSAGE PRACTICE**

As recorded in the Bureau of Labor Statistics, 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. These include but not limited to carpal tunnel syndrome and lower back pain. Standing for long periods on hard flooring can contribute to exacerbate these injuries as does the physicality of deep massage, the bending over the massage table and repetitive movements of a massage treatment.

Bowen and Bowsage Therapy are 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 your career by avoiding painful symptoms that can lead to chronic pain issues.

Another advantage of adding Bowsage Therapy to your practice are the rest periods between Bowen movements. These pauses allow you to treat more than one client at the same time, either in separate rooms or in a group clinic setting and works great for couples massage. That means you can increase profitability by treating more clients at the same time and still give an powerfully effective healing treatment.

Overall, there is less wear and tear on the therapist's body, you can earn more dollars in less time and help facilitate healing for more clients. Testimonials (see end of this manual) will prove how effective this Bowen technique is and you can see for yourself how many physical and emotional issues can be addressed in an easy, gentle way.

For myself, I personally decided to teach Bowen Therapy because of all the above. It is my passionate belief that every massage therapist and body worker should include this process on their list of techniques and services to their practice. Once you experience for yourself and see how immediate some results are, you will fall in love Bowen too.

### **PART 2: The Basic Bowen Technique, Session & Post Session Guidelines**

**In this section you will learn:**

- How to perform a basic Bowen Movement/Technique
- Learn 8 basic Bowen moves to start practicing and using on your clients
- Understand how to end your session
- Learn the post session guidelines for your clients

The images on the following pages will show you where to use the basic Bowen moves that are a requirement for all Bowen routines.

This is the beginning of a basic Bowen routine that you can start to practice with. The main thing to remember is the tip of the arrow is where you want to start each movement and move toward your 2-part move.

- Step 1 – place your fingers gently at the point of the arrow, gently pull back the skin, fascia, opposite direction of the arrow, pause for a second, sink down a bit to allow the client's body to relax, and your fingers, arms, shoulders should also be very relaxed (like your trying to pick up cotton balls or water.)
- Step 2 - then gently move back towards the direction of the arrow to where you started, towards the direction of the arrow, not too firm (if the client jumps it's too deep.) You might feel a plucking or rolling over the belly of the muscles. You might not feel this right away and that is okay. That movement is working whether or not you feel something.

It is like strumming a guitar and the sounds waves are just traveling through the body to cause a reaction.

#### **Action Causes Reaction.**

Remember: Start where you want to end the move, the direction of the arrow.

# 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 body-worker 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 these 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 for at least
4. 10 min Meditation that's all it takes, think of something your grateful for, you can 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 (that can mean throwing a love/peace hand sign instead of what you really wanted to
10. 10 min call a friend you have not spoken to, or relative

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 also 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.

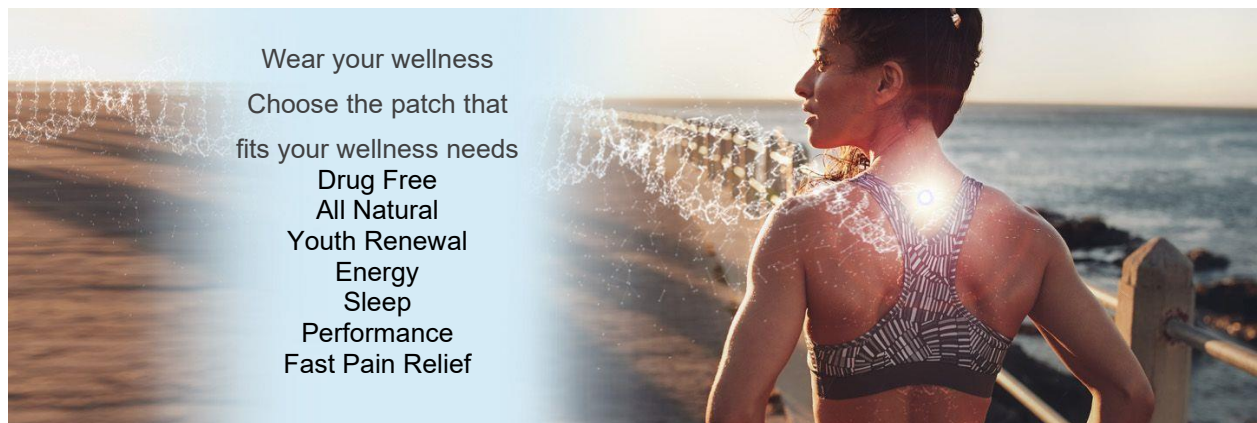


### Wood Element - Liver-Gallbladder

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



### PART 3: Traditional Acupuncture Meridians & Bowen

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In this section you will learn about:

- What is The Meridian System
- How the meridians work with specific organs in the body
- How to view meridian charts to identify specific acupuncture points
- How the Bowen Technique and the reset routine follow and complement Traditional Chinese Meridians as used in Acupuncture, Shiatsu and Acupressure.

#### WHAT IS THE MERIDIAN SYSTEM

##### Definition from Lexico, Oxford:

Meridian - mə'ridēən, noun, plural noun: meridians

1. A circle of constant longitude passing through a given place on the earth's surface and the terrestrial poles.
2. In 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
3. **(As 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.**

So, what is a meridian anyway? This is one of the first questions students new to 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. These 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. Each complete meridian corresponds to different parts and organs of the body.

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.

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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. 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 meridian. 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, for example, the Yin Lung organ 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 energy meridians.

Here is a list of corresponding organs and meridians:

- Arm Yin channel = Lung
- Leg Yin = Spleen
- Arm Yin = Heart
- Leg Yin = Kidney
- Arm Yin = Pericardium
- Leg Yin = Liver
- Arm Yang = Large Intestine
- Leg Yang = Stomach
- Arm Yang = Small Intestine
- Leg Yang = Bladder
- Arm Yang = San Jiao
- Leg Yang = Gall Bladder

The arm and leg channels of the same name are considered to 'communicate' with each other in Chinese medicine. Thus, problems in a 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 Yin channels.

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Often it is better to stimulate a corresponding partner point rather than aggravate the issue by stimulating the actual point causing an issue – overactive Liver channel needs to stimulate Gall Bladder.

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.

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### 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:

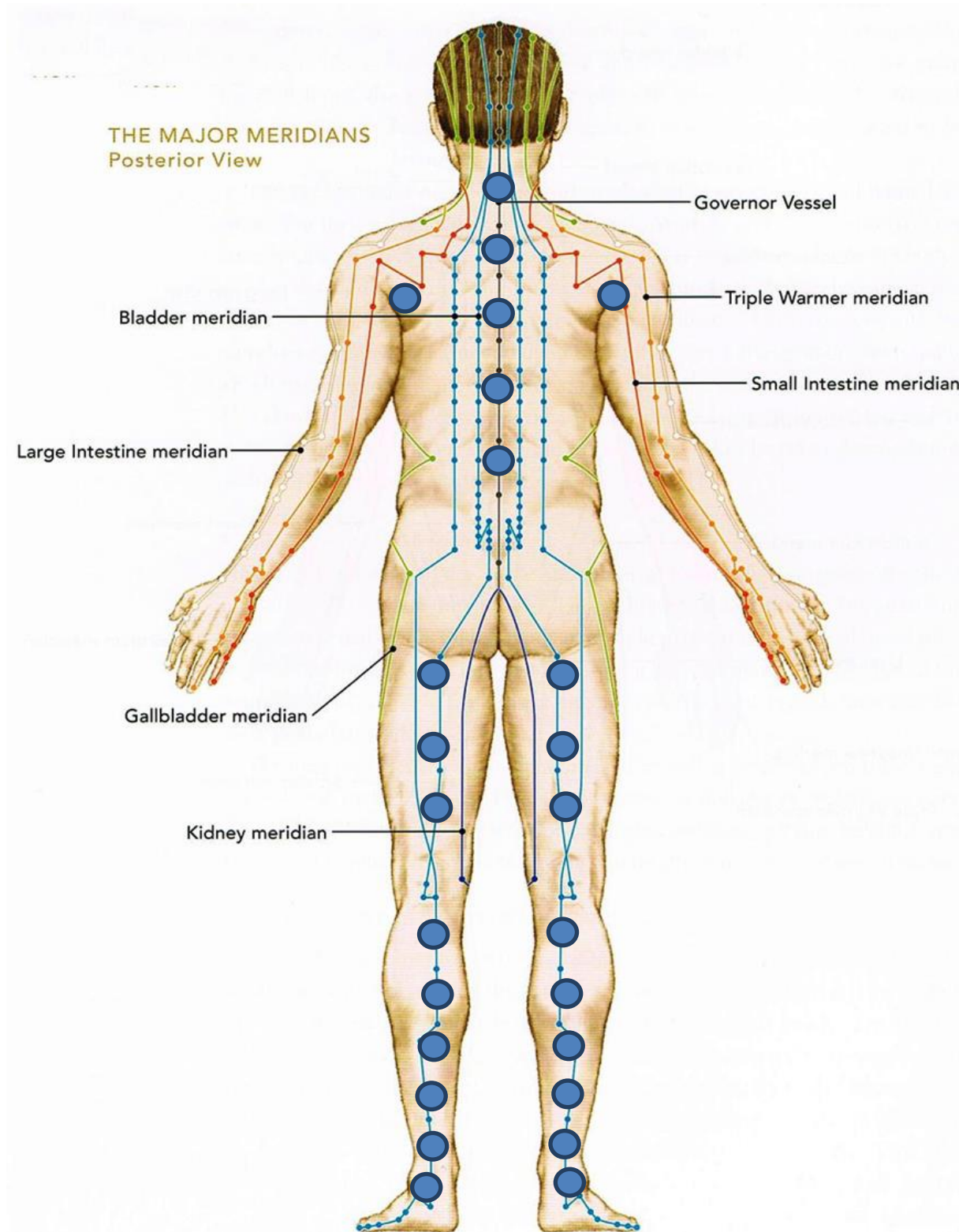
Edema, dysuria, UTI, enuresis Impotence, premature ejaculation, genital pain Menstrual issues, leukorrhea, uterine issues Cold/damp diarrhea, borborygmi, undigested food in stool

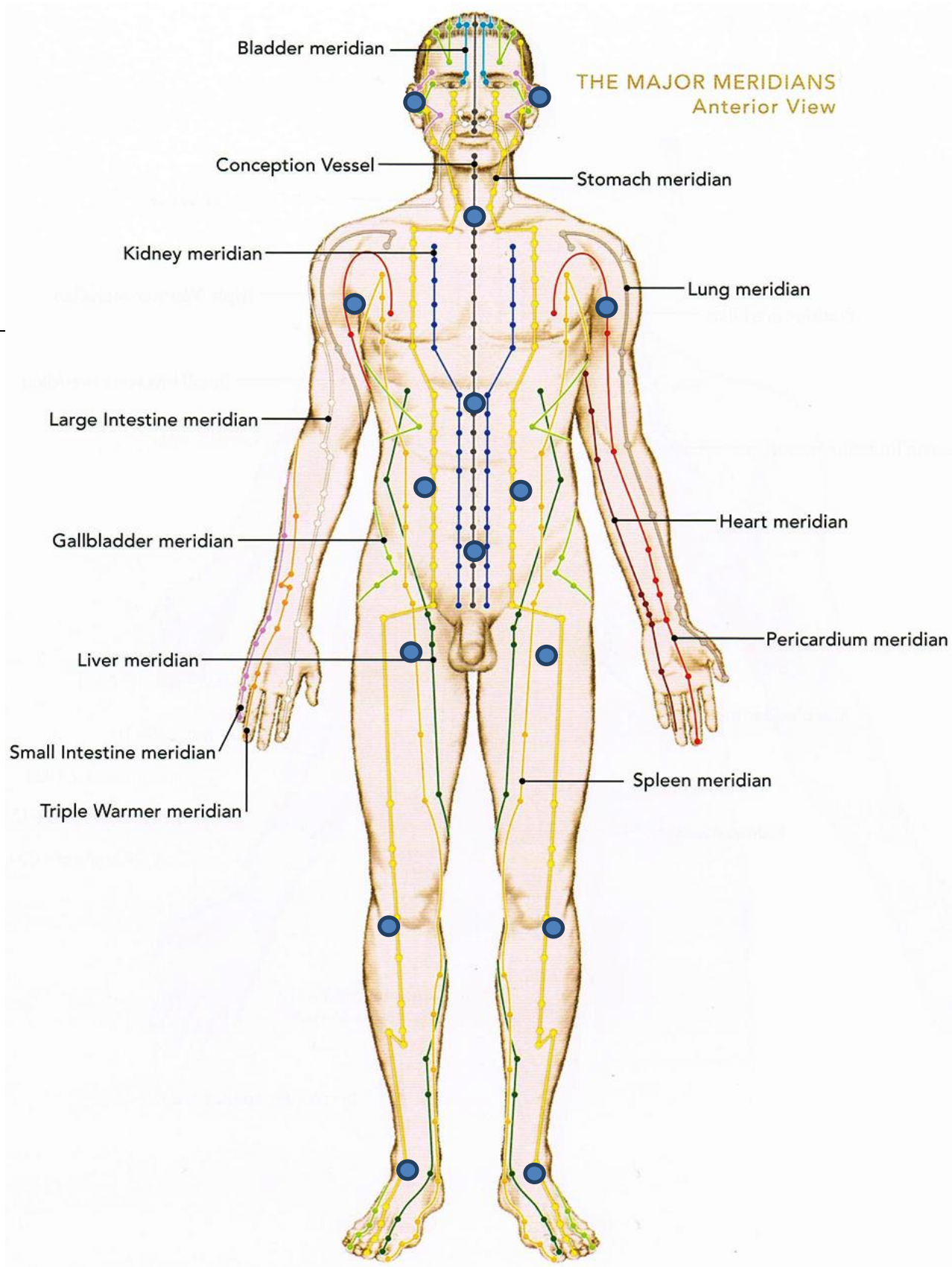
Chronic cough, dyspnea, asthma, deafness (from Kidney deficiency), tinnitus, blurred vision

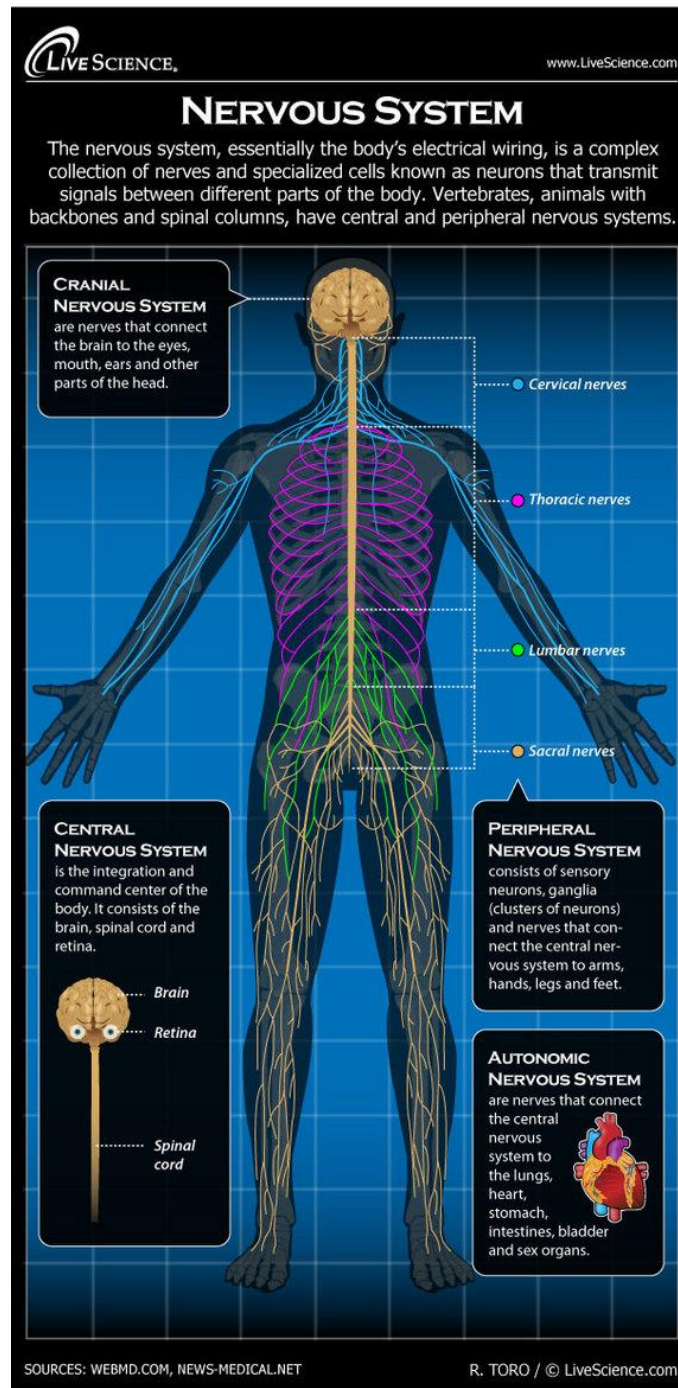
Pain in lumbar region & knees, cold legs, hemiplegia Bowen

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

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







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See other references at the end of this manual for further study.

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*The following pages and excerpts are added with permission of the author and any inconsistencies or misspellings come directly from their writing. You will find that Bowen has expanded with each Instructor and Practitioner who uses it. These are excellent for seeing the breadth and depth of Bowen, Bowsage, Bowen First, Bow-tech and other approaches to use this therapeutic method.*

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### Dr. Manon Bolliger Bowen Practitioner & Instructor

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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 but deepen your understanding of the process.

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### Bowen College & Dr. Manon Bolliger

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

In addition to training practitioners, we're 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 have to 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.

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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 in order 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, is also to show that anyone can heal, and anyone can be a healer – because how you live, is how you heal.

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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 Bowen First Approach - The next step to pain free living Transcript:**

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*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 the 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 1<sup>st</sup>. publication in 1952.
- Our diagnostic equipment only confirms the late stage problems.

## The Science:

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### Science Discovery #1

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

### Science discovery #2

- “Disease calling” does not predict the outcome and in fact reinforces the “nocebo” effect.
- The mane 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 out 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.

## **Introduction to Bowen by Bowsage Therapy**

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- 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 by prevention they don't see the impact of all these unprocessed emotions, feelings and stress.
- So what you 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 just 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?**

- Pan 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 bodies 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 with in 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.

### **Why 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.

## Introduction to Bowen by Bowsage Therapy

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Rebooting your body give 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 whey behind the symptoms. We do need the whole picture.

Plato said 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**

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The greatest healing tool: is the body itself

- Bowenfirst catalysis the healing response of the Body, accelerating it, without interfering with it.
- Is 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- "healthy/normal" immediate responses to an injury, often 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 pain web of compensatory feedback loops.
- You can feel 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 hold 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 feeding or nourishing yourself?

## Introduction to Bowen by Bowsage Therapy

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- 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 to 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 diagnoses 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
- Our habits
- Our attitudes
- Our beliefs
- Our thoughts
- Our level of commitment
- Our actions
- Our result

### **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.”*

## Introduction to Bowen by Bowsage Therapy

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### The Basic Bowen Technique, Session & Post Session Guidelines

In this section you will learn:

- How to perform a basic Bowen Movement/Technique
- Learn 8 basic Bowen moves to start practicing and using on your clients
- Understand how to end your session
- Learn the post session guidelines for your clients

The images on the following pages will show you where to use the basic Bowen moves that are a requirement for all Bowen routines.

This is the beginning of a basic Bowen routine that you can start to practice with. The main thing to remember is the tip of the arrow is where you want to start each movement and move toward your 2-part move.

- Step 1 – place your fingers gently at the point of the arrow, gently pull back the skin, fascia, opposite direction of the arrow, pause for a second, sink down a bit to allow the client's body to relax, and your fingers, arms, shoulders should also be very relaxed (like your trying to pick up cotton balls or water.)
- Step 2 - then gently move back towards the direction of the arrow to where you started, towards the direction of the arrow, not too firm (if the client jumps it's too deep.) You might feel a plucking or rolling over the belly of the muscles. You might not feel this right away and that is okay. That movement is working whether or not you feel something.

It is like strumming a guitar and the sounds waves are just traveling through the body to cause a reaction.

#### Action Causes Reaction.

Remember: Start where you want to end the move, the direction of the arrow.

### Contraindications & Precautions for Specific Issues

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In this section you will learn:

- Learn general guidelines for clients receiving a Bowsage treatment
- Some common health issues that have some contraindications with some Bowen movements
- Precautions for some health issues regarding a Bowen Session

### HOW OFTEN TO SCHEDULE SESSIONS

In most cases, we suggest a series of three sessions within a week to ten-day period for the Bowen reset to work. In cases of an injury, weekly sessions maybe be warranted. Depending on how chronic or acute a client is, spacing the sessions a week apart after the first three is recommended. With some clients you may see them consistently until symptoms resolve themselves, posture improves or client feels better.

### **ALWAYS DO BOTH SIDES**

If one side is not treated it may become symptomatic if ignored and becomes an incomplete session. Balance is part of the Bowen system of therapy.

### **WHICH SIDE TO START WITH**

In most cases, it may be best to treat the good side first, then the problem side.

### **TAKE YOUR TIME GETTING THEM UP**

Allow the client to take their time to sit up after the session. Help clients to a seated position slowly as many will feel a little dizzy or lightheaded. Make sure they are grounded before they leave.

### **REACTIONS**

#### **DIZZINESS, LIGHTHEADEDNESS**

Some clients may experience a little dizziness upon sitting up, especially those with high blood pressure. Many do feel a little lightheaded, energized or euphoric with the energy that has been released.

#### **PAIN - FLARE OF EXISTING PAIN**

If a client is presently in pain, it may intensify during the treatment session, or within a few hours post treatment or even in a few days post session. Some explanations might be from the release of toxins from the tissues, the release of energy from energy cysts and blocked meridians, or simply the "Healing Process" of that particular person. Whatever the case might be, they usually do not experience intensified pain for long. When it occurs during the session, it is usually resolved by the end of the session. If it occurs after the session, it may be unpleasant for a few hours or a day at the most. I have only heard one patient tell me that they had Bowen Therapy and they experienced pain afterward for 3 weeks. Each outcome is based on the client's specific issue, how they are caring for themselves or any extra intense work or strain they may do after receiving a session.

#### **PAIN - 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.

### **SPECIFIC CONDITIONS**

#### **COUMADIN & BLOOD THINNERS**

Caution should be taken when if a client is taking blood thinners due to the fact that they can bleed easily or bruising may take place. Bowen movements need not go deep to see results.

#### **ENDANGERMENT SITES**

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.

### **FIBROMYALGIA**

Many clients have been misdiagnosed with Fibromyalgia, while others do in fact have a myofascial disorder which leads to considerable unrelenting pain. An indication of how they may respond is if they say, “Massages feel wonderful”, chances are your therapy will help them immensely. If they say, “Massages hurt during and after”, chances are your therapy may will make them extremely uncomfortable (although not all and many have found great relief from a session.) It would be recommended to try Basic Relaxation Procedure 1 – 2 – 3 plus Kidney if client has had favorable massage experiences. Explain that there may be some pain, but if they can tolerate it, maybe push through any uncomfortable moments, they often see improvement in their pain level and mood. Scheduling another two follow-up sessions and then maintenance should help them continue to find relief.

### **FRACTURES, SURGICAL SITES, OR INFLAMMED SITES**

One may perform the moves close to, but not over these areas. The same cautions need to be taken as in massage.

### **NARCOTICS ABUSE**

- STREET DRUGS
- PRESCRIPTIVE NARCOTICS – Long term / 10 plus doses per day.

The overload of drugs is stored in the connective tissue/cell membrane receptor sites/myofascial junctions. Habitual users will consistently experience gastrointestinal symptoms of nausea, vomiting or stomach cramps shortly following the first session. This usually does not occur following subsequent sessions. It is best to inform the client about this up front in order to emphasize the importance of drinking lots of water on the day of treatment.

### FINAL SUMMARY

#### Reflections and Summary: Michelle Lally

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I just wanted to personally say thank you so very much for showing interest in the Bowen therapy techniques and procedures. When I began massage in 2008, I had never heard of Bowen therapy.

In 2012, I opened a wellness center. That was when a good friend and a client of mine, told me that she had fallen and broke her tailbone. For over 2 weeks, she could not stand up without excruciating pain. She had told me that she had tried a chiropractor, acupuncturist, and physical therapy. But nothing seemed to be helping. But then she told me that a friend of hers relayed that there was a Bowen therapist.

Although she had never heard of Bowen, she was willing to try anything at that point, she was so desperate and in pain. After two weeks of her lying in bed in pain, barely able to move, her loved ones put her in the back seat of their car and drove her to the Bowen therapist, which was about an hour away. She said that after just **one session** she was **80% pain free** and was able to get up off the table by herself, bend down, touch her toes and stand up on her own. She was amazed by this pain relief miracle she experienced. She then followed up with weekly treatment, and now she only needs to get Bowen session when she can feel the pain is returning. She admits that usually stress or physically doing too much will aggravate that injury. But another treatment with Bowen and she's back to herself again.

Well of course, I had never previously heard about Bowen either and I wanted to know more. I was like, "I want to be able to help people like that!"

So, I started doing some research and that's when I found out that Dr. Mitchell Mosher was the gentleman who she went to get her treatment from. He happened to be teaching Bowen therapy as an at home study course at that time. Excited and curious, I took the class from him. He gave me a book to read, and videos to help visualize how to do the treatment. After studying the course, I went back to him to make sure I was doing it right, and then started practicing on my close friends and family.

I will tell you more about that in a bit, but first, I want to share my own experience with a Bowen treatment. Dr. Mitchell gave me my first Bowen session. I was not in any kind of chronic pain, just the normal aches and pains of a 40+ year-old (don't ask, don't tell).

When I left after the first Bowen session and after talking with him for a couple hours, I felt like I was sitting taller in my seat in the car on the way home. There was also this overall feeling of openness, there was more fluidity of movement in my joints. I felt light and balanced, I had more clarity of mind. It was a very noticeable positive change which also intrigued me as well. I was fascinated to learn whether it would work on anyone with same noticeable results.

## Introduction to Bowen by Bowsage Therapy

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That is when I took the book home and practiced the Bowen technique moves. I practiced a lot! In a few weeks, I went back to him to show what I had learned and how effective my Bowen technique was and he awarded me the certification to be a Bowen Therapist.

What I noticed once I started practicing on my massage clients was that I was seeing many of the same fantastic results. I am extremely fortunate that I was also working at a senior center which enabled me to practice a lot, on all different types of bodies and age groups. Each time, I was getting great results, our seniors were able to get up out of their chairs with more strength. They told me that they were feeling more stable, able to walk down the church aisles more confidently.

Later, I had a client come into my Wellness Center. His wife had come for Bowen before and loved it, so she sent him to see me. Sadly, he was in so much pain mostly from his lower back, that he was not able to even stand up straight. He came to our front desk noticeably hunched over. I will be honest, I was a more than a little nervous about doing the Bowen routine on him because I was still new to it, probably only two or three months into learning the technique. I was not sure if I was going able to help him, since his pain level was so high. Nevertheless, he came in for a Bowen treatment and Bowen was what I was going to do for him. He was not able to lay completely prone on the table, therefore I had to work on him in a supine position for the entire treatment. Obviously, this was tricky for me because I had not quite memorized the routine yet. Nor was I sure if it was going to work. But I had faith and I had confidence and worked on him the best I could. When I helped him get up at the end of the session, he was able to stand up on his own, bend over touch his toes and stand straight up. He looked at me, with tears in his eyes, saying "I cannot thank you enough!" He made two more appointments to come and see me, a week apart. Then he continued every other week for a couple of months. After that he came about once a month for a few months. Later he told me that when he was sitting at home, the week after I treated him, he looked at his wife and said, "I can't believe it, I simply can't believe how well that worked. I had so much pain and now it's just gone. This is a miracle." And he did make sure to follow up so that he would get the most out of the body reset.

Since then his wife has taken my course just so that she can keep practicing with her family and her friends. It is an easy technique to learn once you get your head wrapped around it and after practicing the routine, then it just flows.

It is my experience as a LMBT, to get the best results, I find that giving the Bowen at the end of a massage session, gets longer lasting results. It can be done at different times during a massage, however I have noticed the results do not last as long if you give it during the massage, after the massage their body is ready to accept the reboot. It is like plucking a guitar string, the Bowen Moves cause as action/vibration like a sound that you can hear, and it causes a vibrational signal in the body. The response to that is what helps reset, restore and re-balance the fight or flight reaction (due to stress or injury) to better receive relaxation signals in the body for the reset to happen.

## Introduction to Bowen by Bowsage Therapy

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As a general rule, the rest periods that are in between the Bowen moves allow that signal to be processed, before giving it a different signal. I usually want Bowen to be the last thing the body remembers.

I started to teach this technique because, as I get older now, into my 50s, almost 60, I wanted to teach others how we can heal with our hands and teaching massage was definitely the next step for me. In 2015, I worked with Mitchell Mosher and came up with a new way to teach Bowen, in a hands-on class experience. I know I enjoyed taking the new technique classes and after seeing what an impact Bowen was making in my practice, I wanted to make sure, every massage therapist and bodyworker learned about the powerful results from Bowen. I passionately believe **every bodyworker** should learn how to add this technique into their practice as one of their many tools to help their clients receive the best results for healing.

This book is a great foundation of all the basic information about using the Bowen Technique, the history and legacy of Bowen, and practical applications by way of case studies. The next step would be to learn the full body routine through my in-person, hands-on workshop accredited to 16CEs. Until you experience for yourself, and feel that release, reset in your own body, then on individual clients to see how that works as a complete session, you really don't understand how amazing this process feels.

I encourage you to try the first two pages of moves that I have given you in this book on people that you know, family or close friends. When you start seeing the great results, I believe you will get with just those 2 series of moves, then let's talk about the 2-day live class I teach throughout the year. Most of my classes are held in Statesville, NC, however if you can sign up 6 or more in your area, we can discuss the option of my traveling out to where you are.

Once you are done reading and you are ready, let's make some time to call each other and to have a conversation so I can answer any questions you might have. Then I will send you a link to the test that you need to take in order to receive your continuing education credits.

Thank you again for showing interest in the Bowen therapy. I hope that you have been given enough information to understand what, why and how it works and hopefully, how you can enhance your practice.

I have included the following material for your reference and so you can get an idea of the history and several case studies. I found it very helpful and great information to include in my practice.

You will see that I am actually a 5<sup>th</sup> generation student in the Bowen Lineage from Tom Bowen as I was taught by Dr. Mosher. I hope you also will find this information helpful in your practice.

Namaste,

**Michelle Lally, LMBT, Ca**

## Introduction to Bowen by Bowsage Therapy

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### Testimonials from Michelle's Clients:

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*"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, play with my dog and my 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 (Michelle Lally) 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*

*"I've had traditional Bowen treatments over 20 years ago and found it was an effective treatment for my fibromyalgia. My therapist moved, so it wasn't until 8 years ago Michelle with Dr. Mosher were using this Bowen Reset Technique – Bowsage. Well, I was impressed. I felt an immediate release with one treatment. I felt more relaxed, more clear-headed, my energy felt balanced. One I took over my mother's care, I took her to Michelle for Bowsage too. She was 95 and had really bad neck and shoulder arthritis that she would complain about every night. Once she started treatments, she stopped complaining. I'd ask and she said she felt good! My husband also has severe chronic pain, and he's shy about massage and other therapies, but he tried Bowsage and also gets some good relief and an increase in overall energy from each treatment. It's a wonderful, more gentle technique that feels better for people who are unusually sensitive to pain. Our family loves it." -- Joni*

## Introduction to Bowen by Bowsage Therapy

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### Testimonials from Michelle's Students:

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*"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 cannot 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 on the pain scale) for years and of course I seek massage and chiropractic care and both will give me some 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*

*"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*

*"Not only are my clients thrilled with the results, I've increased my daily practice by working on two clients at a time. The results from Bowsage have been nothing short of amazing, but even better, this technique is much easier on my own body. Massage as a career takes a toll on our bodies, with posture, repetitive injuries in wrists and hands. Bowsage has reduced the physicality of my practice and so I feel better doing some Bowsage interspersed with traditional massage therapies. Thank you so much for introducing me to this technique. My mother is a chiropractor and she is signing up for a class too." --Cameron*

## Introduction to Bowen by Bowsage Therapy

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### References used in this manual:

Dr. Michell Mosher

*Through classwork, manuals, experience and documentation*

<https://www.bowen4life.com/>

Academy of Classical Oriental Sciences:

<https://kootenaycolumbiacollege.com/the-academy-of-classical-oriental-sciences-acos/>

Live Sciences

<https://www.livescience.com/>

Dr. Manon Bolliger

<https://www.drmanonbolliger.com/>

### References for further study:

Acupuncture and Meridian references:

Kootenay Columbia College of Integrative Health – meridian chart:

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

Remedy Grove - A Guide to the 12 Major Meridians of the Body:

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



## Basic Relaxation 1

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

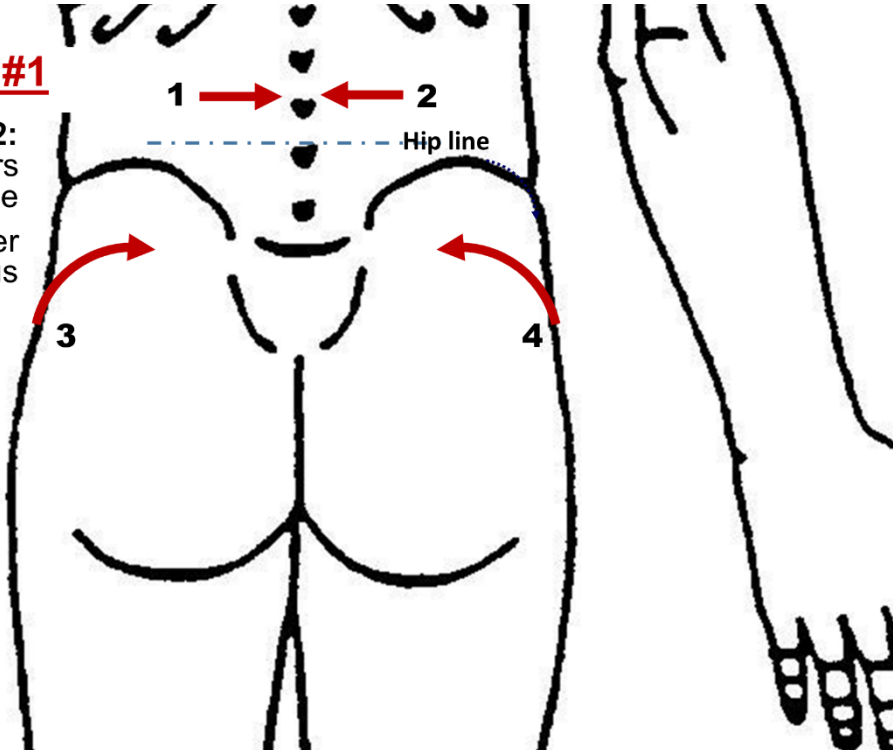


### Sequence A-BRP #1

**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

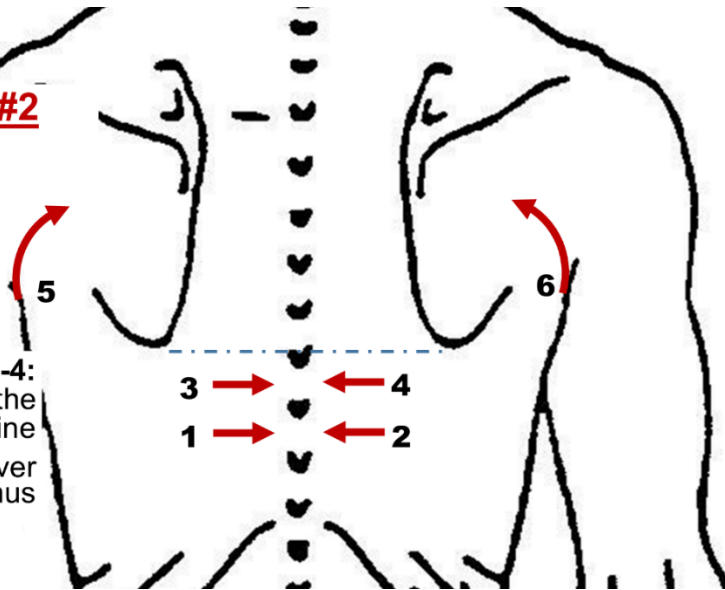
#### **Movements 5 & 6:**

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

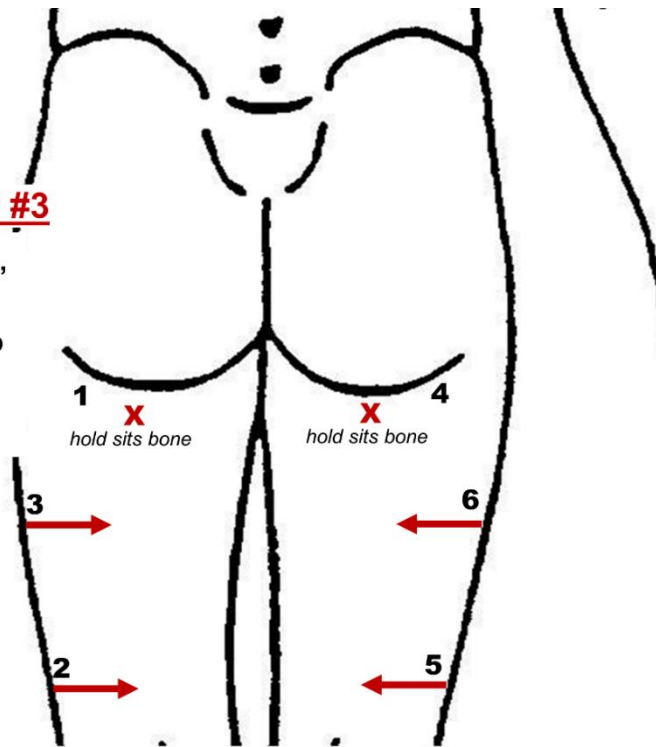
### Sequence A/BRP #3

Movements 1-6

1&4-Hold Tuberosity "X"

2&5 Use thumbs pull down, roll up over bicep femoris

3&6 repeat-no need to hold X

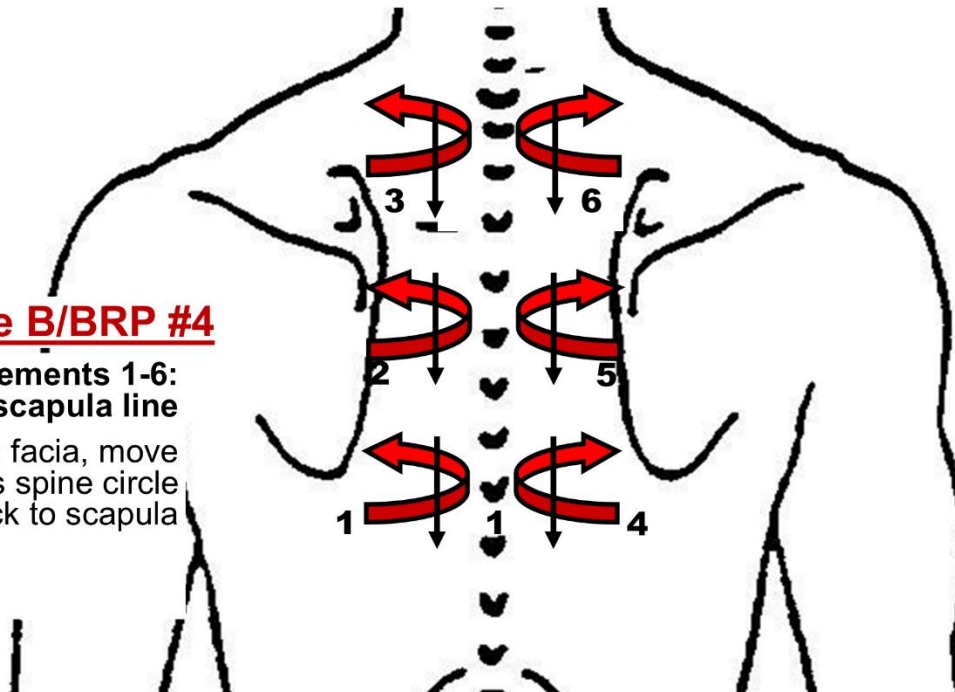


## Basic Relaxation 4



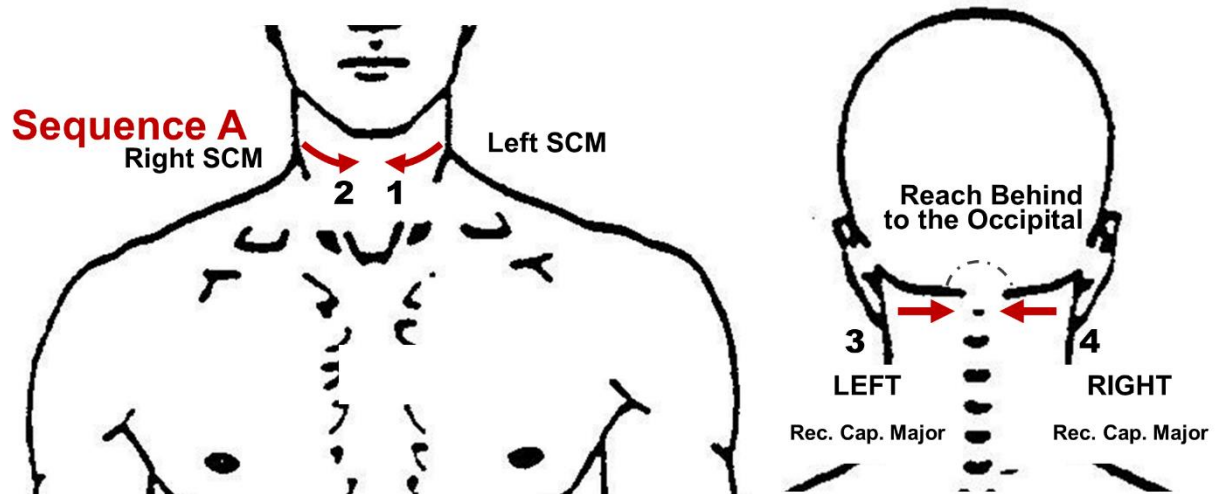
### Sequence B/BRP #4

**Movements 1-6:**  
Start at scapula line  
Pull down fascia, move  
towards spine circle  
back to scapula

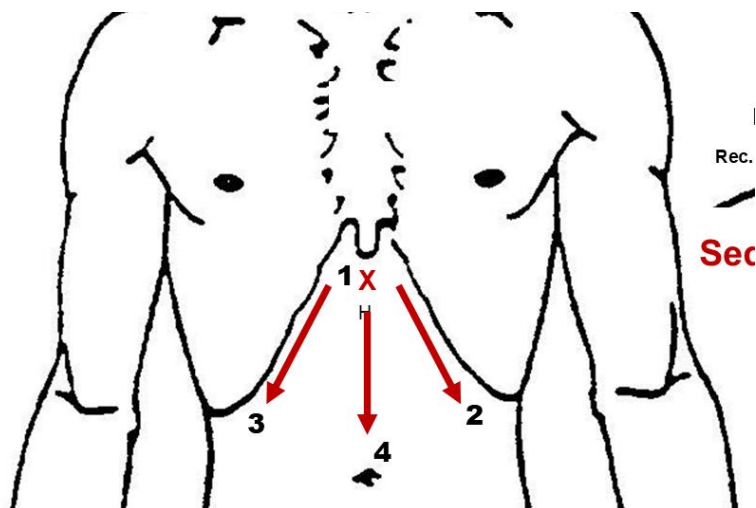


**Pause and Rest**

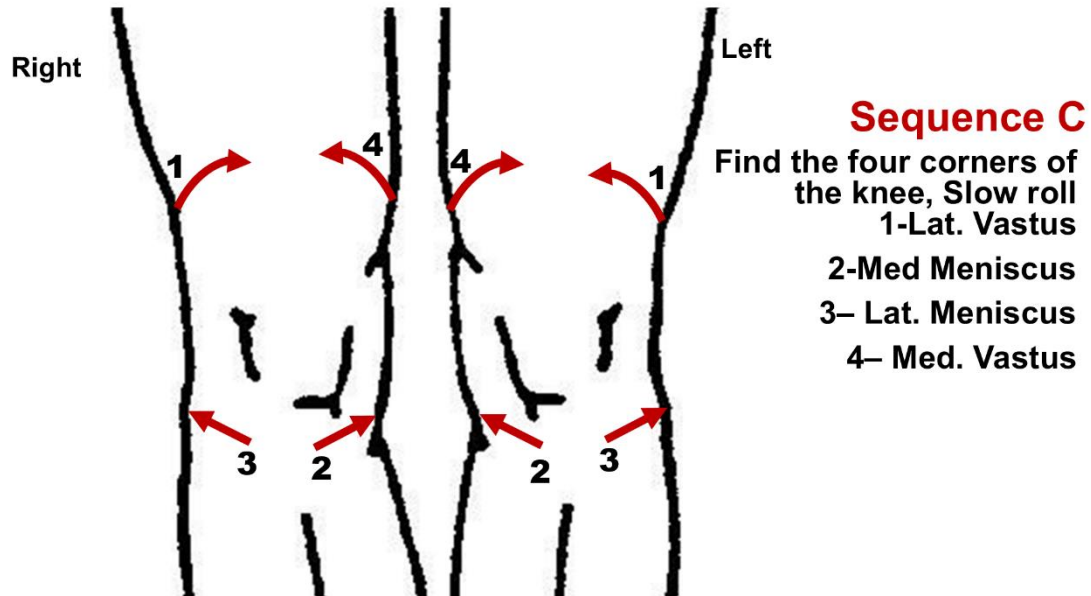
## Neck 1 Sequence



## Diaphragm

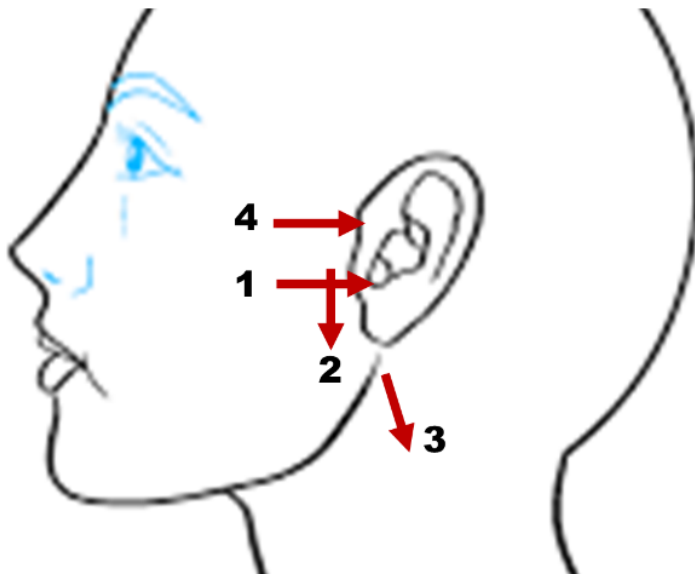


## Knee 1 Sequence



## 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

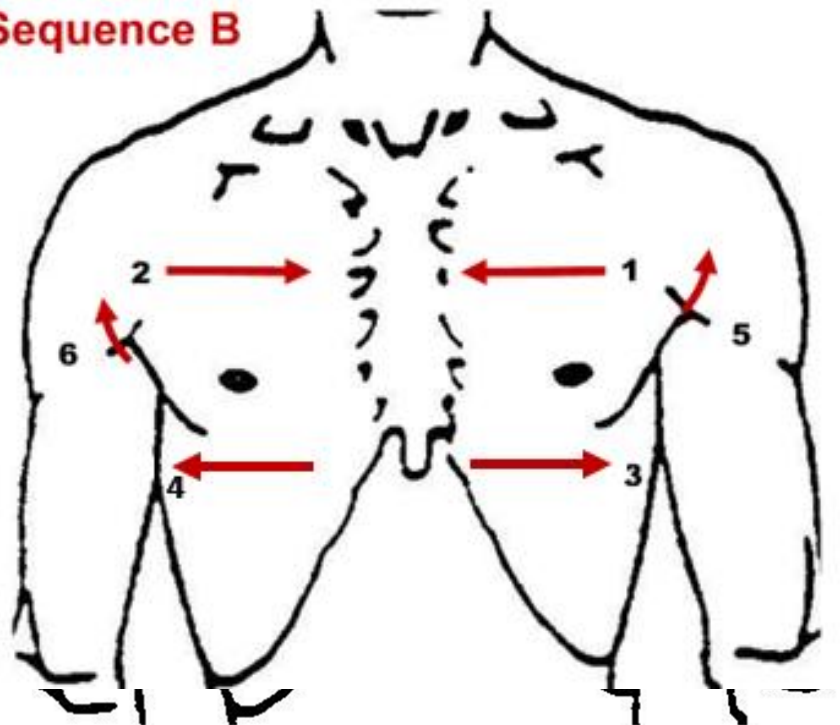
### Sequence B

**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**

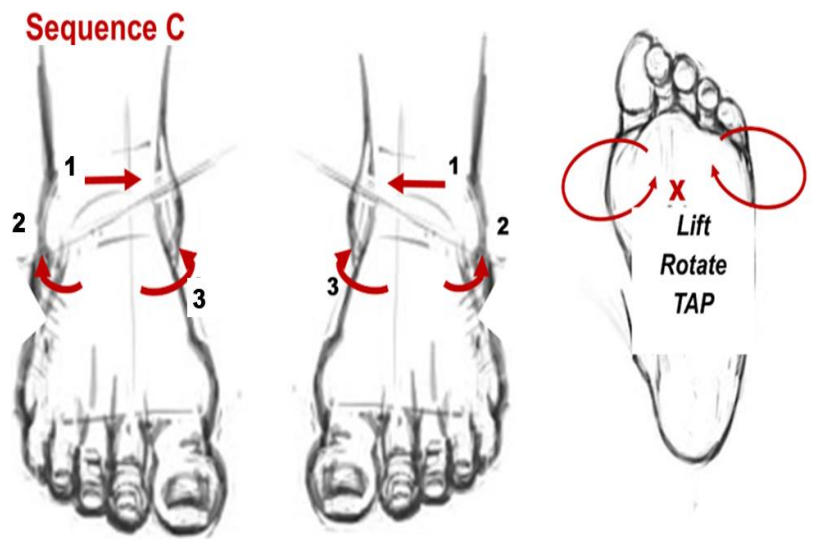




## Ankle & Foot Sequence

### Sequence C

- 1 superior extensor-  
start medial across  
top then back
- 2 superior peroneal-  
start below move up  
then back down
- 3 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



### ENDING OF A SESSION

Following the final BRP 2B, allow client to rest and assist them to a seated position with the legs hanging over the edge of the table.

1. 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 they feel more stable. If they feel cold, provide a blanket and cover. If they are thirsty, get them some water and leave the room. It is often a good idea to suggest a client drink water directly after a session even if they did not ask for it, as water assists the process.
2. 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 or the other. This way they feel balanced immediately following the session.

### Post treatment guidelines:

1. Encourage your client to drink lots of water the day of and after treatment. They may become dehydrated to some extent and the toxic substances need to be flushed.
2. Suggest 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 in the body. It also encourages lymphatic drainage which further helps eliminate toxins.
3. Make sure they know not to do strenuous muscle activity on the day of treatment.
4. Warm bathing is appropriate.

On the day of treatment, suggest to your client to get up from seated positions every 30-minutes and move around. Place both feet on the ground at the same time and arise on both legs evenly. This assures a balanced reset.

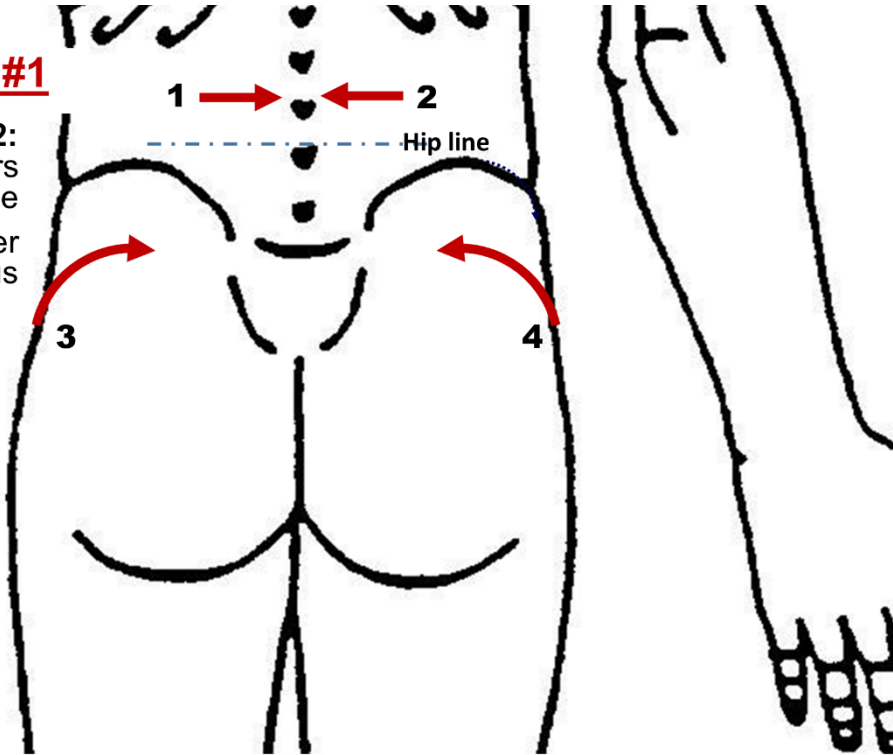
## Basic Relaxation 1

Each sequence is labeled in order A, B, C, etc.

**Always start with their left side**

### Sequence A-BRP #1

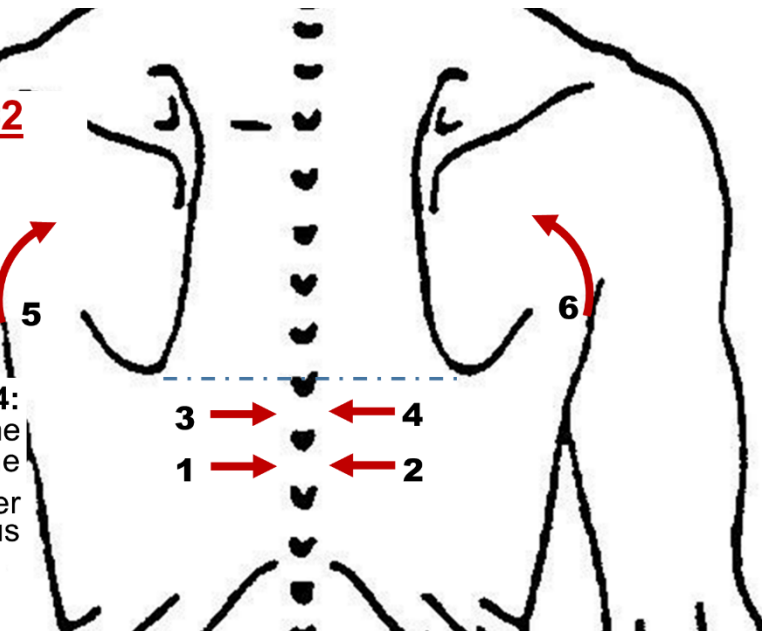
- Movements 1 & 2:**  
Start 2 fingers  
above the hip line  
Pull back and roll over  
Erector Longissimus
- Movement 3:**  
Place fingers on top  
of sacrum use thumbs  
pull down the Gluteus  
Max to IT band then  
roll back up.
- #4 Repeat on  
other side.**



## 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

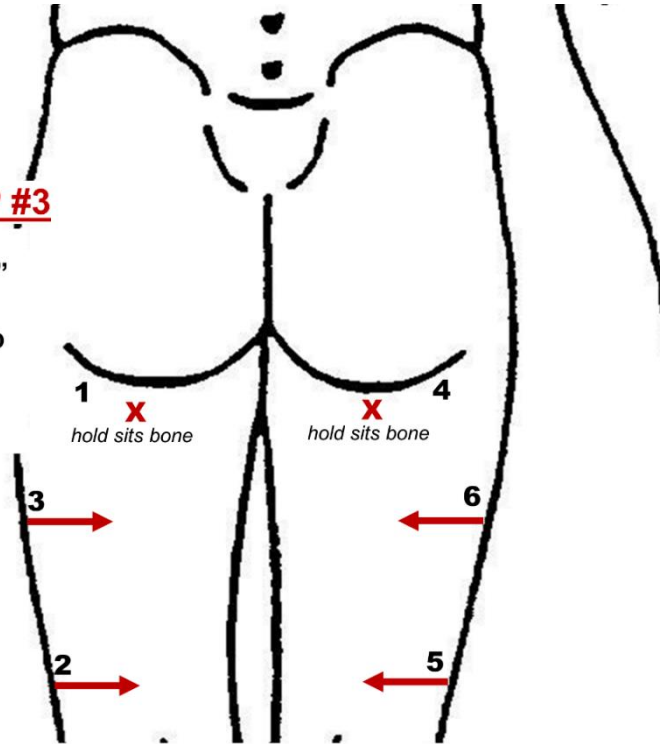


## Pause and Rest

## Basic Relaxation 3

### Sequence A/BRP #3

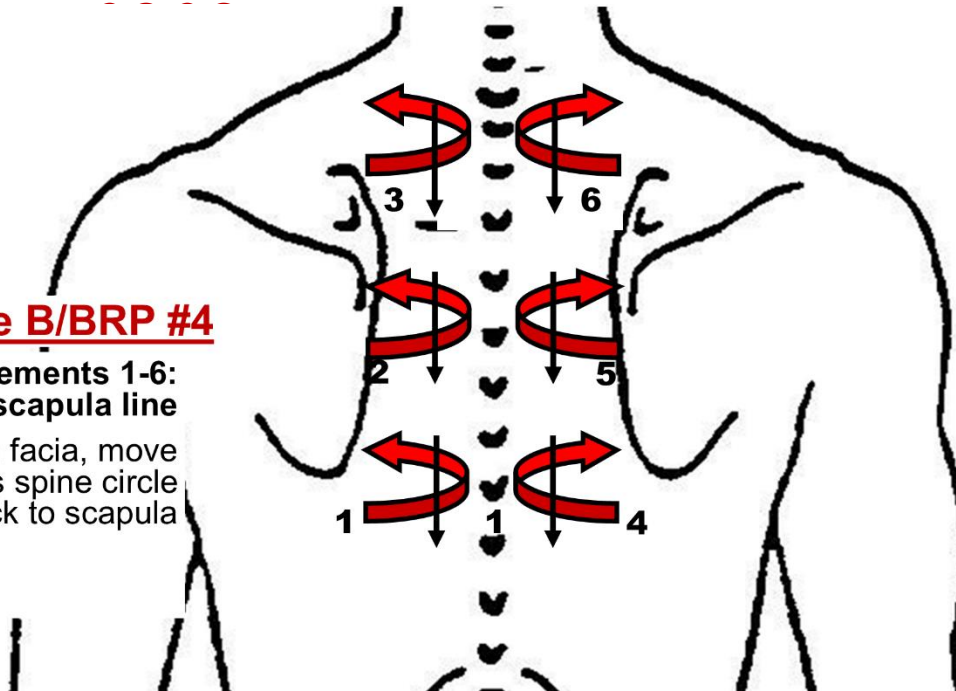
Movements 1-6  
1&4-Hold Tuberosity "X"  
2&5 Use thumbs pull  
down, roll up over bicep  
femoris  
3&6 repeat-no need to  
hold X



## Basic Relaxation 4

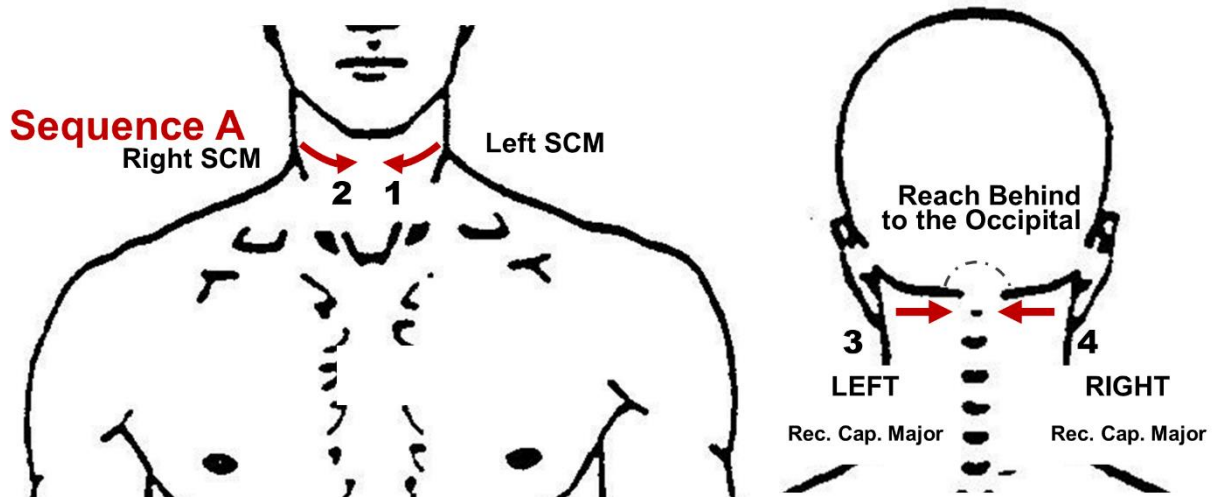
### Sequence B/BRP #4

Movements 1-6:  
Start at scapula line  
Pull down fascia, move  
towards spine circle  
back to scapula

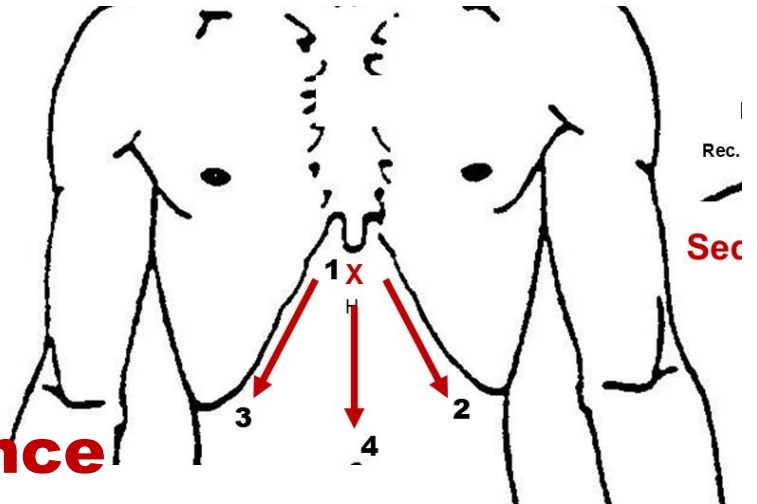


## Pause and Rest

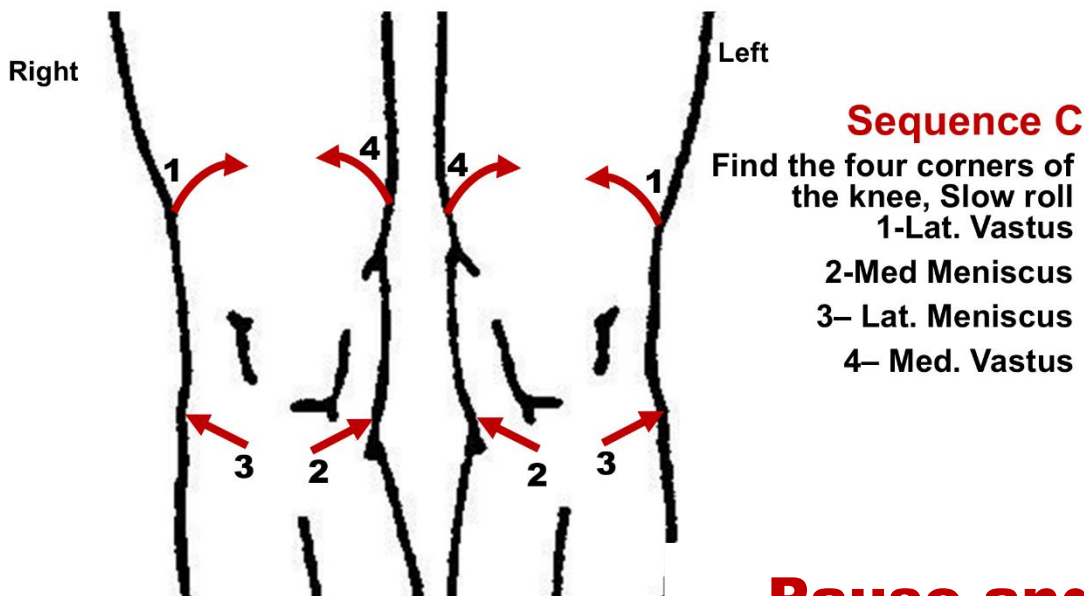
## Neck 1 Sequence



## Diaphragm

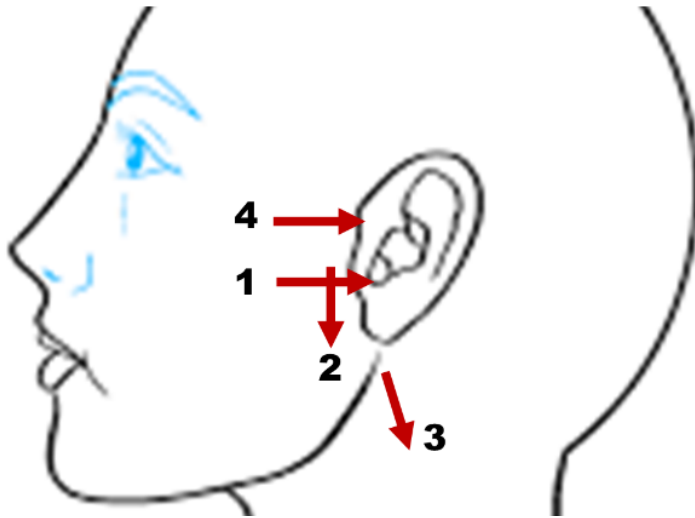


## Knee 1 Sequence



## 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

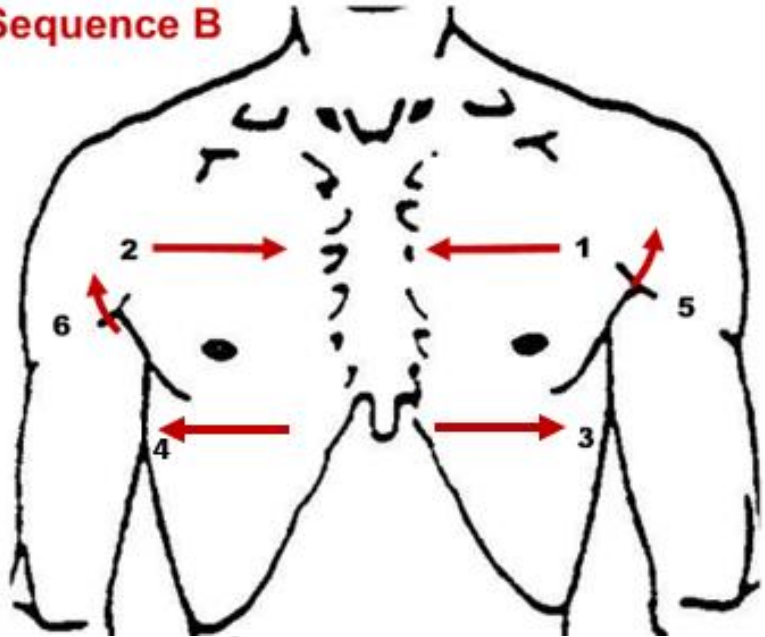
### Sequence B

Pectoralis Major:

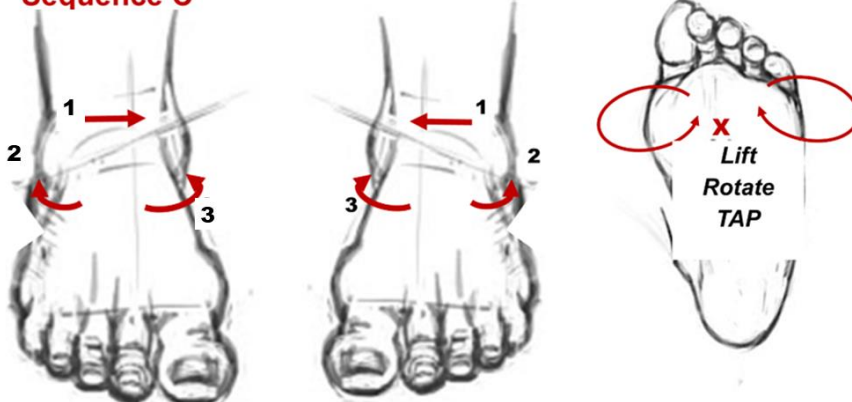
1-2 Upper Pec- Left hand face away from breast.

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



### Sequence C



## Rest and Assist