



# What is Bowen Therapy?

The Bowen Technique (Bowtech) is unique in the field of bodywork. Its relatively few, gentle “moves” over muscle and other soft tissue address the whole body, stimulating it to reset and heal itself. The Bowen Technique is so gentle that it can be used to treat babies through to the elderly. The healing experienced may occur at all levels as needed: physical, chemical, emotional, mental, energetic, etc.

Bowtech is a ‘complementary’ modality in the sense that it enhances and complements, but does not interfere with, traditional medical attention. Bowtech’s input to the nervous system is very subtle, and the body responds over time. For that reason, it’s best to avoid other manipulative therapies for several days before and after a Bowtech session lest they interfere with the

body’s response to the Bowtech.

A Bowtech session consists of several series of gentle moves through light-weight clothing (or on skin). In a Bowtech office or clinic, the client usually lies on a bodywork table or, for comfort, in a chair. However, Bowtech can be done anywhere -- on the sports field, in a hospital room, at the site of an accident, on an airplane or train.

A session may last from fifteen minutes to an hour. Most often, a surprisingly few sessions are needed to alleviate complaints, whether structural or functional, even if long-standing. And the results hold for a long time, generally until there is a re-injury.