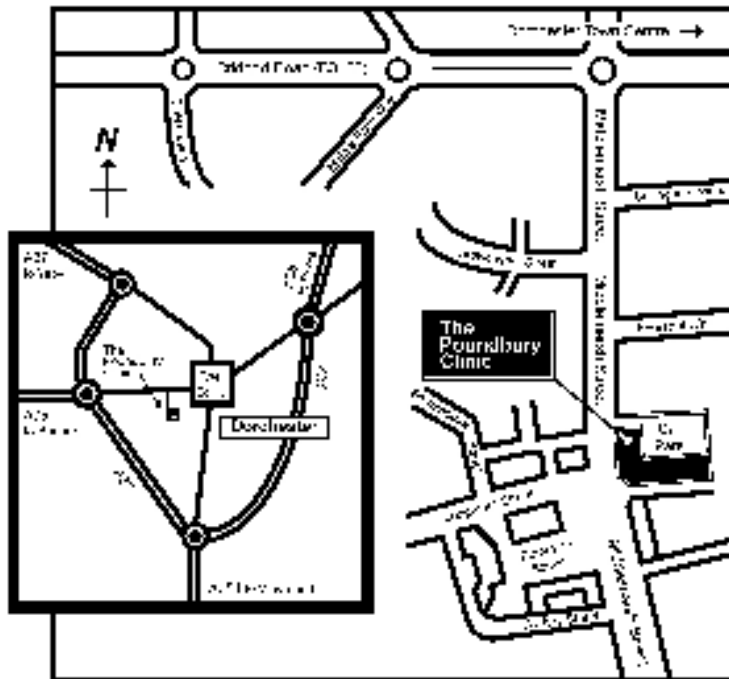


BOWEN TECHNIQUE

Practitioner: John Wilks MA, BTAA, RCST, MIIR, ITEC

Clinic opening hours:
Monday - Friday: 8.30am to 5.30pm

Where to find us:



The clinic offers full wheelchair access and car parking at the rear of the building.

Middlemarsh Street, Poundbury, Dorchester, DT1 3FD
Tel: 01305 262626 Fax: 01305 262641
Email: info@thepoundburyclinic.co.uk
Website: www.thepoundburyclinic.co.uk



The Poundbury Clinic



The Bowen Technique

What is it?

Simply stated, the Bowen Technique allows the body to reset and heal itself. A Bowen treatment consists of a series of gentle moves on skin (or through light clothing), with the client usually lying on a bed or comfortable treatment couch. A treatment session usually lasts from half an hour to an hour and frequently results in a deep sense of overall relaxation, allowing the body to recharge and balance itself.

Unlike some other hands-on disciplines, the Bowen Technique does not impose a particular approach on the client. Instead, it encourages a gentle response which empowers the body's own resources to heal itself. Bowen moves are, in themselves, a study in delicacy, being light, gentle and very precise. Frequent pauses between moves give the body time to respond and benefit.

Who will benefit?

The Bowen Technique is considered safe to use on anyone, from new-born babies to the elderly and can be used where other therapies might be considered unsafe, such as during pregnancy or after a recent operation or injury. Some of the wide range of conditions that may respond well to a Bowen treatment are:

- Sports injuries
- Stress & Tension symptoms
- Back pain and Sciatica
- RSI & Tennis Elbow
- Neck & Shoulder problems
- Knee & Ankle problems

- Asthma & Hayfever
- Menstrual irregularities
- Migraines & Headaches
- Chronic viral fatigue syndrome & M.E.
- Pregnancy & Childhood disorders

What are the side effects?

None reported

Practitioner at The Poundbury Clinic

Name: John Wilks

Qualifications: MA, BTAA, RCST, MIIR, ITEC

Specific interests: Musculo-skeletal problems, Back pain, Mothers, babies and children

Days at clinic: Usually Thursdays depending on teaching commitments

Cost: Adult - £35 per 45 minute session
Child - £25 per 30 minute session

Further information from: The Bowen Association of the UK.

www.bowen-technique.co.uk.

Understanding the Bowen Technique
(First Stone Publishing) – John Wilks

September 08