

## **Fitness Trainers**

Bowenwork will be an immediate benefit to your current fitness training toolbox. Bowenwork can be used to immediately increase client ROM, saving time during workout session by cutting back on the need for clients stretching time. Bowenwork can help reduce the amount of client cancellations because of pain, you will be able to address mild to moderate aches and pains right away, and get started with your training program. This will allow for faster achievement of client goals. Bowenwork can also speed healing and soreness relief from hard workouts.

Bowenwork is safe for all ages infant through Adult, healthy through acute to chronic injuries and hospice status. This technique is taught in 16-hour modules in general over a 6-8 month period minimum. Class size is limited to 14 for learning the basic work to ensure a focused learning environment with close supervision for solid skill acquisition. Participants learn the effects of the work on the body's physical sheath, systems, organs and emotions. Work is easy on the practitioner, can be performed through clothing enabling work in all clinical settings to be comfortable for practitioner and client.

Fitness trainers will immediately be able to implement this technique into their modality base following completion of module 1. Individual instructors schedule classes around the USA. If a seminar is not listed within a close vicinity of your location contact BAUSA to inquire about starting a module near you. We have many traveling instructors. Seminars can be offered in single or double modules. Single modules require 4 weeks between classes; double modules require 8 weeks between classes. This allows practice time and ample time to complete case studies and log hours.

Cost for module 1 is \$350.00 with a \$75.00 registration for the Academy. The fee covers the cost of manuals, administrative support, entitles you to full website access and a subscription to The Bowen Hands Journal. Modules 2-7 are \$360.00 each. Module 7 consists of hands on lab and written testing module at \$450.00. The purpose of this module is to ensure proficiency as a practitioner. Upon completion the student earns the designation of Professional Bowenwork Practitioner and is listed on the website to the public.

Continuing education of 32 hours over a 2-year period is required. There are many continuing education courses available through the USA and from visiting instructors from other countries enabling continuous skill acquisition and improvement.

Trainer testimonial:

*“Bowenwork helps my clients relax tension and pain in order to have better ROM for their exercises. I feel that my client retention is better since I have several ways to help them achieve their goals. Also I can save appointments that would otherwise have to be canceled due to injury.”*

Pam Harlow NASM, ACSM, CSCS, Gyrotonic trainer

*“How do I integrate Bowenwork into my practice?”*

*Bowenwork is so effective at relieving pain that I have chosen to gradually shift my practice from strength and conditioning to pain elimination. Now I see an average of 50 clients a week and only work 32 hours a week. I teach postural correction exercise and apply Bowenwork procedures to help to speed the balancing and correction of tissue tension.”*

Sean Wolf NASM, ACSM, PAS, Bowenwork Instructor

Client testimonials:

*“Attended the 3-day Women's Ski Clinic @ Northstar last weekend & had a great experience. Skied black diamond runs all three days (finally overcame my fear them) and did not have one twinge of soreness before, during or after! It's amazing what the Bowenwork & MBF exercises have done for me.”*

*“I separated my shoulder recently and the doctor told me I would be in a sling for 3 months and it would take 8 to 9 months to heal completely. With weekly Bowenwork and postural exercises I was back to full strength and range of motion in 3 1/2 months”*