

Essential Readings Library

Join Nancy Pierson and Karin Twohig on a guided journey through some of the newest and hottest topics in anatomy and physiology: fascia, biotensegrity, the intersection of fascia with acupuncture channels, functional anatomy. Each class in the series will focus on a single book over a period of several weeks. Each week you would read the assigned chapter(s) on your own; meet with your cohort and instructors on the interactive online platform Ruzuku for thought-provoking discussions on the relevance of that week's reading to Bowenwork; and take a quiz about the newest reading material.

Book 1: *Fascia – What It Is and Why It Matters*, by David Lesondak

The author of the book we'll be covering in the first class in the series is a clinical bodyworker in practice for more than 25 years. Currently at the University of Pittsburgh Medical Center, Lesondak uses several fascia modalities. Since 2010, he has worked with the most forward-thinking researchers in the field of fascia, creating videos and editing scientific presentations. This book distills what he has learned, in a way that is both comprehensible and enjoyable.

Rationale: Fascia, more than just a buzzword, underpins everything we do as Bowenwork practitioners. Rapidly evolving research in the field of fascia shines new light on what we have been doing all along, giving clarity, support, and deeper understanding about the effectiveness of Bowenwork. e

Prerequisite: Module 8

Continuing Education credits: 24 (all wr hours toward the Academy's 500-hour certificate requirement and 16 hours toward toward the requirement of 32 hours every two years.)

Tuition: \$430

To enroll and pay tuition: <https://app.ruzuku.com/courses/29802/enroll>

Questions? Nancy and Karin at bowenvacations@ymail.com

Class Aims and Outcomes

Aims:

We all want to speak with confidence about Bowenwork and to perform Bowenwork with confidence. Here, learn how the newest research in fascia can impact the way we look at, think about, and do Bowenwork.

- What are the different layers of fascia, and which ones do we use in the various portions of our move?
- How can our moves and our assigned post-session movement exercises be looked at through the filter of mechanotransduction (the process by which cells sense and then translate mechanical signals created by the physical environment into biochemical signals, allowing cells to adjust their structure and function)?

- How can we relate Bowenwork to the various fascial anatomical lines proposed by different authors?
- How are the various mechanoreceptors triggered through fascial stimulation?
- Why do some clients feel things in their body during a session and others do not? (Interoception!)
- How might the myodural bridge give us the ability to use fascia to access the glia and other neural structures?
- How does fascia perform a key role in organ health and, indeed, how is the heart itself a fascial organ?
- What are the most common symptoms of fascial dysfunction, and how can we look at the body so as to see them?
- How can scar tissue adhesions alter force transmission through the body?
- How does fascia respond to mechanical supply and demand – yet, with excessive mechanical stress, create adhesion and fibrosis (e.g., “locked short” and “locked long” presentations)?

Specific Learning Outcomes:

By the end of this class, students will be able to:

- articulate the various types and layers of fascia and the components of the extracellular matrix
- analyze how Bowenwork is inherently a tensegrity modality
- describe how Bowenwork can affect the body, all the way from the fascia to the cells, using the process of mechanotransduction and the integrins (a cell receptor)
- use the fascial lines and other systems as a way to expand the indications for use when doing Bowenwork moves and exercises
- compare and contrast Bowenwork with other fascial modalities

Class requirements: Please purchase the book *Fascia – What It Is and Why It Matters*, by David Lesondak, so that you’ll have it by the time the class begins. (Amazon may be the best source.)

Starting date: When you enroll and pay the tuition, you will have access to the introductory material on Ruzuku immediately. The discussion prompts and quiz for the first chapter will become available on the published start date of the class.

Logistics and grading: This class will take eight weeks to complete. Each week, an open-book quiz and a group of discussion prompts for each sequential chapter will be posted on Ruzuku, an interactive online platform. By the end of the week, each person in the cohort must have participated in the discussions beyond just an initial response. The quiz is to be downloaded from Ruzuku, completed and returned to the instructors via email by the end of the week.

The reading, quiz, and discussion requirements must be completed on time, and an 80% obtained on each of the quizzes, to pass and thus get credit for the class.

Upcoming classes in the Essential Readings Library will include the following titles:

The Spark in the Machine: How the Science of Acupuncture Explains the Mysteries of Western Medicine, by Dr. Daniel Keown, a British medical doctor and acupuncturist. It explores the relationship between acupuncture and fascia, leading to interesting connections with Bowenwork.

Move Your DNA, by Katy Bowman, on the relationship between movement and mechanotransduction, and how that relates to the movement exercises we give to our clients as “homework.”