

American Bowen Academy

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.

Prerequisite: Module 8

Continuing Education credits: 80 (16 hours will be applied to the 32-hour Academy CE requirement; all 80 hours will count toward the 500-hour requirement.)

Tuition: \$430

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.

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. (Amazon is one, perhaps the best, source.)

Logistics and grading: This class will take 8 weeks to complete.

After you enroll and pay the tuition, you will have access to the introductory material on Ruzuku immediately. The first chapter's discussion prompts and quiz will be available on that online platform on the published start date. Please purchase the text, *Fascia: What It Is and Why It Matters*, by David Lesondak, well ahead of time.

On each successive Sunday, Ruzuku will give you access to the next chapter's discussion prompts and quiz, which you can download from the first discussion item. By the following Saturday at midnight, you will need to have read the chapter, participated in the Ruzuku discussions beyond your initial response, and completed the quiz and emailed it back to Karin and Nancy at bowenvacations@gmail.com.

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

To enroll and pay tuition: <https://app.ruzuku.com/courses/32791/about>

Questions? Nancy and Karin at bowenvacations@gmail.com

Examples of class feedback:

“Fascia – what it is and why it matters” is far exceeding my expectations of an on-line course. The text is well chosen – lots of new extremely up to date info, yet accessible. But anyone can read a book. The quizzes (open-book) test you mostly on reading content. However the bulk of the course – and its beauty – is in the nature and depth of the discussion questions. They are ALL questions that assume you read the content, at least started to digest it, then make you think: so what does this mean to us as Bowen practitioners? Why and How (even where on the body) do we do what we do? (e.g.: leg lock, various pre-requisites, different types of moves such as classic, activation, etc.). Often there isn’t so much a right/wrong answer, but a thought process that gets developed in us. We all post, and then read, comment, and learn from each other. Everyone has a story, a technique, a perspective that enriches my own work. Nancy and Karin clarify, add stories of their own learning and clients, and share the depth of their experience.

I find myself already different with clients – my hands feel more, my intentions are clearer, I am doing much better with “less is more.” I can see and feel a bigger picture of my client, their “whole” from cell through tissue to patterns of flow to Whole Being. This course is a MUST for all of us, helpful once we have the basics (Mods 1-6) under our belts, and necessary if we have gone on into SP 1&2. Warning – it is a lot of work – but it’s soooo well worth it! Darcy Cunningham, Maine

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We are well into the middle of this first offered online class and I must say, I am thoroughly enjoying it. Yes, I could have read the book on my own... if I was interested in a two dimensional style of knowledge learning. Taking this class has advantages not only of having access to two well-informed instructors, but also interacting with other Bowen practitioners from all over the United States and abroad. I am learning from their ideas, experiences, and even in their questions as we grapple together to understand and absorb how Bowen works as it addresses the fascia and how it plays out in real experiences. I highly recommend this course as it is easily fit into a busy schedule and the learning is fun and provocative. Linda Gerth, Alabama.

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Back in November, I decided to take this Fascia on-line course with Nancy Pierson and Karin Twohig for my CEs. I am not a LMT but have taken Anatomy/Physiology. I was attracted to this course because I wanted to learn more about the fascia and wanted the experience of an on-line course. This course has satisfied all of my objectives.

I can’t remember when I’ve read a book so thoroughly and had such a great opportunity to look at and respond to questions that are relevant to applying the learning to my Bowen practice. The textbook, “Fascia - What it is and why it matters,” by David Lesondak, presents the material in an insightful, clear, and easily understood manner. The 8 week course proceeds chapter by chapter with the weekly quiz oriented to the chapter learnings, and the discussions focused on practical application of our text learning to our Bowenwork, with lots of great examples and insight offered by the participants and instructors. Nancy and Karin have done an outstanding job both in making this class happen and in shepherding us through it. Highly recommend! Ginny Hahn, Texas

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I’ve really learned a lot throughout this class, much more than I would have had I just read the book on my own. As ALWAYS, you and Karin have presented an excellent class. Gratefully, Melodie Balmer, Oregon

**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.”