

# American Bowen Academy

## ***Fascia – What it is and why it matters*, by David Lesondak**

### **Book 1 of the Essential Readings Library**

The course will take nine weeks to complete.

Prerequisite: Module 8

CE credits: 24 NCBTMB credit hours and 80 hours toward American Bowen Academy's 500-hour Practitioner certificate. Note: This online course counts toward 16 hours of online continuing education credit during the 32-hours required for a practitioner in two years; the additional 16 hours must be a hands-on class.

Tuition: \$430

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. The format will be reading on your own; meeting with your cohort and instructors on the interactive online platform Ruzuku, for thought-provoking discussions on the relevance of the reading to Bowenwork; and quizzes on the reading material.

This first offering is written by David Lesondak, a clinical bodyworker in practice for more than 25 years, currently at the University of Pittsburgh Medical Center, where he uses a handful of 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 of the effectiveness of Bowenwork.

## **II. Course Aims and Outcomes:**

### ***Aims***

We all want to speak with confidence about Bowenwork, and 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 movements 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 players from neuroscience?
- 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 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 short presentations)?

### ***Specific Learning Outcomes:***

By the end of this course, 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

**Course requirements and set-up:** Please purchase the book *Fascia – What it is and why it matters*, by David Lesondak (Amazon is one, perhaps the best, source).

Each week, on a set day, a group of discussion prompts for a 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 those discussions further than just an initial response. Each member of the cohort will be emailed weekly an open-book quiz, which will be returned via email at the end of each week to the instructors, and on which a grade of 80% must be made.