

Bowenwork for Women's Wellness



A Continuing Education Workshop

Focusing on female health issues - from conception to end of life – and how **Bowenwork**[®] may support and optimize women's wellbeing throughout their lives. It incorporates a paradigm shift from disease management to health and wellness promotion. By being more aware of women's health issues, **Bowenwork** practitioners can be instrumental in guiding their female clients towards primary health care resources, educate and support them in making informed choices and taking charge of their health. In turn, practitioners learn to take care of their own health and wellbeing.

*NB: Male **Bowenwork** practitioners are highly encouraged to attend - when we take good care of our womenfolk, we can take better care of our menfolk too!*

Why you should attend this course:

- This 2-day course (8 hours each day) will earn you 16 CE hours towards maintaining your Professional Bowenwork Practitioner registration.
- Learn about using Bowenwork procedures to address common female health issues from puberty, pregnancy and childbirth, menopause, middle-age and advanced years.
- Become aware of primary health care (PHC) resources that you can direct your clients towards, in order to empower your female clients in improving their health and wellbeing.
- Explore the use of procedures taught in Modules 1 – 9 and practice creating sessions and applying the procedures on your fellow class participants.
- Your course manual is an extensive reference to show clients and healthcare practitioners the benefits that Bowenwork has to offer women.

Workshop Objectives:

- To develop a greater awareness of women's health conditions, relative to the various stages life (Puberty, Childbearing, Menopause and Older Age), and how Bowenwork may be of benefit.

- To create a greater awareness of PHC teaching and resources to support women, and encourage them to become more actively involved in their personal healthcare.
- To develop confidence as a Bowenwork practitioner in choosing appropriate procedures and creating session plans to address women's health issues such as musculoskeletal/postural alignment, supporting hormonal balance, optimizing mobility, and coping with stress.
- To encourage Bowenwork practitioners to become more aware of their own health care needs and incorporate PHC practices to maintain wellness, so that they can continue to be of service to their clients.

Continuing Education Credit:

This workshop qualifies for 16 continuing education hours for other national organizations such as: National Certification Board for Therapeutic Massage & Bodywork, State of California Board of Registered Nursing, Oregon Board of Naturopathic Medicine.

Prerequisites:

Bowenwork practitioners who have completed Module 9.

Register online at: www.bowenwork.com OR <http://www.bowenworkforlife.com>

Or contact Sandra Gustafson: 707 548 3988

About your instructor:

Sandra Gustafson MHS, BSN, RN - Registered Nurse, Holistic Health Consultant, Bowenwork practitioner and Instructor. Sandra has worked in complementary and integrative medical practice for over 25 years. She has been a Bowenwork practitioner since 1991 and instructor since 1994. She was trained as a Naturopathic Practitioner in Australia, and has taught Bowenwork classes in Australia, Europe and the USA, including Bastyr University, and for OT and PT staff at Swedish Medical Center's Outpatient and Rehabilitation Department, in Seattle. Sandra holds a Bachelor degree in Nursing, certificate in Women's Health and Master of Health Science degree in Complementary and Integrative Medicine. More information is available on her website: <http://www.bowenworkforlife.com>

