



## MIND BODY BOWEN by Anne Schubert and Margaret Spicer

This well-established two-day workshop is of value for all Bowen practitioners, but especially those whose clients present with chronic or recurring complaints. It provides additional material not included in the basic courses.

The workshop provides practitioners with practical 'hands-on' and gives them the opportunity to explore how the inherent self-healing intelligence of the body uses sensations, or the interoceptive sense, as a means of communication to indicate priorities for the individual. It introduces awareness or mindfulness for assessment purposes and encourages exploration of the scope of each Bowen move, thus enhancing and deepening a practitioner's experience and practice of Bowenwork.

Interspersed with the practical work will be short sessions to introduce theoretical aspects, together with discussion, feedback and review.

Explore and experience:

- How sensations, as the 'language' of the body, indicate priorities for treatment and causative components

- Bowenwork links with the field of Mind-Body healing

- Bowenwork as it relates to trauma and stress holding patterns

- The 'when less is best' principle to develop individualized treatments for clients

- The scope and depth of each Bowen move

- Physical, emotional, mental and spiritual relationships, relating to the holistic nature of Bowenwork therapy

- Links to the subtle anatomy of the body, muscle/meridian correspondence

Throughout the workshop, the following will be addressed as they relate to a Bowen session:

- Body memory, relating to sensation, tension, contraction and armouring. "Only when muscle tensions and armouring release can a state of well-being and relaxation follow."

- Mindfulness, the 'felt' sense, and its relation and role in the release of post trauma stress.

- Direct links, via the sensations, to the subtle anatomy of the body, including muscle-meridian links, meridians and energy flows, fascial correspondences

- The enduring effects of birth trauma including prenatal and post-birth issues.

- The importance and relevance of the practitioner component in practice, including intention, provision of a 'safe' environment, ethical and safety aspects. (Also: networking and further resources.)

*The facilitators: Anne Schubert and Margaret Spicer, Senior Bowtech Instructors from Australia, have developed the Mind Body & Bowtech Workshop from their considerable experience in the health fields and with Bowtech. Each brings her own personal and clinical experience to the training about the fascinating ability of Bowtech to aid in the release of memory and facilitate Mind-Body integration. They continue to develop and evolve this workshop and have taught it in Australia since 2002 and Internationally since 2004.*