



# American Bowen Academy

## Dynamic Fascial Assessment

### *Alignment, Body Mechanics, and Self-Help for You and Your Clients*

Instructors: Nancy Pierson - 512-750-4012; Karin Twohig – 831-238-2228

Presentation Hours/CE Credits: 16

Prerequisite: Completion of Module 9

Tuition: \$445 (includes classroom materials)

Join Nancy Pierson and Karin Twohig on an adventure into ways both you and your clients can keep that great feeling after Bowenwork sessions. Simple assessments done with your clients, on yourself, and that can be taught to clients, can bring awareness of dynamic alignment and support optimal function. Further, you will learn how you can perform Bowenwork with the body mechanics that will not only support your body but make your moves feel more effective to your clients.

### **Rationale:**

Sometimes, habits and lifestyles run counter to those that would encourage the body's optimal unwinding and holding of results from a session. The long-term effects of the new reality brought about by the Bowenwork session can be supported through some simple alignment awareness and movement techniques easily incorporated into daily life.

In this practical hands-on class, Nancy and Karin weave together ideas from David Lesondak (fascia), Stanley Rosenberg (polyvagal theory), Katy Bowman (nutritious movement), Kurt Tittel (muscle slings) with their own curiosity about Bowenwork to arrive at a unique way of serving clients and keeping vital themselves.

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

#### *Aims*

- To understand and return to alignment in your own body, resulting in a greater ease of movement, both in and out of your Bowenwork clinic
- To perform Bowenwork moves with an awareness of alignment
- To be able to share the simple alignment awareness and movement techniques with clients

- To refine palpation skills and tissue-tension sense to help choose moves/procedures that the client may benefit from
- To gain a basic understanding of polyvagal theory and the effects of stress on C1, C2, and neck musculature
- To show that myofascial meridians are just one way of looking at the body
- To look anew at Neck 3&4, the “drain” in Upper Respiratory, and North procedures

***Specific Learning Outcomes:***

After completing this course, the student will be able to:

- Define posture and alignment and contrast the two
- Test alignment using
  - Plumb line
  - Relationship among the pubic bone, ASIS, and bottom of rib cage
- Determine whether, and the degree to which, a client has unrecognized kyphosis
- Name the three branches of the autonomic nervous system according to polyvagal theory, and describe the function of each in the body
- Perform a neck assessment to determine specific muscle involvement
- Use simple eye movements to increase mobility to the neck and the entire spine
- Perform various Bowenwork moves depending on the results of the neck assessment
- Describe how a muscle becomes “inactivated,” and describe how to “activate” it
- Perform a simple movement of the torso to activate the trapezius musculature
- Perform Lower Back and Upper Back Procedures using the alignment principles for better body mechanics
- Define sarcomeres, and describe their involvement in fascial shortening
- Choose Bowenwork moves/procedures by applying the concept of Tittel’s “muscle sling” to fascial holding in the gastrocs and the quads, for an anteriorly rotated pelvis
- Name the 5 major hip flexors, and state the degree to which each functions in hip flexion, and which Bowenwork moves/procedures can address them
- Perform a simple calf assessment and release for an anteriorly rotated pelvis
- Perform the Kidney, supine Respiratory, Psoas, and Sternal Procedures, using the alignment principles for better body mechanics
- Describe the different functions of the two heads of the SCM, and how the SCM ties into polyvagal theory
- Perform a simple movement to activate the appropriate head of the SCM

<b>Begin to End Time Day 1:</b>	<b>Hours</b>	<b>Topic – Content Outline</b>	<b>Teaching Method Learning Activity</b>
8:30am – 9:15	.75	Intro and posture vs alignment	Lecture
9:15 – 11:00am	1.75	Alignment assessments using hand-held plumb line, and relationship of pubic bone, ASIS, and rib cage	Lecture/demonstration/practice
11:00am – 11:15am		Break	
11:15am – 1:00pm	1.75	Polyvagal theory, C1&C2, trapezius, muscle inactivation & activation	Lecture/Demonstration/practice
1:00pm – 2:00pm		Break	
2:00pm – 3:30pm	1.5	Low back & upper back procedures using alignment principles	Demonstration/practice
3:30pm -3:45pm		Break	
3:45:-5:	1.25	Neck: assessments and procedures	Lecture/demonstration/practice
5-6	1	Body mechanics and the posterior chain	Lecture/discussion/demonstration/practice
<b>Total:</b>	<b>8</b>		

<b>Begin to End Time Day 2:</b>	<b>Hours</b>	<b>Topic – Content Outline</b>	<b>Teaching Method Learning Activity</b>
8:30am – 9:30	1	Restest alignment	Lecture/demonstration/practice
9:30 – 11:00am	1.5	Sarcomeres, fascial shortening, muscle slings, hip flexors, calf assessment	Lecture/demonstration/practice
11:00am – 11:15am		Break	

11:15am – 1:00pm	1.75	Kidney and supine respiratory procedure and body mechanics	Demonstration/practice
1:00pm – 2:00pm		Break	
2:00pm – 3:30pm	1.5	Psoas procedure	Demonstration/practice
3:30pm -3:45pm	.	Break	
3:45:-5:	1.25	SCM assessments and polyvagal theory	Lecture/demonstration/practice
5-6	1	Review assessments and concepts and take quiz	Lecture/demonstration/discussion
<b>Total:</b>	<b>8</b>		