

# Zen Zone Bowen Technique

60 minutes: \$60;



Gentle yet powerful Bowen moves send neurological impulses to the brain resulting in immediate responses of muscle relaxation and pain reduction. The moves create energy surges. Therapist uses thumbs and fingers to gently move muscles and tissues. In between each set of moves, therapist leaves the room.

Bowen offers rapid, long-lasting relief from pain and discomfort. Most conditions respond within 2-3 treatments. The Bowen Technique helps the body remember how to heal itself; to bring it to a state of balance.

Many experience immediate pain relief, improvement is as likely to unfold over few days a week.

Exclusively done by Lynn....

## The Bowen technique

Bowen is neither massage nor acupuncture, nor can it be compared with any other therapy. In 1975 the Bowen Technique was declared by the WHO (World Health Organisation) to be the most successful holistic therapy in the world. It was developed around 1940 by Tom Bowen (1916-1982) from Geelong, Australia. He discovered that by applying gentle movements to specific points of the body, the body was able to heal itself. There is a great deal which can be written about Tom Bowen but the important thing is that Tom developed a revolutionary method of treatment which has become known worldwide after his death.

Bowen treatments have a relaxing effect and bring the body into a state of balance. In this state, the body is able to take on the task of healing itself.

## What happens during a treatment?

After you have described your symptoms to me I will examine you in order to assess the cause of your complaint. I will then explain to you the course of treatment we will follow. You will lie down on a large, comfortable treatment table in a warm room. Since Bowen is a non-invasive, painless treatment I will begin by making gentle movements, with my fingers and thumbs, over the receptors of your body.

## **What are receptors?**

Receptors are by no means meridians in the sense of Chinese acupuncture or acupressure. Nevertheless, some points are comparable. To my mind, this is not surprising when one considers how many acupuncture meridians there are in the body. No needles, however, are inserted nor firm pressure applied. The Bowen moves are organised into sets with frequent and important pauses between sets which allows the body time to return to a more balanced state of equilibrium.