

Mind Body and Bowen



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2 days / 16 hours
Prerequisite: Module 9

This practical 2-day workshop (16 contact hours) provides the opportunity to explore how the inherent self-healing intelligence of the body uses sensations as a means of communication and how acknowledging its wisdom will enhance and deepen the experience and practice of the **Bowen Technique**.

Throughout the seminar participants will explore and experience:

- the purity and depth of each Bowen move
- how the intelligence, via sensations, indicates the priorities for each treatment session
- the 'when less is best' principle
- the holistic nature of Bowen therapy as we explore physical, emotional, mental and spiritual aspects
- links to the subtle anatomy of the body

Workshop Outcomes:

At the completion of this workshop, participants should be able to:

Learning Outcome One: Outline and explore the innate self-healing intelligence as it links to the Bowen Technique.

Assessment Criteria:

- (i) sensations and the links to the innate intelligence are outlined;
- (ii) using sensations as a communication means, priorities for each treatment session are indicated;
- (iii) the basic principles of natural healing are outlined;
- (iv) the 'when less is best' principle is explored.

Learning Outcome Two: Outline and explore elements of the Bodymind as it relates to the Bowen Technique.

Assessment Criteria:

- (i) the holistic components of the Bowen Technique including physical, emotional, mental and spiritual aspects are explored;
- (ii) the bodymind and its formation is outlined;
- (iii) sensation, tension, contraction, armouring - the body 'memory' is explored;
- (iv) working with babies and children is outlined.

Learning Outcome Three: Develop a basic understanding of the subtle anatomy and energy systems of man and their relationship to health and healing.

Assessment Criteria:

- (i) the subtle anatomy of man is described (eg Meridians, Chakra system, Auras)
- (ii) the bodymind and its links to subtle anatomy is outlined;
- (iii) the links to subtle anatomy appropriate to Bowen Therapy are explored (eg muscle/meridian links)

Learning Outcome Four: Outline the importance and relevance of the practitioner component in practice.

Assessment Criteria:

- (i) the importance of maintaining physical health and wellbeing as professionals is outlined;
- (ii) the boundaries of appropriate patient / practitioner relationships are defined;
- (iii) ethical and safety aspects are explored and outlined;
- (iv) further resource / networking components are explored.

The Workshop:

This 2 day (16 hour) workshop is primarily a practical workshop with full involvement of all participants. As such the major priority is for the participants to directly experience all aspects of the workshop from both a practitioner and client perspective. Interspersed with the practical work will be short sessions to introduce theoretical concepts. At the end of each section, time is allocated for further discussion, feedback and review.