

Bowen for Women's Wellness



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2 days / 16 hours

Prerequisite: Module 9

This is a 2-day workshop in which female health issues are considered, from conception to end of life, and how Bowen may support and optimize wellbeing in all stages of life. It incorporates a paradigm shift from disease management to health and wellness promotion. By being more aware of women's health issues, Bowen practitioners can be instrumental in guiding their female clients towards Primary Health Care resources, educate and support their clients in making informed choices, and taking charge of their health, as well as the practitioner taking care of her (and his!) own health and wellbeing. The course will involve discussion and the application of procedures from Modules 1 - 9.

Please note, all male practitioners are invited to attend - when we take good care of our womenfolk, we can take better care of our menfolk too!