



# PROSPECTUS

## Bowen Fascial Release Technique

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## What our students say . . .

"Bowen was to add to my practice, but it has completely taken it over and now virtually 100% of my clients want this." Lynne A.

"I appreciate the E.C.B.S. modular format, flexibility of how it was run and being able to spread the cost." Beryl F.

"I chose Bowen because it works. It only takes a year to qualify. It is affordable and fits in without too much disruption to my working life. A really big plus, which was essential for my choice of therapy –is that there is no physical demand on the practitioner. I have been doing deep tissue massage for 14 years and my body is now struggling." Vya F.

"ECBS seemed more professional and well organised. I remain very impressed with the high standard of the ECBS training system. It's wonderful that you make it so flexible. The teaching skills are excellent and the scope for further learning seems endless, which is very exciting. Also the availability of help at any time during or after qualifying is very reassuring. The paperwork is always prompt and clear." Sharon C.

"It's the most thorough and professional therapy training I've attended." Rachel C.

"ECBS is an amazing organisation to be affiliated with." Annalisa C.

## What is the Bowen Fascial Release Technique?

The Bowen Fascial Release Technique is a soft tissue remedial therapy. The practitioner uses thumbs and fingers to perform the unique rolling-type moves which are applied to precise points on the body over muscle, ligament, tendon and fascia. This prompts the body to reset and re-align without the need for deep or forceful manipulation. The treatment is gentle, subtle and relaxing and most of the work can be performed through light clothing. A distinctive feature of Bowen is that the therapist leaves the room between sets of moves, allowing the client's body time to respond to the treatment.

## Who practices the Bowen Technique?

Most people who join our courses have had a positive response to Bowen Fascial Release treatment themselves. Practitioners such as massage and sports therapists, reflexologists, aromatherapists, etc learn Bowen for many reasons. For some they want to expand the treatments they offer their clients. Many are looking for a more gentle way of working. Their thumbs, fingers, arms and back are feeling the strain using the more strenuous, physical therapies that they practise.

Others are looking for a new vocation and enter the bodywork field having appreciated the benefits that the Bowen Technique can offer. Physiotherapists find Bowen a convenient technique to use in private practice and, dependent on the Trust, in a variety of NHS settings too.

Bowen is one of the most effective therapy tools available and it works successfully with chronic and acute conditions. As well as being gentle on the client, the Bowen Technique is also very gentle on the practitioner. The light touch required makes minimal physical demands on the therapist.

Due to the format of the ECBS course of training, there are no pre-requisites for commencing the Bowen Technique course. Many people ask us for pre-course reading so our suggestion would be 'The Bowen Technique' by Julian Baker and if you are new to bodywork or if you would like to refresh your anatomy we recommend 'Trail Guide to the Body' by Andrew Biel or 'The Concise Book of Muscles' by Chris Jarmey. Full details of these books are on our website [www.thebowentechnique.com](http://www.thebowentechnique.com)

There is also superb 3D anatomy software available from Primal Pictures that brings the body to life. For a free trial contact us [info@thebowentechnique.com](mailto:info@thebowentechnique.com)

## What are the benefits?

A very wide range of conditions can be addressed with the Bowen Technique and it is suitable for all ages from newborn babies to the elderly. Response is generally quick and this makes it a time and cost effective treatment option for clients.

## European College of Bowen Studies (ECBS)

Under the dynamic direction of Julian Baker, the European College of Bowen Studies (ECBS) has been training Bowen practitioners since 1994. Our training is stimulating, detailed and thorough. Our approach to learning is practical and innovative. Learning the Bowen Technique with ECBS will quickly enable you to practise this highly regarded treatment with skill and confidence. The Bowen Technique, with its many proven benefits, is one of the fastest growing therapies in the world and will revolutionise the lives of your clients - and your own.

Please note: The Bowen Technique is not intended as a substitute for medical advice or treatment. If in doubt please consult your Doctor.

## ECBS course format

Courses are held all over the UK, throughout the year, and overseas too. We have an extensive list of convenient locations.

Our teachers are highly experienced in the field, professional, supportive and passionate about Bowen!

The training is extremely practical and 'hands-on' with comprehensive, full colour training manuals. And we use state of the art computer presentations to enhance your learning.

You can attend each course with the same or different teacher(s) at any venue throughout the UK.

In a hurry? You can complete the course of training within nine months, depending on how convenient the course dates and venues are.

Are you busy? You can complete the course of study at a pace to suit you. Spread the training and have longer periods between modules to enable you to get sufficient practise. It is a wonderful course; enjoy the journey.

### **Part One                      3 days    £425**

Our courses are all highly practical and very 'hands-on'. Class sizes are deliberately kept small to ensure you receive a high level of teacher supervision whilst you practise the moves with your fellow students. By the end of the Part One course you have the skills to perform a complete body treatment. Our course manuals are superb; they are detailed, colour-illustrated and user-friendly and designed for independent practise.

- Lower Back and Leg Procedures
- Back and Neck Procedures
- Shoulder Procedure
- Elbow, Wrist & Knee Procedures
- Ankle Procedure
- Hamstring Procedure

### **Case histories**

Taking effective client notes is an important part of a Bowen Fascial Release treatment. To establish a good level of understanding and proficiency you record your case histories. Before Part 3, you choose 10 of these where you each client has received three treatments from you to submit to your teacher. You work on these in the time between Part One and Part Three. You will be provided with the DVD "Taking Effective Client Notes" as part of your course materials.

### **Part Two    3 days    £300**

Part Two gives you the opportunity to review everything that you learnt on Part One. On this course you will consolidate your knowledge and improve your technique. You will have already gained some experience through practise and Part Two will build on and refine your skill and accuracy. Time is also set aside to help you with the system of taking client records (or case histories); an important element of your training.

## **Part Three      3 days      £300**

Part Three takes the technique to a new dimension with specific treatment procedures that are remarkable for their speed and efficacy. A manual accompanies the Part Three notes containing over 100 full colour photographs with simple text and directional arrows showing the position and direction of the moves. This can also be a useful resource to help you explain the nature of the technique to clients.

- Respiratory and Diaphragm Procedure
- Temporo Mandibular Joint Procedure
- Pelvic Procedure
- Coccyx Procedure
- Kidney Procedure

The case histories that you submit before attending Part Three receive a written evaluation to support and guide you.

## **Part Four      3 days      £300**

Part Four reviews the Bowen moves covered in Part Three and aims to consolidate all the moves you have learnt so far. At this stage, you are in the process of preparing your second set of 10 client case histories.

## **Part Five      3 days      £425**

This is the course where everything seems to “fall into place”. The first two days are spent re-visiting all the Bowen Technique moves; and with your experience so far, you will deepen your knowledge and understanding of the Bowen Technique. Day 3 includes a written and practical assessment.

- Part Five is offered in a limited number of regional venues and therefore is unlikely to be the same venue as the previous levels of training.
- The course dates & venues for Part Five are given to you during Part Three. They are listed on the website [www.thebowentechnique.com](http://www.thebowentechnique.com)
- A level of competence is required before attending Part Five. To achieve this, you will be informally assessed by your teacher throughout your training from Part Two onwards.

### **Case histories**

The submission of 10 more client case histories (30 treatments) is a pre-course requirement. These receive a written evaluation and form part of the final assessment.

### **The ECBS Certificate of Proficiency in the Bowen Fascial Release Technique**

is awarded upon successful completion of Part Five

## Planning consideration

Please allow at least 4 months between Part One & Part Three.

Please allow at least 4 months between Part Three & Part Five.

This is to allow sufficient practise and to give you time to prepare the case histories that you submit for Part Three and Part Five.

To maintain a level of proficiency, if a period of 12 months or more elapses between any course levels, for any reason, you will need to repeat the last course level attended.

If it would be helpful to spread the course fees, you can arrange with your teacher to pay by instalments.

## Professional membership

Upon completion of the full training, accredited Bowen Technique practitioners may wish to become full members of professional therapy organisation/s. Most of these require members to have an ITEC or VTCT qualification in Anatomy and Physiology (A&P). If A&P has been gained as part of another training e.g. medical, homoeopathy, massage, reflexology, physiotherapy etc. a copy of that certificate will be acceptable. If you do not have an A&P certificate please contact us (01373 461812 / [info@thebowentechnique.com](mailto:info@thebowentechnique.com)) and we will give you full information about these courses. Don't forget, you don't need an A&P certificate before you start your Bowen training.

## Research

ECBS is at the forefront of research to test and document the effectiveness of the Bowen Technique. The positive and exciting results of a controlled trial to study the effects of Bowen on hamstring flexibility were published in September 2010 in the Journal of Bodywork and Movement Therapies. The evidence from this important trial proves that Bowen has a significant effect on conditions directly related to hamstring problems.

Previous studies demonstrated that "the Bowen Technique significantly improves the frozen shoulder condition". The National Migraine and Asthma Programmes showed very positive outcomes using Bowen to treat these conditions.

## ECBS Teachers

Our teachers are dedicated to providing students with a stimulating and professional learning experience. Each of them runs a busy Bowen practice and students benefit tremendously from their day-to-day knowledge and experience.

They undergo a demanding, intensive and structured ECBS Teacher Training Programme, which combines dynamic teaching and communication methods with detailed Bowen concepts and theory.

# Teacher profiles

## **JULIAN BAKER – Director and Principal Instructor**

**01373 461 812**

**[info@thebowentechnique.com](mailto:info@thebowentechnique.com)**

Originally from London, Julian discovered the Bowen Technique whilst living in Australia. Initially a reflexologist, he trained in Bowen after receiving effective treatment for a chronic neck injury.

Returning to Britain in 1992, Julian set up a highly successful clinic, as well as an extensive teaching programme. He has subsequently trained thousands of people in The Bowen Technique throughout the UK and Europe. He has written the internationally best-selling books Bowen Unravelling and The Bowen Technique and has made DVDs on successful marketing. Julian is an international lecturer and his reputation as a very lively, humorous and knowledgeable speaker is well deserved.

He has collaborated in professional research examining the effect of Bowen on hamstring flexibility, which was formally presented at the Fascia Research Congress in Boston, USA in October 2007.

Julian's boundless enthusiasm and tireless promotion of this gentle yet powerful therapy has been largely responsible for its current status as one of the most important and effective therapies available today.

## **SYLVIA WILKINSON**

**01584 890 989 / 07971 428701**

**[sylvia@thebowentechnique.com](mailto:sylvia@thebowentechnique.com)**

Sylvia taught holistic therapies for 13 years in further education and has been an ECBS teacher since 2001. She is an experienced practitioner and her varied work covers many areas ranging from allergies to structural imbalance and the holistic treatment of children. With a background in general nursing and care of the elderly, Sylvia is a sympathetic and patient teacher who never ceases to inspire with her enthusiasm for Bowen.

## **JIHAN ADEM**

**07929 005 910**

**[jihan@thebowentechnique.com](mailto:jihan@thebowentechnique.com)**

In her early career Jihan was a keen horsewoman competing and teaching riding to able-bodied and severely disabled riders. Her interest in bodywork stemmed from working with physically disabled riders releasing trauma using the heat and movement of direct contact with the horses' bodies easing pain and soft tissue tensions. After receiving Bowen treatments herself in 1996 she noticed that previously diagnosed long-standing conditions were alleviated and this spurred her on to work professionally with the Bowen Technique. She trained as a therapist and later began teaching for ECBS in 2007. Jihan's interests lie in the physical application of Bowen as well as working with the direct link to the client's mental/ emotional condition making her approach to body work a truly 'holistic' one.

# Teacher profiles

## **MICHAEL MORRIS**

**01775 725059 / 07775 608 607**

**michael@thebowentechnique.com**

Michael has been in full time clinical practice since 1998 and has also worked with a number of elite professional sports teams/individuals at national and international level. Initially trained in sports & remedial massage and manipulative therapy, Michael's grounding has always been in the structure and function of the human body and his own sporting background has added to his knowledge base of the human form. Training in The Bowen Technique transformed Michael's approach to structural integration and the treatment approach to the working of the body, but his roots still remain in a thorough assessment and functional approach. Michael has an MSc having researched, through the University of Warwick, a study into The Bowen Technique's effect on Lower Back Pain. His interests lie in performance-based outcomes to treatment, learning more about the workings of the body through human dissection work and working with children, especially those with additional needs. Michael runs a busy practice in his hometown of Spalding, South Lincolnshire and has been teaching with the ECBS in 2007. Alongside teaching the introductory levels, Michael also teaches the assessment and kinetics workshops at CPD level.

## **MARK LANGE**

**01239 614442/07817 064969**

**mark@thebowentechnique.com**

Mark's interest in the complementary health field began in the early 90s and in 1999 he learnt Bowen, a step which radically altered his career path from motor mechanic to full time Bowen practitioner. Since 2003, he has built and run a very successful Bowen and holistic health practice in Carmarthenshire and Pembrokeshire. Acclaimed for his teaching abilities and for his keen interest in and intuitive and holistic approach to health, he has always felt drawn to helping others – both clients and other therapists. It gives Mark great pleasure to mentor trainee and novice practitioners in a bid to help them avoid some of the pitfalls he encountered as well as to develop their skills. He is a tireless promoter of complementary health and brings a practical energy to his chosen fields (which include, as well as Bowen: dowsing, massage and allergy testing).

25 years in the motor trade have left him with a simple but profound message for us all: prevention is better than cure – regular maintenance is key.



# Teacher profiles

## **LINDSAY EVANS**

**07595 893908**

**[lindsay@thebowentechnique.com](mailto:lindsay@thebowentechnique.com)**

Lindsay has a genuine fascination for the human body and has over many years immersed herself in learning about its workings. Her voyage of discovery has so far led her to gain qualifications in Nutritional Science, Touch for Health Kinesiology, NLP, Stress Coaching and Mindfulness and Relaxation Techniques and of course The Bowen Facial Release Technique. Like many therapists, it was a critical diagnosis that was to be the pivotal point that caused Lindsay to walk away from her career in corporate marketing and turn her focus to the area of natural health.

For the past 7 years Lindsay has run a busy Bowen Therapy practice in and around Wokingham. During this time her friendly, down-to-earth manner and her dedicated and professional approach to her work have earned her a solid reputation as a caring, credible therapist and an informed and highly inspirational speaker. Through her own personal experiences and those of hundreds of her clients, Lindsay has developed a wealth of knowledge about the debilitating and widespread havoc that prolonged high levels of stress can wreak on the human body. Effective stress management is Lindsay's specialist subject and is at the very heart of her practice and ethos for achieving and maintaining good health.

Lindsay's passion for her subject is infectious! Her clear and articulate knack for presenting makes her an entertaining and effective teacher and an inspirational ambassador for The Bowen Technique.

## **JENNY HOLCOMBE**

**01406 424311/07888 748651**

**[jenny@thebowentechnique.com](mailto:jenny@thebowentechnique.com)**

Originally from Liverpool, Jenny lived in London, Brighton and West Somerset before settling in Lincolnshire in 2007. She is married with 4 children. With a background in administration and management, Jenny was appointed Head of Human Resources at a residential home for children exhibiting extreme challenging behaviour. She saw at first hand the effects of ADHD, dyspraxia, dyslexia, abuse and substance misuse on young people and developed an interest in alternative/complementary therapies as she sought a better means of helping the young people she helped to care for. She was also aware that these therapies could support her staff and help to prevent burn-out. Thus began her exploration of nutritional, dietary and behavioural techniques. Along the way, she acquired a Spiritual Healing qualification in 2005 and three years later she added Indian Head Massage, Aromatherapy, Swedish massage and Reflexology to her therapeutic tool kit. In 2013, she qualified as a Naturopath Kinesiologist. Having considered the Bowen Fascial Release Technique for many years, Jenny finally found time to complete her training and qualified with ECBS in May 2010.

Jenny is very experienced in treating people with MS and works at the MS Therapy Centre in Huntingdon as well as with Mutual Support, a support organisation for service personnel with MS.

## Teacher profiles

### KAREN OWENS

07914 570207

[karen@thebowentechnique.com](mailto:karen@thebowentechnique.com)

Karen is one of the region's most respected practitioners and teachers in the world of complementary healthcare. Her passion for helping others and commitment to self-development makes her stand out from the crowd. She holds a certificate in Education from the University of Sunderland, is fully qualified in Aromatherapy, Massage, Reflexology and Reiki, and holds a certificate in Palliative Care. ECBS qualified since 2006, she currently works almost exclusively with the Bowen Fascial Release Technique due to the quick and lasting benefits that people experience. For over 30 years she has skilfully trained hundreds of people in a commercial environment. 10 years ago she founded her holistic therapy business where she and the team help clients and students to improve their wellbeing and knowledge. People find her to be well-informed, accomplished, thought provoking and above all knowledgeable. Karen's style and energy ensure you will want to spend time listening to and learning about the Bowen Fascial Release Technique and she will help guide you along the path towards establishing an amazing career for yourself.

### GUS de la QUERRA

01869 331265/07909 556222

[gus@thebowentechnique.com](mailto:gus@thebowentechnique.com)

Born in Cape Town, South Africa, Gus spent the first 15 years of his career in the Fitness industry as a successful Personal Trainer before immigrating to the UK in 1999. A qualification in Sports Therapy allowed him entry into the world of body work, leading him to open his own clinic in the town of Witney, on the edge of the Cotswolds in Oxfordshire. Gus stumbled upon the Bowen Fascial Release Technique two years later and, whilst very sceptical at first, could not deny the amazing results yielded by this simple technique. He has been using the technique exclusively for the past 8 years in his busy and successful clinic. His relaxed style of teaching filled with passion and humour promotes learning in an informative and enjoyable environment. Gus is also a loving husband and proud father to two beautiful teenage daughters. He is a keen musician and will sell his soul for a bar of dairy milk chocolate.

## Training recognised by

**BTPA** Bowen Therapy Professional Association

**FHT** Federation of Holistic Therapists

**CoC** College of Chiropractors

**GPBT** Guild of Professional Beauty Therapists

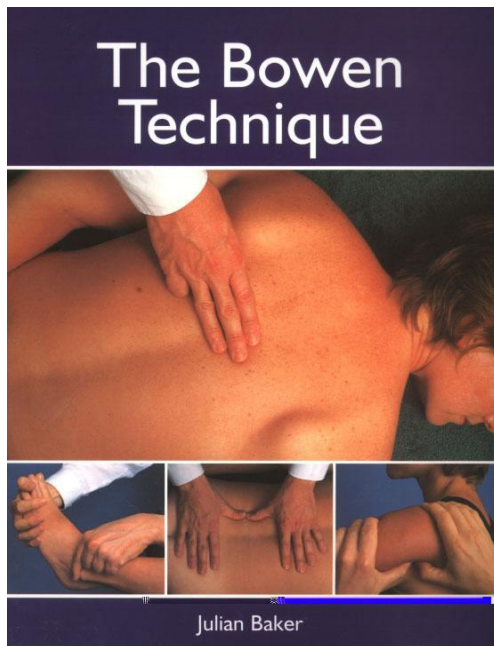
**BCMA** British Complementary Medicine Association

**BABTAC** British Assoc. of Beauty Therapy & Cosmetology

**ARCHTI** Association of Registered Complementary Health Therapists of Ireland

# The Definitive Guide to the Bowen Technique

by Julian Baker



The Essential Principles What is it?

How does it work?

What does it address?

Clear and precise guidance

Clearly and informatively written

Fully illustrated

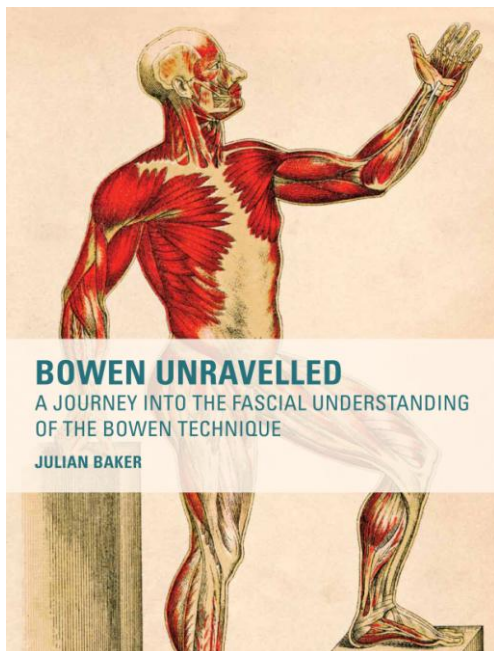
A great read for anyone wanting to find out more about the therapy or thinking about training in the Bowen Technique

£19.50 including p&p

## Bowen Unravelled

A journey into the Fascial Understanding of the Bowen Technique

by Julian Baker



Using his 23 years experience of teaching and practicing Bowen, as well as his work teaching human fascial dissection, Bowen Unravelled is the most detailed explanation of the technique ever written.

It is a must for anyone interested in the technique or indeed in any kind of soft tissue therapies.

£19.50 including p&p

Phone 01373 461 812 to pay by debit/credit card

Cheques payable to ECBS and sent to Top Floor, 6 The Bridge, Frome, Somerset, BA11 1AR

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## **European College of Bowen Studies Terms & Conditions of Payment**

Insurance cover for course fees is available for each module in case of illness, (pre-existing conditions exempt) or injury etc. leading to an inability to attend the course. The £14 premium is paid directly to the insurance company. Details and booking form will be sent with your Part One confirmation.

### **Part One £425**

- The £150 deposit secures your place until the date the balance of course fees is due.
- Once the place has been confirmed in writing, the deposit is non-refundable and non-transferable.
- The balance of course fees £275 for Part One is due 6 weeks before the course commences. The due date will be given in writing at the time of confirmation. Once paid, the balance of fees is non-refundable and non-transferable.

### **Part Two £300                      Part Three £300    Part Four £300**

- The £100 deposit secures your place until the date the balance of course fees is due.
- Once the place has been confirmed in writing, the deposit is non-refundable and non-transferable.
- The balance of course fees £200 for Parts 2,3,4 is due 6 weeks before the course commences. The due date will be given in writing at the time of confirmation. Once paid, the balance of fees is non-refundable and non-transferable.

### **Part Five £425**

Terms & Conditions for the Part Five fees are provided with the booking form at Part Three.

The European College of Bowen Studies reserves the right to cancel a training level at any time. In such an instance, a full refund will be given to the student.

The European College of Bowen Studies reserves the right to increase course fees from time to time.

The European College of Bowen Studies reserves the right to decline admission to any training level.