

Learn Bowenwork® in Laguna Woods, CA!

You are invited to a series of workshops to learn the innovative system of muscle and connective tissue therapy developed by the late Tom Bowen, in Australia. Bowenwork is a gentle, non-invasive soft tissue relaxation technique that can relieve pain and discomfort, realign postural imbalances and promote wellbeing in your patients/clients.

Workshop objectives: On completion of this course, students will be able to describe and demonstrate the principles and application of Bowenwork procedures, assess clients to determine the use of appropriate Bowenwork procedures for each person, evaluate the response of the client to a Bowenwork session, and support the client in optimizing self-care to promote wellness.

The curriculum consists of 6 modules, each taught over 2 days. Each module includes detailed notes and charts, explanation and discussion, demonstration, indications for use, and extensive hands-on practice with individual feedback and review. The modules must be taken in sequence because each one reviews and builds on work taught previously. Modules 3 through 6 include practical and written assessments. Students receive individual feedback on them and the 10 written case studies and 50 logbook hours that are required. Each Bowenwork Module 1-6, earns 16 CE contact hours.

Certification requires passing Module 7 (a written and practical competency assessment covering procedures taught in previous modules). Additionally, practitioners seeking accreditation and certification as a Professional Bowenwork Practitioner need to submit proof of a minimum of 100 hours study of anatomy and physiology; proof of 20 hours business skills or study; 4 hours minimum of ethics studies; and current CPR certification.

Sandra Leahy Gustafson MHS, BSN, RN, is a Registered Nurse and Bowenwork Instructor. Originally from South Africa, Sandra moved to Australia in 1985, where she studied Naturopathy and learned Bowenwork. She has been using it extensively in her nursing career, holistic health and naturopathic practice since 1992, and has taught it since 1994. She married and moved to Northern California in 1999, where she now lives and works in an integrative medical practice.



Sandra is a member of the American Holistic Nurses Association. Bowenwork training is approved by the **California Board of Registered Nursing (#15344), NCBTMB (#393313-00), American Occupational Therapy Association (#7074), and Oregon Board of Naturopathic Examiners (#PDP-BOW)**, for 16 Contact Hours per module.

Venue:
76 Calle Aragon #P
Laguna Woods
CA, 92637 ***

<u>Module</u>	<u>Class Dates</u>	<u>Time</u>	<u>Register by</u>
3 & 4	May 15 - 18, 2015	9am - 6pm	April 24, 2015

Cost: Module 3 - \$395 if paid by April 24, 2015 or \$425 thereafter.
Module 4 - \$395 if paid by April 24, 2015 or \$425 thereafter.

Sandra Gustafson can be contacted at: sandragustafson@bowenworkforlife.com. Phone: **707 548 3988** (PST). Visit these websites: www.bowenworkforlife.com or www.bowenworkacademyusa.com for more information on classes.

*****Host: Danielle Chung for local information: daniellechung888@gmail.com**

Bowenwork® Seminars:

Module 1: Tom Bowen history/philosophy. Basic Relaxation Moves - the core work that addresses the entire body. Kidney procedure, Headache and instructions for client self-care and management.

Module 2: Review of previous module work. Procedures for Respiratory system, Hamstrings, Shoulders, Cramp. Instructions for client self-care and related exercises. Guidelines for case studies and logbook hours.

Module 3: Review. Pelvic, Sacral, Elbow/Wrist and Knee procedures. Instructions/exercises for client self-care.

Module 4: Review. Ankle, Upper Respiratory and TMJ, Forearm, Feet procedures. Working with seated clients, babies and children. Instructions for client self-care and related exercises.

Module 5: Review. Procedures for Chest area tenderness, Gallbladder, additional Neck and Shoulder restrictions, Coccyx injury and pain. Instructions for client self-care and related exercises.

Module 6: Review. New procedures for Childhood Bedwetting, Buttock pain, protocol for Enhancing Fertility, Pelvic Floor pain and Bursitis. Instructions for client self-care and related exercises.

Module 7: Practical and written assessment for certification and accreditation. (Not eligible for CE hours).

Information on Bowenwork® Classes:

1. Please be aware that Bowenwork® is demonstrated and practiced on the students who attend the classes. To ensure the safety of class participants as the work is being practiced, close supervision is maintained by the instructor. If you have any health problems that may be affected by being worked on, please advise the instructor before the class commences.
2. We recommend that you bring light, loose clothing to each class so that it is easy for the instructor and the students to palpate anatomical locations on the body. Shorts and T-shirts are recommended, and please wear suitable underwear!
3. For hygiene and comfort, it is also advisable to bring your own sheets/drapes/towels that can be placed on the tables whilst you are being worked on.
4. Please ensure that your nails are short and clean, as you will be contacting other students' skin in some procedures.
5. Light refreshments will be provided for morning and afternoon tea-breaks. It is advisable to bring your own water to ensure adequate hydration. Lunch is your own responsibility. If you have any specific dietary requirements, this will be your own responsibility too.
6. A deposit made to **Sandra Gustafson** must be received by **April 24, 2015** to register for the class.
7. **Please note our cancellation policy:**
 - Deposits are non-refundable unless the instructor cancels the class, in which case the instructor must give students at least two weeks notice. If the instructor cancels the class, he or she returns the student's deposits (students may choose to have the instructor credit the deposit toward a future class with that instructor).
 - If a student notifies the instructor of non-attendance at least 48 hours before a class, the instructor will credit the deposit toward another class. Failing to give the required notice forfeits the deposit. Credits will be honored for a period of one year from the date of the original class.
 - In order to avoid extra expense in case the instructor cancels a class, we strongly recommend that students purchase changeable or refundable airline tickets or other travel arrangements.

*** Participants need to be listed 5 days before the event starts for the venue's gate security, which will ask people give their name, and our host Danielle Chung, at the gate.

I look forward to meeting you, and sharing the amazing system of Bowenwork® with you!

Sandra Gustafson



Bowenwork® Seminar Application:

Mail this form to:

Sandra Gustafson

P.O. Box 674, Bodega Bay, CA 94923

Check or money order payable to: Sandra Gustafson.

I can provide a massage table: Yes/No

Mods 3 & 4: May 15 - 18, 2015

Name: _____

Address: _____

City, zip: _____

Phone: _____

Email: _____

Occupation/modality: _____