

Surgery recovery.

I badly broke my leg which required a major operation and a lot of metalwork to fix it. After my very first Bowen session with Jo, I felt a huge improvement in the movement and a great relaxation of the tissues and muscles around the injury. Jo also helped my undamaged but compensating leg. She monitored my whole body balance which was very reassuring. Having treatment from Jo was hugely relaxing and made me feel nurtured and revitalised and I'm sure my recovery was speedier than it would have been without Jo's Bowen skills and her intuition which supported me through a very bad time. **Retired**

Knee misalignment (surgery avoidance!).

I was a few weeks away from serious knee re-alignment surgery. Hoping to deter the inevitable, I thought about trying something different. Through Bowen, Jo has helped me to understand my body's needs more clearly; acknowledged and recognised previous injuries linked to my knee, and helped me to slowly regain control of my knee pain and injury level. Fast forward a few months - and I'm back to doing the thing I love.....whacking a football in the net....and that knee surgery? It's currently on the shelf collecting dust. It has worked better than anything else, and I'd recommend it to other sports people. **Retail Director**

Groin, hip and shoulder pain.

I was initially treated by Jo for a problem with groin and hip pain. After each session, my symptoms were noticeably less acute and, furthermore I felt wonderfully relaxed. I have also benefited from further Bowen sessions with Jo when she treated me for shoulder pain and stiffness. Again, her treatment and care relieved these issues. **Yoga teacher**

Fibromyalgia

There is no cure for FM only a search to alleviate pain. I have found relaxation with Bowen. The therapy is non-invasive and eases the Fibromyalgia stress in my body. I have fortnightly treatments with Jo **Retired**

WHAT DOES A TREATMENT INVOLVE?

Most treatments are given with the client lying flat on a treatment couch and can be performed through light, loose clothing (or directly on the skin). Adaptations can be made if lying still isn't comfortable.

Three to four treatments at weekly intervals are often sufficient to achieve lasting relief. Any further treatments will be discussed later depending on progress.

Some people use Bowen as a means of stress management and health maintenance, seeking semi-regularly treatments throughout the year. Others return for follow ups in a more reactive way.

An appointment will take approximately 45-60 minutes and will involve a consultation to monitor and tailor the treatment received. £50 a session with reduced rates for children.

BOWEN



with Jo
Certified Bowen
Practitioner

*For details and appointments
please message Jo on*

07761 459793

or email

bowenwithjo@outlook.com



BOWEN THERAPY

~ a gentle physical therapy that can

- Reduce pain
- Relieve tension
- Restore function
- Re-balance the body

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WHAT IS BOWEN?



Bowen is a physical, hands on therapy.

The practitioner uses thumbs and fingers to perform a unique set of precise rolling type moves. These are placed over muscle, tendon and ligament tissue and indirectly over bone, all of which are encased with a type of connective tissue called fascia.

During the treatment there are short breaks that allow the client to rest and give time for the body to respond to the gentle moves that have been performed. These give the body time to make adjustments which then help to rebalance, restore function and relieve tension.

The treatment feels gentle, is usually deeply relaxing and the effects can be deep and long-lasting.

"TREATMENT DOESN'T HAVE TO HURT!"

Bowen can be used safely for people of all ages and abilities including new born babies, disabled and elderly.

WHERE DID IT ORIGINATE?



Thomas Ambrose Bowen of Geelong, Australia developed his own 'technique' and had a thriving practice until he died in the 1980s.

His approach is now known around the world

WHAT DOES BOWEN TREAT?

Common presentations include:

- Neck and back pain / Sciatica
- Shoulder pain / Frozen shoulder
- Sports injuries – chronic and acute
- Tennis elbow / Carpel tunnel / RSI
- Headache / Migraine / Stress
- Jaw problems – teeth grinding / snoring
- Joint pain / Muscle spasm / Muscle strain
- Pain management / Mobility restrictions
- Fatigue – acute and chronic / Disturbed sleep
- Asthma / Hay fever / Sinusitis
- Bronchial complaints
- Digestive problems / IBS
- P.M.T. / Menopause / Infertility
- Difficult births / Infant colic
- Urination problems.

Bowen therapy aims to rebalance the whole person, not just the physical symptoms. Because of this Bowen can also help gently restore mental health.



"I was blown away with how effective Bowen Therapy was for me. Not only was my back healed, but my mood and general health improved alongside. I am truly converted!"



TESTIMONIALS

Insomnia

I have suffered with insomnia for years and decided to try Bowen. VERY glad I did. After my first treatment my sleep became longer and deeper and I wake now feeling refreshed. I'm doing so much better now and feel that I'm finally getting my life back. **Receptionist**

Stress, overwhelm and neck pain

When I came to Jo, I was overwhelmed by stress, with severe pain and restricted movement in my neck and regular headaches draining my mood and energy. I needed help. The gentle sessions were unlike anything I'd experienced, yet I felt shifts almost immediately. My pain eased, the constant headaches became far less frequent and severe. Each appointment was a turning point for both my symptoms and my state of mind. I left feeling calmer, lighter and more in control of my wellbeing. I'm deeply grateful to Jo for her skill, care and kindness at a time when I needed it most. **Artist**

Lower back pain.

I have struggled with lower back pain and debilitating spasms for 20 years. I was sceptical because Bowen is far removed from my usual chiropractor's approach. However, after treatment my back was feeling much freer and less vulnerable to sudden movements which historically would have triggered a spasm. A few months on after my Bowen sessions with Jo, I can still state that my back is "holding" and feels free from its historic pain. **Forrester**

Urge incontinence

Urination was a constant stress for me, and had been for years. Bowen with Jo has been a revelation, as I now have normal control. I no longer have to plan and interrupt what I am doing for sudden pee-break stops. **Engineer**