

## **Learn Bowenwork® in Sacramento, 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 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, approximately one month apart. 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 as well as on the 10 written case studies and 50 logbook hours that are required. Each Bowenwork Module 1-6, earns 8 contact hours for Continuing Education per day.

**Certification** requires passing Module 7 (a written and practical competency assessment that does not qualify for CE hours, 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; and current CPR certification.

**Sandra Leahy Gustafson 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:**

**Fair Oaks Bowen Therapy  
8035 Madison Avenue, Suite A3  
Citrus Heights, CA, 95610**

<u><b>Module</b></u>	<u><b>Class Dates</b></u>	<u><b>Times:</b></u>	<u><b>Register by</b></u>
4	May 19 & 20, 2012	9am – 6pm	April 27, 2012

**Cost:** Module 3 - \$360

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

For directions/accommodation in Citrus Heights, contact **Mike or Kathy** at: **916 225 3014** or [www.fairoaksbowen.com](http://www.fairoaksbowen.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 for client self-care and related exercises.

**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, and 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 of **\$150** made to **Sandra Gustafson** must be received by **April 27, 2012**, in order to register for the class. The remainder of the class fee must be paid before or on the first day of 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.

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

*Sandra Gustafson*

✂-----

<p><b><u>Bowenwork® Seminar Application:</u></b> Mail this form to: <b>Sandra Gustafson</b> <b>P.O. Box 674, Bodega Bay, CA 94923</b></p> <p><u>Include a deposit of \$150 per module.</u> Check or money order payable to: Sandra Gustafson. <b><u>I can provide a massage table: Yes/No</u></b></p>	<p><b>Mod 4:</b> _____ <b>Dates:</b> _____</p> <p>Name: _____</p> <p>Address: _____</p> <p>City, zip: _____</p> <p>Phone: _____</p> <p>Email: _____</p> <p>Occupation/modality: _____</p>
---	---

✂-----