

## **Bowenwork for Women's Wellness – a CE Workshop!**

*You are invited* to a Bowenwork Continuing Education workshop, in which female health issues are considered, from conception, through puberty, child-bearing age, menopause, to end of life, and how Bowenwork 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, Bowenwork 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. ***Please note: Male practitioners are invited to attend - when we take good care of our womenfolk, we can take better care of our menfolk too!***

**Workshop objectives:** On completion of this course, students will be able to:

- Support the client in optimizing self-care to promote wellness.
- Develop a greater awareness of women's health conditions, relative to the various stages of life.
- Develop a greater awareness of Primary Health Care teaching and resources that can support a woman's health at various stages of her life.
- Develop confidence as a Bowenwork practitioner to be able to choose appropriate procedures and create session plans to address women's health issues.
- Become more aware of their own health care needs and practice PHC measures to maintain wellness, so that they can continue to be of service to their clients.

**This is** a 2-day/16 hour course that earns 16 CE hours. **Prerequisite:** Completion of Module 9.

**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 Academy USA is an approved CE provider for: **NCBTMB #393313-00, California Board of Registered Nursing #15344, American Occupational Therapy Association #7074, and Oregon Board of Naturopathic Examiners #PDP-BOW.**



**Venue:**

**Inn at Port Gardner  
1700 W. Marine Drive  
Everett, WA, 98201-2096  
Ph: 425 252 6779  
[www.inn-at-port-gardner.com](http://www.inn-at-port-gardner.com)**

**Class Dates**

**February 4 & 5, 2012**

**Times:**

**9am – 6pm**

**Register by**

**January 13, 2012**

**Cost:**

**\$360**

To register for this class, please contact Sandra Gustafson at: [sandragustafson@bowenworkforlife.com](mailto: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.

## **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 **January 13, 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.**

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**Bowenwork® Workshop Application:** **Bowenwork for Women's Wellness.** Dates: \_\_\_\_\_

Mail this form to:

**Sandra Gustafson**

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

Include a deposit of \$150 per module.

Check or money order payable to: Sandra Gustafson

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**I can provide a massage table: Yes/No**

**Completed Module 9? Yes/No**