



7-315 Upper Ganges Road
Salt Spring Island, BC V8K 2X4
tel: 250-537-8904
www.bowen-online.com

ABOUT BOWEN THERAPY CLASSES

Bowen Therapy is a revolutionary form of bodywork performed by applying gentle challenge, followed by a release of the challenge created, to the body's soft tissue structures. These include the fascia, nerves and muscles. The result is to switch the patterns of inflammation and misalignment to optimal function where healing and mobility return. Where the body's state of reaction was of guarded protection it now becomes one of recuperation and recovery.

Bowen Therapy has new tools for treating neurological conditions, new tools for the treatment of structural misalignment and dysfunction, new tools for treating hormonal and digestive issues. Bowen Therapy is a 'head to toe' therapeutic system and is gaining popularity today for both its simplicity and its efficacy.

Learning Bowen Therapy is easy it is offered in a series of live classes grouped into modules 1-8. Online lessons are provided as well to support the live classes these online lessons consist of video lectures and demonstrations for reviewing and refining what is taught at the live class.

Instructed by Jonathan Damonte, a classically trained homeopath and longtime Bowen Therapy practitioner and teacher, he skillfully shows this simple method. Expect immediate results in conditions ranging from migraine, sciatica and even foot deformities like hammertoes. The student will learn where to replace most other forms of bodywork with this remarkably fast acting method.

MODULES 1-4

Provides instruction in the majority of Bowen Therapy procedures that are performed in day-to-day practice. The class is designed to allow the student to be able to practice immediately and with confidence plus gain the necessary experience while working on their own clients.

MODULES 5-8

Provides a complete review of the lessons given in Modules 1-4 plus syndrome specific procedures to add to the core repertoire.

CERTIFICATION

Certification as a Certified Bowen Therapist (CBT) with Bowen Canada is completed through both the live and online lessons plus a completion of clinic hours you record.



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North American Bowen Therapy Teaching College & Bowen-Online Curriculum

FEES

Modules 1-8 Live Class Intensive - \$1,400 CDN

Modules 1-4 Online Lessons - \$225 per annum

1. **Bowen Therapy Module 1**, consisting of **9 hours** of classroom instruction.

Day 1

- i. History Science & Theory of Bowen Therapy
- ii. Mechanism of Action of Bowen
- iii. Research into Bowen Therapy
- iv. The Essential Bowen Therapy Maneuver
- v. Disturbance of the Matrix
- vi. Effect on Muscle
- vii. Effect on Nerve
- viii. Effect on Fascia
- ix. Lower Back Procedure
- x. Upper Back Procedure
- xi. Review
- xii. Neck Procedure
- xiii. Shoulder Procedure
- xiv. Headache Procedure
- xv. Back Cramp Procedure
- xvi. Client Management

2. **Bowen Therapy Module 2**, consisting of **9 hours** of classroom instruction.

Day 2

- i. Review
- ii. Respiratory Procedure
- iii. Gall Bladder Procedure
- iv. Hiatus Procedure
- v. Kidney Procedure
- vi. Pelvic Procedure
- vii. Sacrum Procedure
- viii. Hamstring Procedure
- ix. Case Studies Review



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3. **Bowen Therapy Module 3**, consisting of **9 hours** of classroom instruction.

Day 3

- i. Review of Previous Procedures
- ii. Case Studies review
- iii. Coccyx & Pelvic Floor Anatomy
- iv. Coccyx Procedure
- v. Rectus Femoris (Quadriceps) Procedure
- vi. Ankle Procedure
- vii. Ankle Taping Protocol
- viii. Hammer Toes Procedure
- ix. Hammer Toes Taping Protocol
- x. Plantar Fasciitis Procedure
- xi. Plantar Fasciitis Taping Protocol
- xii. Bunion Procedure
- xiii. Bunion Protocol
- xiv. Heel Procedure
- xv. Heel Taping Protocol

4. **Bowen Therapy Module 4**, consisting of **9 hours** of classroom instruction.

- i. Review of Previous Procedures
- ii. Case Studies Review
- iii. TMJ Syndrome
- iv. Upper Respiratory
- v. TMJ Procedure
- vi. North Procedure
- vii. South Procedure
- viii. East Procedure
- ix. West Procedure
- x. Elbow & Wrist Procedure
- xi. Carpal Tunnel Procedure
- xii. Hand Procedure



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5. **Bowen Therapy Module 5**, consisting of **9 hours** of classroom instruction.

Day 4

- i. Review of Previous Procedures
- ii. Case Studies Review
- iii. Coccyx Oblique
- iv. Sacral Release
- v. Buttock Pain
- vi. Deep Sciatic
- vii. Burning Heel
- viii. Knee Reflex
- ix. Rhomboids

6. **Bowen Therapy Module 6**, consisting of **9 hours** of classroom instruction.

Day 5

- i. Review Of Previous Procedures
- ii. Case Studies Review
- iii. Bedwetting In Children
- iv. Conception Pregnancy
- v. Baby Bowen
- vi. Additional Baby Bowen
- vii. TMJ Advanced
- viii. Thoracic Procedure
- ix. Scoliosis
- x. Chest Procedure
- xi. Vagus Nerve Procedure
- xii. Bursitis
- xiii. Psoas Procedure
- xiv. Levator Trapezius
- xv. LIVE CASE PRACTICE



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7. **Bowen Therapy Module 7**, consisting of **9 hours** of classroom instruction.

Day 6

- i. Coccyx/Neck
- ii. Infraspinatus Procedure
- iii. Teres Major Procedure
- iv. Rotator Cuff 1
- v. Rotator Cuff 2
- vi. Rotator Cuff 3
- vii. Axilla Procedure
- viii. Ileocecal Valve (A)
- ix. Ileocecal Valve (B)
- x. Colon Procedure
- xi. Navel Procedure
- xii. Pubic Symphysis Procedure
- xiii. Abdominal Procedure

8. **Bowen Therapy Module 8**, consisting of **9 hours** of classroom instruction.

Day 7

- i. Gluteal Release
- ii. Iliacus Release
- iii. Lumbar Release
- iv. Biceps Procedure
- v. Triceps Procedure
- vi. Sinus Procedure
- vii. Eyes (A)
- viii. Eyes (B)
- ix. Throat Procedure
- x. Sternum
- xi. Ilio-Tibial Band Procedure
- xii. Hamstring Light Procedure
- xiii. Hamstring Heavy Procedure
- xiv. Abductor Magnus
- xv. Perineum Procedure
- xvi. Gracillis Procedure
- xvii. Circulatory Procedure

9. **BOWEN ONLINE MODULES 1-4**, consisting of **22 Video** Lessons