

From the Chairperson . . .

Dear members,

It seems that 'normal' is a word that we need to redefine! As the rest of the country took a sigh of relief that they are not living in Auckland, those of us who are residing here are not so happy. Once again, we were forced into a lockdown, and therefore without work. The willingness to be compliant was not as emphatic as the first time, and people seemed to be going about their business with less anxiousness. As health practitioners, we are required to be extra vigilant – in the end, we need to be sure to stay in business, and can't afford to be seen to be irresponsible with our safety measures. In a new Alert Level 2.5 (and nationally in Alert level 2), we are finding ourselves repeating those safety exercises such as waiting in the car instead of reception, and clients answering questionnaires to ensure nobody enters the premises infected.

Many of us have noted that during the first lockdown, many of our clients were indeed needing their Bowen treatments to stay healthy and in a state of wellbeing. They were questioning why we were not considered essential in our health system. This is indeed a valid question. Like all other complimentary health services, we are not even on par with retail businesses and liquor shops etc – an oversight that may have to be addressed.

I hope we can resume business in full in the not too distant future and help many more people who are by now in a heightened state of stress and anxiety.

Take good care of yourselves and do what you can to assist others. We are truly in this together!

Blessings and happy Bowening.

Inga von Benzon

From the Secretary . . .

Life, from 'the Secretary's point of view', is fairly quiet at the moment, and I'm not complaining 😊 – just updating first aid certificates and changes of contact details as members send them through to me. If this is something you've failed to do, please flick me an email so that I can keep our database up to date.

I receive several emails each week from members of the public enquiring about Bowen Therapy and asking for details of practitioners in their area. Please, make sure your practitioner profile is up to date on our website (including a photo). At the moment this is something you're not able to do on the website yourself - see the details later in the newsletter on how to do this. (This is for Professional members only).

I trust you're all taking the best care of yourselves . . . make sure that includes a regular Bowen treatment with a nearby

practitioner. We know how much our clients love to lie on our beds to receive a treatment, I'm sure we love it just as much, if not more!

Christine Bull

From the Newsletter Editor . . .

It seems like only a few weeks since I was putting the June issue of our newsletter together – where does the time sneak off to?!

It's a smaller version of our newsletter this quarter as we haven't received many articles from you all. Louise Parkin has agreed to take over 'Carolyn's Corner' after Carolyn's retirement from our Executive Committee earlier this year. Look out for Louise's contact details later in the newsletter, and plan to send her an article before the end of November for our next issue. It'd be great to have too many articles to include. If you've never written an article for our newsletter why not challenge yourself to do it before the end of the year?

Happy reading!

Christine Bull

**Bowen Therapy New
Zealand Bank Account:**

**Our account number is
03 0626 0652879 00**

If making a payment via the internet, please use your name and what the payment is for as your reference. And send an email to Paul (our treasurer) telling him you've made the payment.



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Kym Ace (Whangarei)
Ph 021 074 9942
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We'd like to extend a very warm welcome to our Bowen Therapy New Zealand Association to the following students who have begun their Bowtech Bowen training this year:

Maree Johnson
Sumie Steadman
Yvonne van Lith

Whitby (Wellington)
Otumoetai (Tauranga)
Waihi (Coromandel)

Carolyn O'Mahony
Lorna Suter

Waikanae (Kapiti Coast)
Silverstream (Upper Hutt)

Bowen Therapy New Zealand Website Practitioner Profile (for Professional Members)

Have you got a Practitioner profile on our website? This is the first 'port of call' for many members of the public searching for a practitioner in their area. It is our hope to have a profile and a photo for every Professional member of our Association. Don't know what to write? Have a look at what other members have written – why do you do what you do, but please keep it related to Bowtech Bowen Therapy as this is what our website is about. And a picture "tells a thousand words". You don't need to take a photo specifically for this profile, you're welcome to find a photo of yourself that you like – it could be a celebration with others in the photo, or anything – you can crop the 'others' out so that we've got just you in the photo. If you don't know how to crop then that's fine as we can do it for you when we receive your photo. It looks a lot more professional to have photos of all our practitioners.

To complete your Practitioner profile, click on the following link and complete all the details (and remember to include a photo of yourself).

<https://form.jotform.co/63561368874872>

Once you've filled in all the gaps then click on the 'submit' button, and your job is done. It's then over to us to upload your profile on to our website for all the world to see.

An Exciting Discovery by a New Student . . .

After completing Module 1, one of our new students was showing her partner how she could 'hit the lats' on his knees just before they retired to bed for the night

Her partner had the best night's sleep he'd had in a VERY long time. Every few nights she is now being asked if she could do that 'knee thing' please before two legs are gently placed over her lap.

This could be an easy cure for insomnia!

Remember, 'Hitting the lats' is one of the five key Bowen moves.

Greetings from Southland!!



Practitioners from Southland enjoying morning tea during Review Days held in Invercargill in August.
From left: Pamela Rogers' back, Tracy Kennedy, Christine Bull, Heidi Thomson, Fran Nicholson, Veronica Baird, Kamile Hood, Pamela Casey. Mary Dickens took the photo.

“Carolyn’s Corner” Needs a New Name!

With Carolyn’s retirement from our Executive Committee she has relinquished her role of finding interesting stories for her corner.

We are thrilled that Louise Parkin, a Professional Practitioner from Havelock North, has agreed to take this task on. Louise’s email address is louiseparking1973@gmail.com and her contact phone number is 022 315 7879.

If you have any interesting experiences or case studies, you’d like to share with us please send them to Louise before November 30.



Case Study from Vanessa King in Tauranga.

Client: 88-year-old female who had had Bowen Therapy in Australia on a regular basis in the past. She now lives in a Granny flat on her son’s property in Tauranga.

Presented with low back pain (right side) and sore stiff toes. Uses two walking sticks. Her goal is to be able to walk her dog to the local park.

First appointment 18.3.2020

Treatment: BRM 1 and 2, Ankle /Hammer Toe/Bunion procedures (has had Bowen before)

Observations – right foot stiff, right cheek reddened after treatment. Client surprised at gentleness of pressure during moves and asked for more – politely declined.

Second appointment 14.5.2020 (delayed due to Covid-19)

Observations - Pain was present for a few days after last treatment then went away. Now has low back pain on both sides. Hard to bend over. Only needing one walking stick. Tears after talking about husband passing away.

Treatment: BRM1 and 2, Sacral procedure, Ankle/Hammer Toe/Bunion procedures.



Third appointment 23.5.2020

Observations - Low back pain much improved. Much easier to touch toes and get out of bed and chairs. Has sore knees.

Treatment: BRM1 and 2, Kidney procedure (up to urinate four times a night – ongoing) Knee procedure (both knees) My observations are that, on reflection, I overdid this treatment.

Fourth appointment 31.5.2020

Observations - Diarrhoea started in the night – client and family think a link to eating too many mandarins from tree in backyard. Knees better, feet toes better. No dizziness looking down (observation from client first time mentioned this). Right hip sore.

Treatment: BRM 1 and 2

Ten weeks later 1.8.2020

Client has been well. Able to walk dog to park. Swollen left foot and redness in left eye started two days ago. Left hip and lower back sore.

Treatment: BRM1 and 2 (not 9-16), Ankle/Hammer Toe/Bunion, Sacral procedure

Observations after treatment – flushed left cheek

Second treatment 8.8.2020

Client feels she's always in pain'. No diarrhoea. Right side buttock pain. Red eye cleared up. No swelling in foot. Walking dog most days. Reluctant to ask for x-ray of hip.

Treatment: BRM 1 and 2, Hamstring procedure

Client talked of coccyx injury when young, "I fell on my bum! Mum had six other kids, and back then you didn't do anything about it. I'm from Eastern Europe, and the only person that had a car back then was the doctor. I had to sit on a pillow after injury".

Third treatment 14.8.2020

In pain after last treatment. Had to lie down and have a cry. Pain came right within two days. Now pain-free. Standing up straight. No swelling in foot. No diarrhoea.

Treatment: BRM1 and 2, Pelvic procedure

Client felt discomfort and shooting pain in left hip (inside) on hit the lat BRM1, and after Pelvic procedure.

Now looking over my notes, I am sure I did BRM3 once but haven't recorded it. I think at the time I was hesitant as I thought it may make my client dizzy, and due to her age, she was prone to falling as she appeared unsteady on her feet at times.

I received a follow-up email from my client's daughter-in-law to say that she is well, though still has some hip discomfort and, as discussed, we will leave it another three months or so before more treatment. This client has come to enjoy my home visits as it means she relies less on her family to take her to the clinic. She often talks about the Bowen Therapist in Queensland who used 'so much pressure' compared to me - she used to work a lot with men who had physically demanding jobs.

And the final words from my client "I want to live until I am 100!"



TRAINING NEWS!

BOWTECH CLASSROOM POLICY:

Recorders, videos, cell phones, cameras and other devices **must not** be used at any time during ANY courses.

Failure to comply will result in confiscation of the device until the course is completed.

NB: Student Members

Whilst attending modules one – seven, should your instructor hold practitioner days, you are welcome to attend at no charge (Please bring something for morning tea)

Between modules seven and eight: If you are unable to attend module eight within six months following attendance at module seven, **you are required to attend at least one practitioner review day at a cost of \$50.00 per day, prior to attending module eight.**

Gay Jarvis

66 Guy Avenue
Palmerston North 4410
Ph: 06 355 2919
Email: gayjarvis@xtra.co.nz

To register please send your FULL contact details to Gay (eg name, address, ph & email) along with your deposit of \$100.00. If for any reason the course does not go ahead, your monies will be refunded.

NB: Travel is your responsibility.

Please do not make any travel arrangements until the course is confirmed.

South Island Practitioners

Gay is willing to come to the South Island to hold modules 9 – 12.

Please let Gay know if you are interested in attending any of these modules, and if there is sufficient interest, arrangements may be made for Gay to travel to a location in the South Island.

Module 7 / 8 and Review Day option

The fees for these courses are as follows:

FEES:	Module 7	\$475.00
	Module 8	\$410.00
	Review Days	\$300.00 for both days

Registrations close one month prior to the course taking place

Students: to avoid confusion please note . . .

Modules 7 and 8 are **both two-day courses**, held at the same time.

Module 7 is a two-day assessment course of all procedures learned in modules 1 - 6.

Module 8 is a two-day proficiency assessment course of procedures learned in modules 1 - 6.

This course is also available for those who wish to attend Practitioner review days.

Auckland

Date: 14 & 15 November

Closing date: September 11

Palmerston North

Date: 26th & 27th September

Please register NOW

Please register EARLY. If insufficient attendees by the closing date, the course will not go ahead.

See details above for registering to attend these courses

Specialised Bowen Procedures 1

(Modules 9 & 10)

Module 9: \$490, Module 10: \$410

Review Days option: \$300 for BOTH days

(for those who have their SBP1 certificate)

Pre-requisite: Professional Membership of Bowen Therapy New Zealand

Modules 9 and 10 are two-day courses, held at the same time. You attend module 9, and a minimum of six months later you may attend module 10. A written assessment is to be completed at module 10.

Please indicate whether you are attending Module 9 or 10 or Review Days

Hamilton

Date: 10 & 11 October

Please register NOW

Palmerston North

Date: 7 & 8 November

Closing Date October 2

Richard Rust

Wellington School of Massage

Ph 04 473 8788

Email: jane@radianthealth.co.nz

Modules 1 – 6 Wellington

Module 1	19 & 20 September
Module 2	10 & 11 October
Module 3	7 & 8 November
Module 4	5 & 6 December
Module 5	2021 - tba
Module 6	2021 - tba

Inga von Benzon

Holistic Health Naturopathic Clinic

Ph 021 540 544

email: inga@holisticwellbeing.kiwi.nz

Modules 1 – 6 Auckland

Module 5	19 & 20 September
Module 6	17 & 18 October

Modules 1 – 6 Christchurch

Module 1 & 2	9 – 12 October
Module 3 & 4	4 – 7 December
Module 5 & 6	26 February - 1 March 2021

Modules 1 – 6 Auckland (2021)

Module 1	27 & 28 March
Module 2	24 & 25 April
Module 3	29 & 30 May
Module 4	26 & 27 June
Module 5	24 & 25 July
Module 6	28 & 29 August

Practitioner Review Days

Cost: \$150.00 per day

Auckland

- 19 & 20 September (Mod5)
- 19 & 20 June 2021
- 24 & 25 July 2021 (Mod 5)

Christine Bull

Kapiti Coast

Ph 04 902 3320 or 027 354 0125

Email: christinesbull@gmail.com

Modules 1 – 6 Paraparaumu Beach

Module 2	12 & 13 September
Module 3	10 & 11 October
Module 4	14 & 15 November
Module 5	5 & 6 December
Module 6	30 & 31 January 2021

Practitioner Review Days

Cost: \$150.00 per day

Kapiti Coast

February / March 2021

Hawke's Bay

June / July 2021

Trainee Instructor Courses

(These courses cannot be used for CEU hours)

June Soby

Katikati

Ph 07 552 0691 or 027 462 8524

Email: junesoby@eol.co.nz

Modules 1 – 6 Katikati

Module 3	19 & 20 September
Module 4	17 & 18 October
Module 5	14 & 15 November
Module 6	5 & 6 December

“Mind Body Bowen” Course

This course, presented by Anne Schubert and Margaret Spicer, has been re-scheduled to May 2021 following our Conference in Auckland (possibly 23-24 May, but dates yet to be confirmed)

“Bowen Body Decoding”

With Georgi Ilchev

International Bowtech Instructor
from Bulgaria

October course Cancelled

Continuing Education Units (CEU's)

2020 – 2022

It is a requirement for Professional and Associate membership to the Bowen Therapy New Zealand (Inc.) and the Bowen Therapy Academy of Australia that a minimum of 32 continuing education units (CEU's) be completed in a two-year period. All approved courses are listed below.



For the period 1 April 2020 – 31 March 2022

During this period, you **must** attend 2 days (16 hours) from Category 1 and a further 2 days (16 hours) from **any** of the categories.

Category 1 (Minimum of 16 hours required from here)

You may choose all of your 32 hours from Category 1 if you wish.

- Repeat Modules 4, 5 or 6 at the review day price/day
- Practitioner / review days
- Modules 7 & 8 are examining modules (available for review hours)
- Special Bowen Procedures 1 (modules 9 & 10) **FOR 2020 ONLY**
- Robyn Wood: Bowen and Chronic Fatigue (8hrs)
- Robyn Wood: Bowen and Diabetes (8hrs)
- Robyn Wood: Bowen for the Immobile & Stroke Client (8hrs)
- Robyn Wood: Sport Bowen 1 & 2 (16hrs)
- Robyn Wood: Joint and Muscle Taping and Bowen (8hrs)

The remaining 16 hours may be gained by attending any courses below in Categories 2 or 3, or you may select another 16 hours from Category 1.

Category 2

(Each course is 16 hours but you may only claim 16 hours maximum from this group in the 2020-2022 period)

- Special Bowen Procedures 2 (Modules 11 & 12)
- Anne Schubert & Margaret Spicer: Mind, Body & Bowen Course
- Georgi Ilchev: "Bowen Body Decoding"
- John Wilks: Working with Back Pain

Category 3 (8 hour courses)

You may only claim 2 different courses from here in the 2020-2022 period.

- Bowen Therapy New Zealand Conference (once every two years)
- First Aid course
- SBP1 Review = 8hrs only
- Farida Irani "Understanding Bowen from the Ayurveda Perspective"

Please note: Failure to comply with the above will mean that your membership application cannot be processed until all of the requirements have been met.

You have until March 31, 2022 to complete your 32 hours of revision.

Bowtech Promotional Products

Our Bowtech merchandise people are Christine and Paul Bull. To purchase any of the items below, please contact them on **04 902 3320** (leave a message) or **027 354 0125** or email christinesbull@gmail.com

Please make payments by cheque payable to Bowen Therapy New Zealand, and send to **80 Seaview Road, Paraparaumu Beach 5032.**

For direct banking, contact Christine or Paul for account details.

Postage is included for all items except BOWTECH BALANCE FORMULA

Bowen Therapy New Zealand / Bowtech Brochures	50 100	\$18.00 \$32.00
Bowtech Posters		\$38.00
Bowtech Lapel Pins		\$15.00
Bowtech Car Stickers		\$ 6.50
Books: “Understanding the Bowen Technique” by John Wilks “The Bowen Technique – The inside Story” by John Wilks		\$12.00 (out of stock at present) \$60.00
DVDs		\$35 each
<ul style="list-style-type: none"> • “A VISION TO HEAL” with Ossie and Elaine Rentsch • “Good Morning New Zealand” (TV presentation with Ossie Rentsch) • “A Tribute to Rene Horwood” (A Bowtech Bowen History) 		
Bowtech Balance Formula	per bottle	\$35.00 + P&P
<u>Plus P&P</u>		
Bowen Therapy New Zealand Tote Bag		\$15.00
<ul style="list-style-type: none"> • New Product – see photo below 		
Bowtech Ease 100ml		\$35.00 + postage
- please contact Inga von Benzon (Inga@holisticwellbeing.kiwi.nz)		

