



From the Chairperson . . .

Dear members,

The last month of 2021 – what a year it has been! There has been a drastic shift in people's outlook, with an increasing pressure on individuals, families and society at large. Anxiety is at an all-time high. I receive daily emails and phone calls with cries for help. As we are not able to work, or are restricted depending on the individual situation, we are forced to think outside the square, and reinvent ourselves. As bleak as this all may sound, it also gives us the opportunity to reflect on our lifestyles, what works and what doesn't, what is really important, and where we would like to be. 'Discipline' is a word that I learned from my parents, who survived the last world war. Together with a daily routine, discipline helps us to stay focused on what needs to be done, keeps us on an even keel and prevents the free fall into depression. A shift in mindset can work wonders. Fear of missing out is a constant in society – due to our current social structure and technical availability, life has become an 'instant' affair. Instant responses to messages and emails are expected at all hours of the day. We fear missing out on social activities, trends, keeping up with the Joneses, etc. This may drive us down an alley of obligations without resonating in our hearts. How about being

quiet for any length of time, and reflecting on where we are, taking stock of what serves us and what doesn't, and genuinely listening to our heart? That never lies! Getting out of our heads and into our hearts will serve us well. Seeking out nature, this may be a beach or mountain or forest, will bring us back to our roots and help us declutter our minds. Spring cleaning is not just for the house – clearing the clutter in the mind is equally, if not more, important. Why do we worry about other people's opinions? Time to open up the 'obligation' drawer... why do we feel obligated to please others? We can stand our ground based on our truths and be respectful of others at the same time. This applies to all areas of life. I like to bring back the value 'do no harm'. This is a rule of nature that applies to all of us. Decluttering relationships may bring out the ones that really matter to us and bring more depth to it. It also helps us being in control of our choices and living a more intentional life. I wish you all a peaceful holiday season and quality time with your loved ones. May 2022 be a more balanced year for us all! Blessings.

Inga von Benzon



From the Secretary . . .

Another year has almost passed, and it's been another year where we've been tested and tried in our personal, business, and Association settings. Well done to us all for getting this far! We have been asked to make some challenging decisions, and, irrespective of what decision each of us has made, we appreciate you all.

We look to the year ahead with the hope that things can settle down, and plans can be carried out. Our instructors have set dates for courses in 2022; contact the instructor directly to register your interest in attending – please do this sooner rather than later so that course dates and venues can be confirmed.

For Professional and Associate members, look out for your membership renewal forms in your email in-box towards the end of January (we cannot confirm the Indemnity Insurance policy with Aon Insurance before this date). These forms will have any outstanding CEU hours you will need to complete before March 31, 2022; if you'd like to know this information sooner, please send me an email (christinesbull@gmail.com) and I'll let you know the answer. Our instructors have Review Days planned in the first few months of 2022 – check the Training pages for further info.

Wishing you all a very Happy Christmas and New Year. I hope that you will all have the opportunity to rest, and re-charge yourselves for the year ahead.

Christine Bull

From the Newsletter Editor . . .

Here's our final newsletter for 2021. I hope that you'll take some time to read and enjoy what's inside. Thank you to those of you who have contributed articles during the year – they make our newsletter all the more interesting to read. Remember, you are all welcome to share what's going on in your Bowen clinics, we love hearing some of the many success stories we all experience as a result of this most amazing modality!

Merry Christmas to you all!

Christine Bull



From The Bowen Hub Facebook page



SITUATIONS VACANT

Our Treasurer, Paul Bull, has advised us that this will be his last year in the position of Treasurer for Bowen Therapy New Zealand; he will stand down from this position at our AGM in May 2022.

If you are interested in taking on this position, please contact our Chairperson, Inga von Benzon (inga@holisticwellbeing.kiwi.nz). You do not need any financial qualifications, just an understanding of simple accounting practices.



Save the Date!

Our Bowen Therapy New Zealand Conference and Annual General Meeting is scheduled to be held on Saturday May 21st in Nelson. We are in the early stages of negotiating to have Margaret Spicer present her "Mind Body Bowen" course on May 22 & 23. This will, of course, be subject to Margaret being able to travel over from Australia

Executive Members

Chairperson

Inga von Benzon (Snell's Beach, north of Auckland))

Ph 021 540 544

chairperson@nzbowentherapy.org.nz

Secretary

Christine Bull (Kapiti Coast)

Ph 04 902 3320 or 027 354 0125

christinesbull@gmail.com

Treasurer

Paul Bull (Kapiti Coast)

Ph 04 902 3320

christinesbull@gmail.com

Committee

Kym Ace (Whangarei)

Ph 021 074 9942

ksace100@gmail.com

Kym is also the Student Rep

Traci Davis (Levin)

Ph 027 301 5449

bowen@tracidavis.co.nz

Alice Eldred (Hastings)

Ph 020 4136 9328

soothemysoultherapy@gmail.com

Vanessa King (Tauranga)

Ph 027 322 6360

info@radiatevitality.co.nz

Lynley Moroney (Putaruru)

Ph 021 263 4851

EMRT.lynleymoroney@gmail.com

Louise Parkin (Havelock North)

Ph 022 315 7879

louiseparkin1973@gmail.com

Instructor Rep

Gay Jarvis

Ph 06 355 2919

gayjarvis@xtra.co.nz



New Professional Member.



On behalf of Bowen Therapy New Zealand, we would like to extend our congratulations and a warm welcome to our newest Professional member:

- Bridget Mackie from Waikanae

We trust that you will enjoy being a part of the New Zealand arm of Bowtech Bowen Therapy.



LOUISE'S CORNER

Louise is always keen to receive your stories, reflections, experiences or anything else you'd like to share in our newsletter.

Louise's email address is louiseparkin1973@gmail.com



Here's a photo of Lynley Moroney (Putaruru) dropping in on Alice Eldred (Hastings) and Louise Parkin (Havelock North) who had just enjoyed swapping a Bowen treatment with each other – ooh that sounds heavenly!! How many of you get to enjoy a regular Bowen treatment?



Recently, Gay Jarvis was sorting through some paperwork, and came across this wee gem from Ossie Rentsch. She thought we may enjoy reading it . . .

Notes from a talk given by Ossie Rentsch at the Bowen Association of Australia Annual General Meeting, Sydney, July 2003

“How Tom Bowen Read Client’s Bodies”

Tom Bowen would just look at a client, and in the space of time that it has taken you to read this, would say what their problem was, and walk out of the room. He said, “the body reflects and tells you everything.” The presenting symptoms are not the cause of the problem: you need to get to the underlying cause.



He would begin building his interpretation as the client walked in – how they walked and moved with their bodies. Of course, as Ossie explained, we are already building our case when we first talk to them on the phone to make their initial appointment. Then he would assess how they sat, how they held their head, whether their shoulders were level, whether they sat evenly on their chair.

The eyes revealed much information to Mr. Bowen. Were they bright and alert, or clouded? Are they parallel and even, if not, a neck problem was indicated. If the corners of their eyes were not level, then the person is not able to hold themselves level and balanced to see a straight line. The need for this adjustment puts immense pressure on the whole body.

The sclera itself reveals a story: he would observe if there were any large red veins standing out. Consider the eye as a clock face that represents an upright body, with the head at 12 o’clock, feet at 6 o’clock and arms at 3 and 9 o’clock. Wherever the red vein is, it reflects the corresponding area of the body that has an imbalance, and which side of the body holds most imbalance.

Bags under the eyes or dark rings around the eyes indicated problems with the kidneys or liver, or an overload of toxins.

With **the face**, he would observe its colour – a pale complexion meant poor circulation, sallow meant overload of toxins. Evidence of red veins indicated a circulation problem as well. If the mouth was open it could indicate breathing problems. Lines across the forehead indicated worry and stress, and emotional problems in the body.

How the client speaks and holds **their jaw** can indicate a neck problem. A jowl in the jaw area can also indicate problems – back near the eyes and ears would indicate back problems; a jowl under the chin indicates neck problems.

When Mr. Bowen observed the **head and neck**, he would look to see if they were straight and balanced. If the head was tilted forward, it indicated a problem at the occiput. Where there was a restriction in ROM, it would indicate a problem on that side.

He would assess the height of their **shoulders**, whether they were level, how they sat, and would then know to do north, south, east or west (according to our notes). Where the **arms** hang when the client is standing also indicate the need for different procedures: if they fall forward of the side line of the body, then he would indicate the need for psoas procedure; arms back from the side line would show back problems. Difficulty on raising the arm would indicate the need for the shoulder procedure.

If their **chest** was shrunken, or shallow breathing indicated the need for the respiratory or non-response procedure. (*Now known as sternal procedure*)

He would also look at the abdominal area for a **protruding stomach**. Bloating of the abdomen (other than excess weight) can indicate digestive problems. If the top half of the abdomen protruded it indicated gallbladder and liver problems: the lower half protruding indicated bowel problems, or chronic fatigue. He also believed a sallow complexion could indicate ileocecal valve problems, and would plan to do the respiratory and lymphatic drainage procedures. Lower back BRM (*now known as BRM 1*) moves 3 and 4 activate the ileocecal valve.

If the client sat more on one **buttock**, it revealed problems with the lower back or pelvis. Sitting forward or sideways can indicate a coccyx problem. If the area where he performed moves 1 and 2 of the lower back BRM's was tight, it indicated lower back problems. If the area around moves 3 and 4 were tight, then it indicated a problem with the **gluteal muscles**. Unevenness in the height of the buttocks or unevenness of muscle tightness also indicated a gluteal problem. A deviation in the gluteal cleft showed misalignment in muscle tissue and indicated the need to perform the pelvic or coccyx procedure.

If they could not lie with their **legs** flat on the treatment table, or there was a space between their **knees** and the surface of the table, a Psoas move was needed. If their **feet** were turned out, then a pelvic procedure was needed. Lower back BRMs moves 5 to 8 were used to assess tightness in their **legs**.

At times, Mr. Bowen would only do moves 1 and 2 of the lower back (*BRM 1*) if the body was very tight or overloaded. He would say, "that is all the body can take today", and ask them to come back a week later.

Ossie stressed that **we do not diagnose**, we just choose our Bowen procedures. Tom Bowen would write down on the client's card the procedure needed, not the possible disease or condition. Mr Bowen would assess what procedure he thought they needed according to what the body presented, rather than according to what they said about their problem. He believed a short glance was enough to get started with; he would get them onto the treatment table and assess again.

But Ossie did say we should treat the area of concern – if they come with an ankle problem, then work on their ankle. Don't overload the body. Moves 1 and 2 of the lower back BRMs (*BRM 1*) tell the body, "The emergency is over". Sometimes longer delays are needed. It may take 10 or 15 minutes for the body to respond.

Ossie asks that we always keep the client informed of what is happening, but express our statements in positive terms such as "you're doing well"; "your body is responding well". Don't express your comments in negative terms, and never say you are 'fixing' anyone.

It was also stressed not to give or suggest any supplements on the 1st treatment, let Bowen balance the body first. Wait until the 3rd or 4th week to see if they still needed something extra.

Practice people watching whenever you are out, and decide what procedures you would give each person.



Remit to be presented at the 2022 Bowen Therapy New Zealand Annual General Meeting

A further clause to be added to the Rules of Bowen Therapy New Zealand.

4.4 *Election of Executive and Methos of Election:*

Rule 4.4.1.3 states:

The Chairperson, Deputy Chairperson, Secretary and/or Treasurer and committee members shall be elected for a term of one year and are eligible for re-election.

That clause 4.4.1.4 be added to read:

4.4.1.4: Following a term of three years members of the executive must stand down, and be ineligible to stand again for a minimum of three years.

Moved by Gay Jarvis

Seconded by June Sobyre



TRAINING NEWS!

Please read the following . . .

Bowtech Training Classroom Policy

Recorders, videos, cell phones, cameras and other devices

must not be used at any time during ANY courses.

Should you choose to use any of the above, you contravene the agreement made when you signed The Bowen Therapy Academy of Australia Seminar registration forms; which students sign when they commence training. The same agreement form is signed when attending modules 9 and 11. Practitioners will have a copy of these forms, as everyone is asked to retain a copy at the time of signing them. Bowen Therapy New Zealand is affiliated with the Bowen Therapy Academy of Australia; membership of Bowen Therapy New Zealand automatically gains practitioners membership of The Bowen Therapy Academy of Australia. Therefore, the same rules apply.



The seminar registrations form state:

In consideration of the Applicant's registration as an attendee at a seminar, workshop or demonstration of the Bowen Therapeutic Technique, the Applicant agrees that:

The Applicant will not, without written consent of the Bowen Therapy Academy of Australia,

- **Reproduce, in any matter whatsoever, the whole or part of the seminar materials; (this includes photographing)**
- Teach or hold themselves out as a teacher or demonstrator of the Bowen Therapeutic Technique, or having any qualification to teach or demonstrate that technique.

Failure to comply means that;

- The Bowen Instructor New Zealand group may seek legal advice
- You may be excluded from further training with both the Bowen Therapy Academy of Australia and Bowen Therapy New Zealand.
- Your device may be confiscated until the course is completed.

Student Members please note:

Whilst attending modules 1 – 7, should your instructor hold Practitioner days, you are welcome to attend at no charge (please bring something for morning tea).

Between modules 7 and 8: If you are unable to attend module 8 within six months following attendance at module 7, **you are required to attend at least one practitioner review day at a cost of \$50.00 per day, prior to attending module 8.**

Teacher Training Opportunity

Palmerston North

Date: March 19 & 20
Venue: To be advised
Investment: \$300.00 for both days
Contact: Gay Jarvis, 66 Guy Avenue, Palmerston North 4410
Ph: 06 355 2919
Email: gayjarvis@xtra.co.nz

To practitioners who have been professionally registered for 3 years or more and are considering teaching the Bowen technique, I extend an invitation to attend a 2-day Introductory Workshop.

Attendees will be expected to be reasonably familiar with the basic anatomy and terminology as used in the manuals.

The workshop will cover fine-tuning of practical demonstrations. Be prepared to demonstrate procedures as requested.

Completion of the 2-day training workshop does not ensure automatic acceptance as an Instructor.

However those attending the 2-day Instructor Workshop may claim these hours for their CEU category 1 hours.

Following these two days, those who choose to train as an instructor will be expected to attend modules 1 – 6 with a senior instructor, and will demonstrate procedures as requested by the instructor. Following that course, the trainee will organise a course in their location, and a senior instructor will take the course. The trainee will receive 10% of the course fees.

Trainee instructors will be expected to attend at least one Mod 7/8 per year to assist a senior instructor as a way of furthering their training for when they qualify as a Mod 7/8 examining instructor. This will be on a non-paying basis unless these hours are needed for CEU purposes, when the cost is as for 2 review days. All Bowtech instructors must be non-smokers and are contracted to BTAA for the right to use the manuals etc.

If you are interested in attending please contact Gay to register your interest; the earlier the better.

I look forward to the opportunity to pass my Bowtech passion on to you!!!

COURSES IN 2022

Please note: Due to the uncertain times, dates are **TENTATIVE ONLY**, and may change with little notice. Therefore we ask for **EXPRESSIONS OF INTEREST** to the instructor holding the course.

Send no deposit at this time. Please send

- your FULL contact details
- scanned copy of your CEU card.

Should the course be confirmed, the instructor will provide details of venue, bank details etc.

NB: Travel is your responsibility.

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

Gay Jarvis

66 Guy Avenue
Palmerston North 4410
Ph: 06 355 2919

Email: gayjarvis@xtra.co.nz

For Gay's courses:

Payments are to be made into the following account:

ASB Palmerston North

BWW& CG Jarvis

a/c no 123143 0140442 51

Please email Gay when payment has been made.

Modules 1 – 6 Palmerston North

Module 1 & 2 April 8 – 11 (incl)
Module 3 & 4 June 10 - 13 (incl)
Module 5 & 6 August 12 - 15 (incl)

Modules 7 / 8 / Review Day option

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.

Hamilton (with Gay Jarvis & Inga von Benzon)

Date: March 26 & 27
Venue: to be advised
Investment: Module 7 \$475.00
Module 8 \$410.00
Review day option: \$150.00 per day

To register for this Hamilton course, please contact Inga Von Benzon

inga@holisticwellbeing.kiwi.nz

Palmerston North

Date: September 3 & 4
Venue : To be advised
Investment: Module 7 \$475.00
Module 8 \$410.00
Review day option: \$150.00 per day
To register please contact Gay

Specialised Bowen Procedures 1 **(Modules 9 & 10)**

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

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.

Palmerston North

Date: April 2 & 3
Venue: To be advised
Time: 9.00am – 5.00pm
Investment Module 9 \$490.00
(includes supplementary manual)
Module 10 \$410.00
Review Day option for those who have their SBP1 Certificate \$300.00 for BOTH days

Hamilton

Date: April 30 & May 1
Venue to be advised
Investment as above

Specialised Bowen Procedures 2 **(Modules 11 & 12)**

Modules 11 & 12 are two-day courses, held at the same time. You attend module 11, and a minimum of six months later you may attend module 12. A written assessment is to be completed at module 12. Please indicate whether you are attending Module 11 or 12 or Review Days

Palmerston North

Date: September 10 & 11
Venue: to be advised
Investment:
Module 11 \$475.00
Module 12 \$410.00
Review day option \$300.00 for BOTH days
For those who have their SBP2 Certificate

Richard Rust

Wellington School of Massage

Ph 04 473 8788

Email: jane@radianthealth.co.nz

Modules 1 – 6 Wellington

Contact Richard for course details

Inga von Benzon

Auckland / Christchurch

Holistic Health Naturopathic Clinic

Ph 021 540 544

email: inga@holisticwellbeing.kiwi.nz

Modules 1 – 6 Snell's Beach

Module 6 tba

Modules 1 – 6 Snell's Beach

Module 1 April 9 & 10
Module 2 May 14 & 15
Module 3 June 11 & 12
Module 4 July 9 & 10
Module 5 August 13 & 14
Module 6 September 10 & 11

Practitioner Review Days

Cost: \$150.00 per day

Snell's Beach April 2 & 3
(Module 5) August 13 & 14

Christchurch

(Module 5) January 28 & 29, 2023

Modules 1 – 6 Christchurch 2022

Module 1 & 2 September 2 – 5
Module 3 & 4 November 4 - 7
Module 5 & 6 January 27 – 30 (2023)

Christine Bull

Kapiti Coast

Ph 04 297 1884 or 027 354 0125

Email: christinesbull@gmail.com

Modules 1 – 6 Paraparaumu Beach

Module 1 February 26 & 27
Module 2 March 26 & 27
Module 3 April 23 & 24
Module 4 May 14 & 15
Module 5 June 11 & 12
Module 6 July 9 & 10

Practitioner Review Days

Cost: \$150.00 per day

Wairarapa February 19 & 20
Kapiti March 12 & 13
August 13 & 14
Invercargill March / April tbc

June Soby

Katikati

Ph 07 552 0691 or 027 462 8524

Email: junesoby@eol.co.nz

Modules 1 – 6 Katikati

Depending on the situation next year I will be teaching Modules 1 through to 6. Contact June for further info

Practitioner Review Days

Cost: \$150.00 per day

Aotea Beach February 12 & 13
(South of Raglan, near Kawhia)

Again, depending on the situation, I will be offering these review days. Beds are available. Contact June for further info



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 24 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 hold a current Workplace First Aid Certificate. **This is a change from the usual 32 hours due to the Covid-19 Pandemic, & the restrictions placed on training opportunities during 2020 - 21. Additional courses will not be recognized as part of your 16 CEU hours, but you are welcome to attend these courses.***

Category 1 (Minimum of 16 hours required from here)

- 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) or SBP 1 Review

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
- 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 24 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 (delivered as 2 x 50ml bottles) - please contact Inga von Benzon (Inga@holisticwellbeing.kiwi.nz)		\$37.00 + postage



Current Bowen Therapy New Zealand Members

"I" Instructor

* Completed SBP 1 course

** Completed SBP 2 course

"A" Associate Member

LIFE MEMBERS

Gay Jarvis

Ruve Parker**

Serviced Apartment
Summerset Retirement Village
49 Pararekau Road
Karaka, Auckland 2580
Ph 027 439 8296

Peter Short*

8 Suffolk Cres
Feilding
Ph 06 3238336

PRACTITIONERS

Far North / Bay of Islands

Sandra Gleeson-Jones**

2458 Waiare Rd RD1 Kaeo
Northland 0438
Clinic:

- Kerikeri Bowen Centre

4a Access Rd, Kerikeri 0471
Ph 021 208 4390
Ph 09 405 0949 (hm)
sandig@xtra.co.nz

Sally Sweetapple-Lane**

128 Onekura Rd RD2 Kerikeri 0295
Ph 09 407 7021
paitu.partnership@gmail.com

Whangarei

Kym Ace

Unit 1, Third Avenue,
Whangarei 0110
Ph 021 074 9942
Ksace100@gmail.com

Sandra Barrie**

8 Railway Terrace, Morningside
Whangarei 0110
Ph 021 262 0662
sandra.barrie@xtra.co.nz

Auckland – North Shore

Cathy Bauer

14A Burns Avenue
Takapuna, Auckland 0622
Ph 027 269 9334
blackcatbowentherapy@gmail.com

Marie Cameron*

2/165 Deep Creek Rd
Torbay, Auckland 0630
Ph 09 476 7460 or 027 351 5217
marie.cameron@bowennorthshore.co.nz

Wendy Jones**

19B Danbury Drive
Torbay, Auckland 0630
Ph 09 473 7021 or 021 260 2380
hojo_nz@hotmail.com

Inga von Benzon (I)**

51 Fidelis Avenue,
Snells Beach, Nth Auckland 9020
Clinic:

- Mother-Well Holistic Health

820 Mt Eden Rd (Central)
Ph 021 540 544
inga@holisticwellbeing.kiwi.nz

Candice Wang**

74 Mountbatten Ave, Hillcrest
Auckland 0627
Ph 09 418 4338 or 021 0290 1975
kkcandice@yahoo.com

Auckland

Renate Barrack (South)

36 Taipan Place, Randwick Park
Manukau 2105
Ph 09 268 9510 or 021 216 5484
renatebarrack@yahoo.co.nz

Kathy Bray (South)**

8 Kilmacrennan Drive, Rosehill
Papakura, Auckland 2113
Ph 027 483 7231
tokarmu@xtra.co.nz

Ulrika Haller* (Central)

5 Hillview Ave, New Windsor
Auckland 0600
Ph 09 626 3004 or 021 251 6356
ulrikah@xtra.co.nz

Wendy Knott (South)**

22 Totara St, Waiuku 2123
09 235 7740 or 021 146 9092
Clinic: Mind n Body Bowen Therapy,
River Lane, Waiuku
Ph 09 235 7740 or 021 146 9092
bowenalignz@gmail.com

Sommer Wagstaff**

Clinics:

- 252 Parnell Road (Central)
- Sprott Road, Kohimarama (Central)

Ph 022 197 8800
swagstaff@holisticbodytherapy.co.nz

Jane Woodill (A) (Central)

19 Willcott St
Mt Albert, Auckland 1025
Ph 09 845 4749 or 021 054 6200
janeWoodill@hotmail.com

Waikato

Julie Cameron*

20 Kaimai Drive,
Matamata 3400
Ph 07 880 9128 or 021 174 6309
julzcameron@gmail.com

Sue Douglas

13 Tenille Street, Flagstaff
Hamilton 3281
Ph 027 281 8721
sudar.douglas@xtra.co.nz

Andria Green

58 Sunnyhills Avenue, Glenview
Hamilton 3206
Clinics:

- Sunnyhills Avenue
- The Homestead

Ruakura Research Centre
Bisley Road, Enderley
Hamilton
Ph 07 843 2477 or 027 346 2167
info@balanceme.co.nz

Vicky Hardy (A)

1376 Crozier Road
Pirongia, RD6
Te Awamutu 3876
Ph 07 871 9839

Adrienne King**

117 Billah St, Tokoroa 3420
Ph 07 886 6632 or 027 207 1857
five_kings@xtra.co.nz

Jocelyne Laboisette-Foiret**

11 Ridgeway Place, Glenview
Hamilton 3206
Ph 021 502 095
holisticfrench@gmail.com

Lynley Moroney**

561 Lichfield Rd,
RD 2, Putaruru 3482
Ph 021 263 4851
emrt.lynleymoroney@gmail.com

Ashleigh Rosewarne

2353 Kakaramea Road
RD 10, Hamilton 3290
Ph 027 498 1990
serenitytherapynz@outlook.co.nz

Judith Stevens*

19A Bryce St, Cambridge 3434
Ph 07 823 3379 or 021 054 3465
J_stevens@xtra.co.nz

King Country**Gaylene Atkins**

4 Les Munro Place
RD 6 Te Kuiti
King Country 3986
Ph 07 878 3088 or 021 0366 405
ada.farms@xtra.co.nz

Bay of Plenty**Jo Buchanan**

14 Tutchen Street,
Tauranga 3110
Ph 027 623 8332
Jo42km@gmail.com

Julie Crossley**

43 Jellicoe St, Te Puke 3119
Ph 07 573 6611 or 021 042 1261
crosso@xtra.co.nz

Carolyn Dickey**

19 Walnut Grove, Omokoroa
Bay of Plenty 3114
Ph 021 237 0402
carolyn@bowentechnique.co.nz

Diane Johnson**

505 Devonport Road
Tauranga 3112
Ph 07 544 1252 or 027 200 9090
info@harmonynaturalhealth.co.nz

Vanessa King*

44A Whitaker Street
Otumoetai, Tauranga 3110
Ph 027 322 6360
info@radiatevitality.co.nz

Eva Lee

66C The Boulevard
Papamoa Beach 3118
Clinics:

- 66C The Boulevard
- 1412A Cameron Road,

Greerton, Tauranga
Ph 07 571 8576 or 027 337 4934
cliveandevalee@gmail.com

Carol Pamment**

315 Rangiuru Rd
RD8 Te Puke 3188
Clinics:

- 315 Rangiuru Rd, Te Puke
- 84 Percy Rd, Papamoa
- 775 Cameron Rd, Tauranga

Ph 07 573 5523 or 0275 632 418
harmonyhealthandhealing@hotmail.co.nz

Pam Smith

230 The Booms Avenue
Thames 3500
Ph 021 293 5896
pamsmith@gmail.com

June Soby (I)**

815 Wright Rd
RD4 Kati Kati 3181
Ph 07 552 0691 or 027 462 8524
junesoby@eol.co.nz

Gisborne**Debbie Newman****

361 Clifford Street, Mangapapa
Gisborne 4010
Ph 022 093 8317
dnewman5@icloud.com

Rotorua / Taupo**Tracy Pool****

138 Rifle Range Rd
Taupo 3330
Ph 07 378 8489 or 0274 820 899
tracy.j.pool08@gmail.com

Jennifer Raphael**

28 Korimako Street
Selwyn Heights
Rotorua 3015
Ph 021 2060 472
2raffco@gmail.com

Taranaki**Shelley Churchill**

591 Mataro Road
RD 45, Urenui
Taranaki 4375
Ph 06 752 3424 or 027 292 6957
shellc@xtra.co.nz

Wanganui**Megan Allan***

80 Smithfield Rd, Gonville
Wanganui 4501
Ph 06 345 8797 or 021 0227 1548
tonyandmegan@hotmail.com

Manawatu**Janice Hill**

7 Palliser Pl, Milson
Palmerston North 4414
Ph 06 357 9318 or 027 624 9176
janice.hill@xtra.co.nz

Ayvonne Hook**

37 Shelton Place
Feilding 4702
Ph 06 323 3232 or 027 444 7822
ayvonnehook@gmail.com

Gay Jarvis (I)**

66 Guy Ave
Palmerston North 4410
Ph 06 355 2919
gajjarvis@xtra.co.nz

Sally McDonald*

91 Neumans Line
RD 3 Marton 4789
Ph 027 600 3014
sallymcdonald8@gmail.com

Hawke's Bay**Glynis Anderson**

33 Haumoana Road
Haumoana, Hawke's Bay 4102
Ph 027 369 5509
glynisanderson51@gmail.com

Alice Eldred

909 Lawrence Street, Akina
Hastings 4122
Ph 020 4136 9238
soothemysoultherapy@gmail.com

Ken Nightingale**

58 Te Awa Avenue,
Te Awa, Napier 4110
Ph 06 835 4912 or 021 170 1896
kennightingale50@gmail.com

Louise Parkin*

24 Arataki Road
Havelock North 4130
Ph 022 315 7879
louiseparkin1973@gmail.com

Marg Trimmer

11 Raceview Close
Hastings 4120
Ph 021 130 4010
marg.trimmer@xtra.co.nz

Levin / Kapiti Coast**Christine Bull**(I)**

80 Seaview Road,
Paraparaumu Beach 5032
Clinic:
56a Kapiti Road, Paraparaumu
Ph 04 297 1884 or 027 354 0125
christinesbull@gmail.com

Traci Davis*

34 Read Street, Levin 5510
Clinic:
264 Oxford Street, Levin
Ph 06 368 7991 or 027 301 5449
tracidavisnz@gmail.com

Bridget Mackie

18 Main Road
Waikanae 5036
Ph 027 350 2691
brizmackie@gmail.com

Janine Mateparae

Rosetta Road,
Raumati Beach 5032
hello.janine.mateparae@gmail.com

Alison Revell

41 Waikawa Beach Rd
RD 31, Levin 5573
Ph 021 440 892
ali.ferrum@gmail.com

Sabine Studer*

1 Atmore Avenue
Otaki 5512
Ph 021 127 1289
studer_s@gmx.ch

Anja Wilhelmer

24 Ngaio Road, Waikanae 5036
Ph 027 516 7075
anja@timeoutproject.kiwi

Wairarapa**Margaret Fairbrother****

174 High Street South
Carterton, Wairarapa 5713
Ph 06 379 5426 or 021 628 199
mfairbrother26@gmail.com

Manu Menard*

17 Tyne Street, Carterton
Wairarapa 5713
Ph 027 379 7008
manumenard07@gmail.com

Reanne Tawharu

10 Fox Street, Featherston,
Wairarapa 5710
Ph 021 0243 4877
redtawharu@hotmail.com

Janet Williams**

Natural Therapy Options
36B Bannister Street
Masterton 5810
Ph 027 427 5287
janetbowtech@gmail.com

Hutt Valley**Marcia Pollock**

25 Acacia Ave, Maungaraki
Lower Hutt 5010
Ph 04 569 7923 or 027 2469 883
marciapnz@gmail.com

Porirua

Rochelle Ellison*
38 Spyglass Lane
Whitby, Porirua 5024
Ph 027 687 0983
rochelle@tripler.co.nz

Wellington

Richard Rust ** (I)
POB 11 871, Manners St
Wellington 6142
Clinic: Radiant Health Centre
L3 James Cook Arcade Mini Tower
294 Lambton Quay, Wellington CBD
Ph 04 473 7318
admin@radianthealth.co.nz

Nelson / Marlborough

Sarah Carter
20 Harcourt Place
Wakefield, Nelson 7025
Ph 021 0265 4779
sezzacarter@hotmail.com

Suzanne Clark*

43 Chaytor Road,
Upper Moutere, Tasman 7173
Ph 021 141 4937
bowen@betterbodies.nz

Maria Conrad **

58 Chelsea Avenue, Richmond
Nelson 7020
Ph 03 544 5244
mariagconrad@gmail.com

Tracey Evans*

194 Kina Beach Road,
RD 1, Upper Moutere
Tasman 7173
Ph 03 526 6802 or 022 634 3195
evanstracey324@gmail.com

Lia Williams*

1108 Tapawera Baton Road
RD 2, Wakefield, Nelson 7096
Ph 03 522 4666 or 021 0264 0187
liawilliams.mw@gmail.com

North Canterbury

Johanna Lettink**
45 Woodside Road
Oxford 7430
Ph 03 312 1316 or 021 269 0371
johanna.lettink@xtra.co.nz

Christchurch

Suzi Bailey*
104 Rocking Horse Road
South Shore
Christchurch 8062
Ph 027 382 1307
suzibailey@xtra.co.nz

Beverly Barnett (A)

293 Tramway Reserve Rd
RD3 Leeston, Christchurch 7683
Clinic: High St, Southbridge
Ph 03 324 3223 or 027 442 9038
gordonbev@hotmail.com

Nicky Barnett (A)

173 Volckman Rd,
RD3 Leeston, Christchurch 7683
Ph 027 296 2662
nicolabarnett343@hotmail.com

Sue Boleyn**

34 Happy Home Rd, Westmoreland,
Christchurch 8025
Ph 03 338 8224 or 021 2933 446
tudormanor24@gmail.com

Sally Gidall**

109 Isleworth Rd, Bishopdale
Christchurch 8053
Ph 03 359 3556

Chiemi Mizuguchi

11 Buckhurst Avenue, Wigram
Christchurch 8042
Ph 021 041 1629
Chiemi_itchyfeet@hotmail.com

Mark Palmer**

13 Princes Street,
Springfield, Christchurch 7681
Ph 021 581 481
mark@bowenz.co.nz

Rosana Varela

6c Elizabeth Street, Riccarton
Christchurch 8011
Ph 027 207 3524
rosanavarela@hotmail.com

South Canterbury

Eveline Jasper**
6 Cameron St, Allenton,
Ashburton 7700
Ph 03 308 2082 or 027 688 9339
eveline.jasper@xtra.co.nz

Dunedin

Heidi Thomson*

1179 Goodwood Road

Palmerston 9430

Ph 03 318 3300

heidip@kinect.co.nz

Central Otago

Pamela Rogers*

23 Cotter Avenue

Arrowtown 9302

Ph 027 481 3055

pamela.rogers@xtra.co.nz

Southland

Pamela Casey

46 Frank St, Gore

Southland 9710

Ph 03 208 4702 or 027 208 4717

time4wellbeing@gmail.com

Mary Dickens**

92 Joseph St, Waverley

Invercargill 9810

Ph 03 217 2286 or 027 462 7983

mary@dickens.net.nz

Tracy Kennedy**

167 Linds Bridge Rd

RD4 Invercargill 9874

Ph 027 726 9369

tracy.kenn@xtra.co.nz

Fran Nicholson (A)

22 Denton Street, Gore

Southland 9710

Ph 03 208 0592

nicholcorns@xtra.co.nz

CCMRT Practitioners

Lynley Moroney (I)

561 Lichfield Rd

RD2, Putaruru 3482

Ph 021 263 4851

emrt.lynleymoroney@gmail.com

Ashleigh Rosewarne

2353 Kakaramea Road

RD 10, Hamilton 3290

Ph 027 498 1990

serenitytherapynz@outlook.co.nz

EMRT Practitioners

Shelley Churchill

591 Mataro Road

RD 45, Urenui

Taranaki 4375

Ph 06 752 3424 or 027 292 6957

shellc@xtra.co.nz

Lynley Moroney (I)

561 Lichfield Rd

RD2, Putaruru 3482

Ph 021 263 4851

emrt.lynleymoroney@gmail.com

Ashleigh Rosewarne

2353 Kakaramea Road

RD 10, Hamilton 3290

Ph 027 498 1990

serenitytherapynz@outlook.co.nz

Check out our **Bowen Therapy New Zealand Facebook page**, and feel free to share any of the posts you find there (a few are included below).

Alice Eldred has created these posts with the intention that we can share them on our own page . . it's all about getting the message out there.

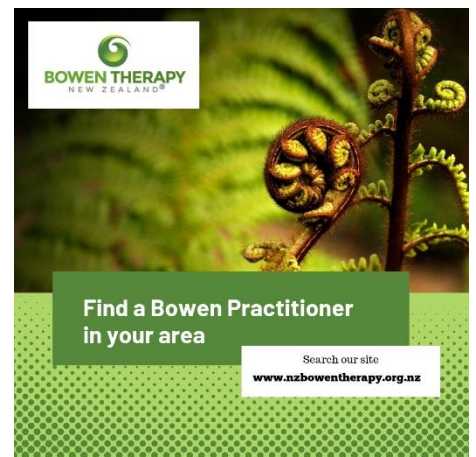
Thanks Alice!



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Peace

It does not mean to be in a place where there is no trouble, noise, or hard work, It means to be in the midst of those things and have a calm heart.

UNKNOWN

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