

From the Chairperson . . .

Welcome to our first newsletter in 2022! We have navigated a difficult period in the last couple of years and, as an Association, we have aimed to keep our membership united in these challenging times. It hasn't been easy for anybody to keep on an even keel, juggling family, work, and commitments, with the additional stress and worry that descended upon us all. You are all part of a family here, and it is important for me and the dedicated members of our Executive to keep everyone on board. The latest membership requirements should help to make sure we are all looked after.

We aim to be inclusive, rather than exclusive, and don't want to lose anyone! For this reason, we have decided to hold a virtual AGM in May this year. Hopefully, next time we can all meet up again and enjoy each other's company face to face.

What can we do to achieve change? It seems almost impossible to stay positive amongst the onslaught of challenges on a local and global scale. I look at everything in a holistic way. Everything is connected to everything and, I believe, that what happens in the micro cosmos is reflected in the macro cosmos. What is happening in my life that needs sorting and cleaned out? Taking time to notice what doesn't serve is an excellent way to release deep seated issues that may have

been buried and forgotten. Letting go is a great way to lighten the load and creating space within our thoughts and feelings for lighter, more positive experiences. We create our life, regardless of what is thrown at us from the 'outside'. As within, so without. Observation is part of our clinical practice.

What do you notice when you observe yourself? Are you struggling to express yourself? What gets your heckles up and why? Is it worth carrying resentment and anger or underlying negative feelings into the future? During times of stillness, I have found that many issues that seemed unsolvable just disappeared, and I looked at problems in a different way. When given the time for inner reflection, many mountains shrink to small hills. It has given me much relief to let go of baggage, and despite the 'outer' turmoil, much more inner peace. Maybe ask yourself: will this be a problem in five years' time? If not, let it go. Cleaning out the house is another great way of letting go. It can give inner balance and mental clarity! The way forward in all areas of life as I see it is light, positive, and free of burden. Let's all create a strong vision of a better, peaceful world, where people live together in harmony. I believe this is possible.

Please look after yourselves and make sure you receive regular Bowen sessions to help with your inner balance. Enjoy the beauty

of small things, and focus on what gives you joy.

Stay well and take care

Inga von Benxson

From the Secretary . . .

It's membership re-registration time again! You'll be receiving your membership renewal paperwork via email (unless you don't have an email address) in the coming days. Each of you will get an individualised renewal form – this will take a bit of time from my end, so please be patient. I'll begin with Professional and Associate members first, followed by Students and "Friends". You'll recall that I sent an email to all Professional and Associate members on March 7 about membership renewal requirements, this same email is included in this newsletter for those who may not have read my email. If you have any queries about this letter, please contact me via email (christinesbull@gmail.com). I look forward to receiving your completed paperwork at your earliest convenience.

Take care,

Christine Bull

From the Newsletter

Editor . . .

Here's another issue with some interesting articles for you to enjoy. There's a lovely article from Sally Sweetapple-Lane reflecting on her time as a Bowen practitioner. And Kym Ace has written a very thought-provoking article on "Growing Pains". Take a look at the training courses on offer for the first part of 2022 – these are subject to ongoing the Covid season, so contact the relevant instructor for more information and to ensure the course is still going ahead.

Happy reading!

Christine Bull

Executive Members

Chairperson

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

Ph 021 540 544

inga@holisticwellbeing.kiwi.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

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

Remit to be presented to 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 Sobyte

You will never speak
to anyone more than
you speak to yourself
in your head, be kind
to yourself.





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 recently:

- Ingrid Garriock Stoke, Nelson
- Liz Luna Paraparaumu, Kapiti Coast
- Jeremy Marr Napier

Happy Retirement to Sally Sweetapple-Lane

After 22 years as a Bowen Practitioner, the time has come for one of our Northland practitioners, Sally Sweetapple-Lane, to close her clinic and move on to her next adventures. We felt it would be a privilege to ask Sally to share her Bowen story with us all.

I started my training in January of 2000, my instructor was Angela Chadwick. I had talked about it for a couple of years before actually enrolling on a course! I'd had good results for myself from the local Bowen therapist. I also sent many people to this therapist, and they all seem to have excellent results too!

Once I was able, I set up a clinic from my home in Kaeo. We added a room to our garage for this purpose. People started coming to see me from Kaitaia (a good hour's drive away), so I decided to rent a room in Kaitaia one day a week. I put one advertisement in the local paper and 22 people rang to book an appointment! I resigned from my part time job in early childhood to concentrate on my Bowen. Later, I set up clinics in Cooper's Beach and Kaikohe. The reason I set up a day a week in Kaikohe was to make some extra money, so that I could attend the 2004 International conference in Geelong. This conference was a highlight of my Bowen career – it was in Tom Bowens' home town after all.

Occasionally, I made home visits, I worked as a volunteer for the local Hospice, special time clinic and sometimes I would see people in their homes. The Cancer clients often commented that their pain was less, they slept better, and that they were more at peace with their illness after a Bowen treatment.

Over the years, I've had many exciting results, but I will just mention a few:

A 10-month-old baby arrived with tired parents. The baby woke 16 times a night!! Mum breast fed and worked full time as a teacher. One simple Bowen treatment, and the baby only woke eight times. After the second Bowen treatment and a suggestion that baby has his own room, he then slept through the night, or only woke once.

A man had been talking about coming for an appointment for two years. I would see him in Kaeo and he would say, "I am coming for an appointment". Well, when he finally made that appointment, he was in a lot of pain, so I just did the basics (BRMs). He came back the next week and said, "What have you done to me woman? I feel 20 years younger! But the trouble is, I still have grey hair! What can you do about that?" That got me thinking. . . In the end I said, "I will give you some free advice. Go to the chemist and buy some hair dye." It is amazing how much better people look when they are out of pain.

I also remember a lady whom I treated in Kaitaia who looked so much better after three Bowen treatments that friends were asking her what she had done to look so good . . . several new clients came to me because of her changed appearance.

I plan to continue offering Bowen treatments to my family and a few friends. This will include an 87 year-old-woman who still farms, in part, thanks to her monthly Bowen treatment.



All my instructors have inspired me, and I have talked several people into becoming therapists themselves. Bowen is truly a special gift I was able to learn, and I am grateful to all who helped me on my journey. Special thanks must go to Ossie and Elaine.

So, what does my future hold?? My crystal ball has been a bit cloudy . . . but I will spend more time with my grandchildren, and hopefully travel.

Many thanks to Bowen Therapy New Zealand.

Arohanui,
Sally

Email letter sent to Prof / Assoc members re membership renewal on 7/3/22

Dear Bowen Therapy New Zealand members,

Following on from the email you should have received from me on behalf of the Bowen Therapy Executive on February 17 about our annual membership renewal, please find, below, further details of this year's membership requirements.

For those who are not able to operate in the Red (and Orange) Traffic Light Settings, your membership with Bowen Therapy New Zealand will be as follows:

- You will not be required to pay a membership fee, obtain indemnity insurance, or complete your CEU hours (including first aid) at this time. However, once all members are able to return to work, you will be required to complete all outstanding CEU hours for the 2020 – 2022 period), and renew your first aid certificate (if it has expired) within six months of returning to work (there will be some flexibility in this time frame if it is required). You will also be required to obtain indemnity insurance immediately upon your return to work (the amount payable would be specified by your insurance provider), and pay your Bowen Therapy New Zealand and Bowen Therapy Academy of Australia membership fee on a pro-rata basis (which will be specified at that time).
- You will continue to receive the quarterly Bowen Hands magazine and Bowen Therapy New Zealand newsletter, at no cost to yourself.

For those who are able to operate in the Red (and Orange) Traffic Light Settings, your membership requirements remain the same as in previous years – pay your membership fees for Bowen Therapy New Zealand and Bowen Therapy Academy of Australia, obtain indemnity insurance, complete your 24 hours of CEU requirements (or plan to complete them at your earliest convenience) from the period 1/4/2020 – 31/3/2022, receive the quarterly Bowen Hands magazine and Bowen Therapy New Zealand newsletter.

Some of our members will not have completed the required 24 CEU hours of training for their membership renewal. You will recall that the Bowen Therapy New Zealand Executive, together with the Bowen Instructors New Zealand Group, agreed to reduce our hours for the period 1/4/2020 – 31/3/2022 from 32 hours to 24 hours due to the arrival of Covid-19 early in 2020. These hours were to be made up of 16 hours of Category 1 (Modules 4, 5, 6, 7, 8, 9, 10 or Practitioner Review Days), and a current First Aid certificate. At this time, First Aid providers are not accepting people without a vaccine pass on their training courses. This means that some of our members do not have a current First Aid certificate. Whilst this has been a compulsory requirement for our Professional membership, and strongly recommended for our Associate membership in the past, we are going to temporarily waive this until First aid providers are able to offer training courses. We do, however, strongly recommend that our members maintain their first aid certificate if they are able to, and it will continue to be recognised as CEU hours.

Some professional and associate members have not yet completed their 16 hours of Category 1 training, and we are exploring options as to how we can assist these people to work around this situation . . . At this time, hands-on and face-to-face training can only be completed by those who are able to operate as a 'close contact' business under the Red (and Orange) Traffic Light Settings. We are deemed to be a "close contact business" both with our clients and in our training situations. Whilst some of us may disagree with this government ruling, we need to adhere to it as a Registered Professional Association. We, as the Executive, have already heard of two instances where "WorkSafe" have investigated a complaint made against members not adhering to the "close contact business" mandate.

You will see on your re-registration form (which will arrive in your email in box in the next week) if you still have outstanding CEU hours. As we have done in the past, we will continue to be flexible with the completion of these hours. If you are able to attend trainings to complete these outstanding hours, we encourage you to do so at your

earliest convenience. If you are not able to attend at this time, we still want you to continue your membership with us.

We have always maintained that we are an inclusive association and, we hope, that you find these offers to be so. If you have any queries, please do not hesitate to contact me via email.

Kind regards,
Christine Bull
Bowen Therapy New Zealand Secretary
On behalf of the Bowen Therapy New Zealand Executive



Growing pains - Kym Ace, Whangarei

I had a young client (12) come and visit a few of weeks ago following a demand to his mum that he needed to go see the magic finger lady. I thought it was just such a delightful phrase he used to remember me – magical, I can own that.

His issue was growing pains.

I remember having growing pains in my legs as an adolescent, and the surprise when I found out that's what I was feeling. I'd heard about them and expected they must be like an injury - short, sharp and intense. The feeling I had in my legs was different - mostly a gnawing, annoying discomfort that I couldn't put my finger on. More writhing and wriggling than anything, interspersed with fairly intense but short-lived bouts of actual pain.

He was so delighted to hear that the pains were growing pains and was more delighted when they disappeared during our sessions. I wish Bowen was around for me back when I was that young.

As an adult, I don't get them in my legs anymore, but I feel them in my gut, and in my heart, too. You might know the feeling I mean - that sense that something is wrong. The inability to sit down and settle. An uncomfortable, persistent restlessness, my freedom and ability to service being limited. Unlike the childhood version, that feeling doesn't mean we're getting taller (sorry!) but it does mean we're hitting a new phase.

This then got me thinking about growing my business, growth and change in general. I love change, but it has some provisos – Change isn't useful for the sake of it. I am only down for change if it makes things better – which is real growth.

But just because it makes things better eventually, doesn't mean it's all sunshine and roses along the way. Growth isn't easy. It isn't comfortable. It isn't a positive, feel-good story, no matter what the inspirational quotes on Instagram tell us. Growth has growing pains. It demands pain, and our threshold for that pain is so high that we don't change until we absolutely must.

Most of it, we could do without.

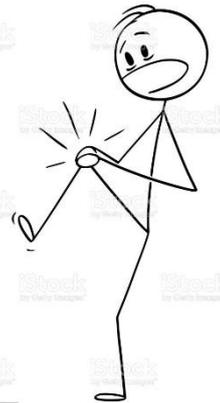
How I spot growing pains?

Here's how I spot growing pains from garden-variety stress and struggle:

- Things don't feel quite right anymore, and it's getting harder to ignore
- You keep doing the same things you always have, but they bother you now
- You're trying to do something different, and it keeps failing - or nearly failing
- You're regularly disappointed in your progress and questioning whether you can really achieve what you're aiming for
- You're feeling unsupported by people who don't understand the new thing you're trying to do, be or have
- You're not sure if you really understand the new thing you're trying to do, be or have either
- You're questioning whether it's worth it, but you just can't let it go.

Welcome to growing pains, my friends. The stretching, aching, uncomfortable space between who you've always been, and who you can be.

Cont'd on next page



Thankfully they'll be over soon

You're not going to stay here. Every step you take in the right direction, whether it works out or not, is worth taking. Every brick wall you hit, every disappointment you move past, is another push through the growing pains.

Actually, it is rather exciting

If you're fighting growing pains right now - I see you. I know you're doing your best. I know you can be different, but I also know that it won't be easy. In the process, you're probably going to suffer. It's going to hurt, and some days you're going to want to quit. You're going to relapse into the comfort of familiar patterns, systems, behaviours, and decisions. You're going to let people down; do things you regret and make well-intentioned choices that don't pan out.

And you know what? That's OK.

It's not a sign you're doing it wrong... it's a sign you're doing it.

It's a long game. The hard calls you make now, if they're in alignment with your values, will be worth it. You'll survive these growing pains. And just when you get comfortable in your new, bigger, transformed place - you're going to feel new ones coming in. Then, you'll manage those too.

This is the price you pay for a meaningful life.

Reach out to your fellow Bowenistas (men, woman, professional members, instructors, students). Connection is an amazing tool to help you through. Get a Bowen. Perhaps you could take a look at the Business of Bowen course that Chris Reed and his team have developed.

Keep going gang! Together let's grow ourselves and Bowen in New Zealand.

Do you know about the Covid-19 Support Payments?

The following information has been taken directly from [COVID-19 Support Payment \(CSP\) \(ird.govt.nz\)](https://ird.govt.nz) Visit this website for further information and how to apply.

Three fortnightly COVID-19 Support Payments (CSP) will be available.

Applications for the first payment are open for the period beginning 16 February 2022 and ending 4 April 2022.

Applications for the second payment will open at 8am on 14 March 2022 for the period beginning 7 March 2022 and ending 4 April 2022.

Applications for the third payment will open at 8am on 28 March 2022 for the period beginning 21 March 2022 and ending 4 April 2022.

Please note that applications for all 3 CSPs will close on 5 May 2022.

The CSP is a payment to help support viable and ongoing businesses or organisations which have experienced a 40% or more drop in revenue as a result of 1 or more of the following COVID-19 circumstances:

- the widespread presence of COVID-19 in the New Zealand community
- the public health legislative measures taken in order to reduce the spread of COVID-19 in the New Zealand community
- any business circumstances that are, or are reasonably likely to be, a consequence of the circumstances described above.

The COVID-19 circumstances include but are not limited to:

- businesses not being able to operate to usual levels due to staff having to self-isolate
- businesses impacted by New Zealand based supply chain disruptions
- lower retail and recreation movements in a region (for example in a CBD) due to customers working from home or self-isolating.

They do not include circumstances where businesses, which are able to operate under the Red setting of the COVID Protection Framework, but have chosen to close temporarily without taking all reasonably practical steps to minimise their revenue losses. Additionally, they also do not include business circumstances that are a result of any border restrictions imposed or any overseas related impacts of COVID-19 such as global supply change issues, lack of overseas travellers or customers.

TRAINING NEWS!

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 be sent 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

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.

Bay of Plenty

Change of date and venue

Date: Thursday & Friday May 26 & 27

Venue: to be advised

Investment:

Module 7 \$475.00

Module 8 \$410.00

Review day option \$150.00 per day

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)

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.

Bay of Plenty

Change of date and venue

Venue: 815 Wright Rd, Katikati

Date: May 28 & 29

Investment:

Module 9 \$490.00 (includes supplementary manual)

Module 10 \$410.00

Review day option \$300.00 for **BOTH** days
(For those who have their SBP1 certificate)

To register please contact Gay Jarvis
gayjarvis@xtra.co.nz

Specialised Bowen Procedures 2

(Modules 11 & 12)

Pre requisite: a minimum of SIX MONTHS after gaining an SBP1 certificate

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 1	April 23 & 24
Module 2	May 28 & 29
Module 3	June 17 & 18
Module 4	July 16 & 17
Module 5	August 13 & 14
Module 6	September 10 & 11

Practitioner Review Days

Cost: \$150.00 per day

Snell's Beach June 25 & 26

Christchurch (Mod 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 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

Taupo May 7 & 8

Kapiti August 13 & 14

June Soby

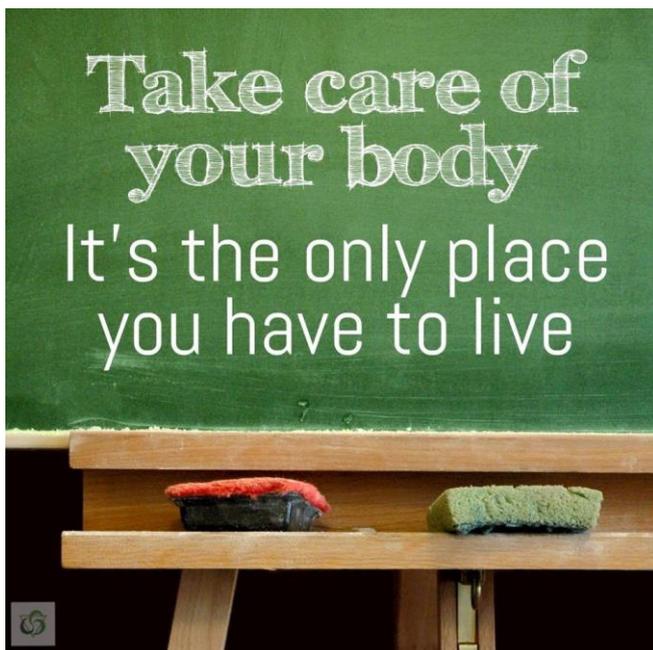
Katikati

Ph 07 552 0691 or 027 462 8524

Email: junesoby@eol.co.nz

Modules 1 – 6 Katikati

Module 1	May 14 & 15
Module 2	June 18 & 19
Module 3	July 16 & 17
Module 4	August 20 & 21
Module 5	September 17 & 18
Module 6	October 15 & 16



You have a great body.
It is an intricate piece
of technology and a
sophisticated super-computer.
It runs on peanuts and
even regenerates itself.
Your relationship with
your body is one of the most
important relationships
you'll ever have. And since
repairs are expensive
and spare parts hard to
come by, it pays to make
that relationship good.

Steven Goodier

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	\$37.00 + P&P
<u>Plus</u> P&P		
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

