



TOM BOWEN'S THERAPY 101

A MUSCLE ASSESSMENT AND RELAXATION
TECHNIQUE USING TOM BOWEN'S PRINCIPLES.

SIMPLE AND EASY TO LEARN. . . GENTLE TO APPLY. . . NON-INVASIVE

Learn the basics of Tom Bowen's therapy over four days. NO pre-requisites necessary.

TOM BOWEN'S THERAPY 101 is a muscle relaxation technique used to balance the body and reduce discomfort. This is achieved by applying small rolling moves over muscles and connective tissue. Muscle tension is released and thus brings the body to a relaxed state.

TOM BOWEN'S THERAPY 101 is being taught over 4 days and is offered to qualified practitioners to use as an effective assessment and relaxation tool and to the general public to assist family and friends.

TOM BOWEN'S THERAPY 101 can be used in conjunction with many current training methods.

TOM BOWEN'S THERAPY 101 is offered to you by highly qualified Bowen instructors under the direction of Ross Emmett and with the support of Dr Romney Smeaton Dr Ch. Ross Emmett is the developer and founder of the Emmett Technique and a former Senior Bowen Instructor with Bowtech Australia. Dr Romney Smeaton Dr Ch is a prominent Chiropractor in Geelong Victoria, who spent 5 years working and training under Tom Bowen. Romney has been in continuous practice since then using Tom's technique and principles.

DATES FOR SYDNEY: Friday 26th to Monday 29th, September, 2008

DATES FOR MELBOURNE: Friday October 31st to Monday November 3rd, 2008

DATES FOR BRISBANE: Friday 14th to Monday 17th November, 2008

Please refer to the website for venue details

COST: \$750.00

INSTRUCTOR: RICK CUTHBERT

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