BOWEN THERAPY

ISSUE 06

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Body In *Balance*

Planning Ahead

Back from our 4 week trip to SA, feeling relaxed, refreshed and ready to get back into my clinic and seeing all my clients again.
I've spent the weekend in Geelong attending Module 11 in Diploma studies which almost exploded my brain! Quite literally with vertigo setting in for 2 days! Anyways, I was in the right place and my amazing student buddies and trainer Chris treated me and got me on track to recovery.

Barwon River, Belmont Vic

This weekend was all about revision, a couple of new techniques and looking ahead to what this amazing modality can bring to our community.
I'll be opening up Fridays in town at 6 Bridge Road, Foster. I plan to bring Bowen Therapy, Cupping and Lester Cox Technique to those who can't get to me in Foster North. Come at lunch time, before school, after work. I can make a quick 20-30 minute session give you loads of relief until you have more time for a full treatment.
First day Friday 16th January 2026. Bookings open now. Bring on the New Year, it's coming fast!

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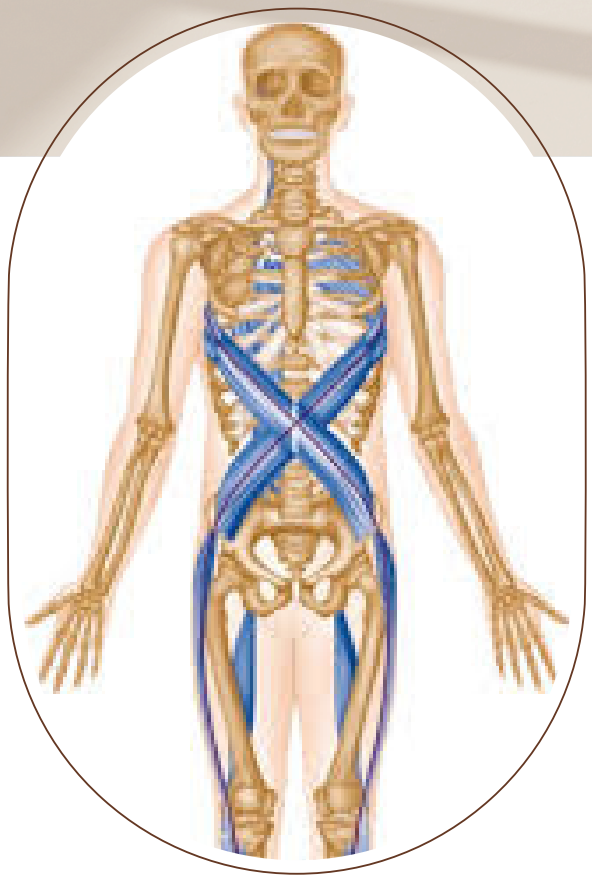
KM BOWEN THERAPY

Myofascial Trains

Regardless of the individual actions of muscles, they also function as part of a larger, interconnected system within the fascial network throughout the body. These interconnected layers of tissue conform to the body's connective tissue structure, forming discernible "meridians" of myofascia.



The term myofascia reflects the inseparable relationship between muscle tissue (myo) and its surrounding connective tissue (fascia). The concept of meridians refers to the pathways of force, as defined by conventional Western anatomy, that traverse the myofascia surrounding the skeleton. Strains, compensatory tensions, and most forms of movement are distributed along these pathways.

For myofascial meridians to function effectively, they must travel in a consistent direction and depth through fascial connections. Bowen Therapy observes where these fascial pathways attach, intersect, or take alternative routes and by applying specific moves across these tissues (or lines), the therapist sends signals to the body to repair, re align and begin healing.

Tom Bowen's Home Remedies: compress of apple cider vinegar applied to haematoma to reduce the pain and bring the bruising out

- In assessment we start from the affected/ restricted/ injured/ painful area and move out along the train.
- The work on the meridians can often have distant effects.
- It's about layering, pacing, body mechanics, pain response, body signals and trajectory

Anatomy Trains, Thomas W. Myers