

Mind Body Bowen

Sydney

9 & 10 April 2011

Venue:

The Centre
(Upstairs Hall)

14 Frances St, Randwick
NSW 2031

Time:

9.00am to 5.00pm

Facilitators:

Anne Schubert

&

Margaret Spicer

Registration Form p3

The **Mind Body & Bowen Workshops** are available to persons trained or training in the Bowen Technique.

For further details:

Margaret

margspicer@optusnet.com.au

ph: 02 9221 1115

Anne

ph: 02 6554 6050

The Mind Body Bowen Workshop

This 2 day workshop is '**practical hands-on**' with full involvement of participants as they directly experience all aspects from both a client and practitioner perspective.

Interspersed with the practical work will be short sessions to introduce **theoretical aspects**, together with time allocated for further discussion, feedback and review.

Workshop notes will be supplied.

Bowtech/BAA CEU's: 16 hours

Explore and experience:

- How **sensations** as the language of the body indicate **priorities for treatment** and causative components
- Bowen links with the field of **Mind Body healing**
- Bowenwork and **post traumatic stress**
- The '**when less is best**' principle
- The purity and depth of each Bowen move
- Links between the physical, emotional, mental and spiritual as they relate to the **holistic nature** of Bowen therapy
- Links to the **subtle anatomy** of the body, muscle / meridian links

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The Facilitators:

Anne Schubert

Anne, has been a professional educator for over 40 years as well as a sports coach and fitness industry trainer. From 1980 she ran a remedial and sports therapy clinic in Forster NSW. In 1987 she was one of the original Bowen students of Ossie and Elaine Rentsch and went on to become a registered Bowtech Instructor in 1994. Currently, as well as running a general Bowen practice, she has developed a particular interest in working with babies and children, including accessing the 'inner child' in us all. Anne shares in the workshop this experience of the fascinating ability of Bowenwork to aid in the release of memory and facilitate Mind Body integration.

Margaret Spicer

Margaret, originally a pharmacist has been involved in Natural Therapies for over 25 years, running a clinical practice in Sydney for 21 years drawing from a wide range of modalities including naturopathy, bodywork, herbal medicine, homoeopathy, together with vibrational therapies, including energetic and spiritual healing. She has taught at major NSW colleges including Nature Care College, Sydney for over 20 years, been a Bowen practitioner for over 16 years and a registered Bowtech Instructor since 2000. Having always had a great interest in the philosophies and practice of natural healing including mind body integration, Margaret brings her own personal and clinical experience to each seminar.

They have previously presented this evolving workshop around Australia, N.Z., U.K., Europe, U.S.A., Singapore & Canada

Throughout the workshop the following will be addressed in relation to a Bowenwork session.

- **Body 'Memory'** relating to sensation, tension, contraction and armouring.
'Only when muscle tensions and armouring release can a state of wellbeing and relaxation follow.'
- **Innate Self-Healing Intelligence** which uses signs and symptoms as a means of communication and provides access to 'cause'.
- The **'felt sense'** related to awareness and its role in release of **post traumatic stress**.
- Direct links via the sensations to the **Subtle Anatomy** of the body, including energy flows, meridians, muscle / meridian links.
- The enduring effects of **Birth Trauma** including prenatal and post birth issues. Working with babies and children, plus adults with residual associated physical, emotional and behavioural patterns will be explored.
- The importance and relevance of the **Practitioner Component** in practice, including: intention, provision of a 'safe' environment, ethical and safety aspects, plus networking and further resources.

What some previous attendees have commented:

I have been able to solve some issues with clients since the class that weren't clearing away otherwise. GS 08

"I always thought the body had an innate intelligence to heal and reset itself, but I've never seen it so dramatically demonstrated as it was on the Mind Body and Bowen course." DH, Tor 10

'I had no idea what an enlightening experience this workshop would be and am totally thrilled to have been there. This work has given me an awesome tool and I look forward to every new situation with a new clarity.' GB (Can)

I've known intuitively that there had to be more than what we had been taught as far as Body/Mind connection and attending this seminar tied it all together for me. SS 08

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Facilitators:

Anne Schubert

&

Margaret Spicer

Postal address for return of this form:

MARGARET SPICER
P.O. BOX 1162,
NORTH SYDNEY, NSW 2060

FAX: 02 9221 1126

EMAIL:

margspicer@optusnet.com.au

Phone: 02 9221 1115

NAME:

POSTAL ADDRESS:

TOWN/SUBURB:POST CODE:

PHONE: MOBILE:

EMAIL:

I wish to attend the following course:

Mind Body Bowen Sydney Date: **9 & 10 April 2011**

I can bring a massage table: Yes or No (please circle)

I enclose (please tick):

- deposit of \$ 110.00 (incl GST) Review: Yes / No
or
- full payment \$ 450.00 (incl GST)
or
- full payment \$ 350.00 (incl GST) for review attendance

* * * * *

Payment details:

- cheque/mo (payable to Margaret Spicer) - for \$
- Please charge to my credit card \$
- Visa Mastercard

____/____/____/____ Exp: __/__

Name on card:

Signed:..... Date: