

BOWEN WORKS
FIRST NEWSLETTER
April 2004

Dear Patient

I hope that this letter finds you feeling well and looking forward to spring. I thought that you might be interested to know what is new since you last had a Bowen treatment. I would also like to assure you that I do keep your addresses secure and do not pass on any information to third parties. If you would rather not receive any future correspondence from me, then please let me know.

Clinics

Day	Clinic	Contact Number
Mondays	Physic Centre, Nr Girton	01223 237459
Tuesday pm + Thursday all Day	Napiers Herbal Health Care 50 Sidney Street	01223 354057
Fridays (occasional Wednesdays)	(CCHC) 8 Rose Crescent, Cambridge	01223 355344

I can do occasional weekend work at Napiers and CCHC.

If you think that anyone at your work might be interested in The Bowen Technique, or that it would be worth mentioning to your Human Resources Department, I am more than happy to come in and give an informal talk with 15 min consultations. Just ask! I am happy to do this for any groups e.g. WI/sports clubs etc.

Bowen Training

If you were particularly wowed by the Bowen Technique and think that you might be interested in training in the work, then please ask me, or look at www.bowen-technique.co.uk for further information. I am in the process of organising a course in Cambridge to be run by my teacher, Ms Nicola Hok, a highly experienced BTAA instructor.

Bowen MOT

When did you last have a Bowen treatment? If this was quite a while ago and you think that you could benefit from a maintenance treatment, then please take advantage of the 20% off voucher attached. Help spread the Bowen word yourself with a 20% off voucher for a

friend you think might benefit from The Bowen Technique. The offer lasts until the end of June and is valid for one single treatment only for yourself and a friend.

Focus on Asthma and Hayfever

It is not long until the hayfever season starts. Bowen can help with hayfever symptoms and offer improvement with sinus problems and wheezy chest.

I will be teaching the 'Emergency Asthma move' as part of a talk on Bowen and Asthma on Tuesday 4 May at 1pm at Napiers Herbal Health Care. Anyone who has asthma will know how frightening a sudden attack can be. You could be a lifesaver.

Cambridge Lifecoaching

I will shortly gain my LifeCoaching Diploma and will be offering LifeCoaching in addition to Bowen from the end of June. I am hoping to offer this work at the Physic Centre, but otherwise by telephone. For those of you who don't know, LifeCoaching is about improving upon an area(s) of your life with which you are unhappy or dissatisfied. For example, career/health/relationship. A lifeCoach will encourage you to explore the selected area by assessing future plans/long term goals and by focussing at what you want and how to achieve it. Usually only a few coaching sessions will be needed at a time. Coaching homework will often be given and the effects can be huge if a client is prepared to put in the time and commitment in order to make it happen. I will write more about this in my next Newsletter to you. There will be a special introductory offer for existing Bowen patients who are interested in trying LifeCoaching.

Holiday

I am on holiday 10-26 June 2004. I hope to have a locum to cover some of the clinics so that treatment remains available.

Isobel Knight

www.bowenworks.org / 07947 475082

Vouchers for your use – Please cut out

<p>20% OFF ONE SINGLE BOWEN TREATMENT FOR YOU</p> <p>VOUCHER EXPIRES 30.6.04</p>	<p>20% OFF ONE SINGLE BOWEN TREATMENT FOR A FRIEND</p> <p>VOUCHER EXPIRES 30.6.04</p>
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