

# BOWENWORKS SEVENTH NEWSLETTER Spring 2006



## Clinic News

In January I moved back to London permanently, so I have now stopped practising in Cambridge altogether. You will see from the new schedule below that I am now at Napiers at Culpeper twice a week doing a new clinic on Wednesday mornings. There is also the possibility of a third clinic day in the City area of London in the near future.

## Clinic in Camberwell, South London

For the first time, I am going to be able to treat patients from my home in Camberwell, SE5. As this is a shared and rented house, clinics will mainly take place during the daytime.

## Home Visits

I am often asked about doing home visits. I will do them within a reasonable distance from my home, but there is a higher charge for home visits to allow for my travelling time. Therefore, please do not be surprised if I decline a home visit if you are completely on the other side of London to me! If you have friends/family who would like to know about Bowen, I am happy to come out and talk to groups of people. Please just ask me!

## Fees

Clinic Fees – Bowen - £46, Life Coaching - £75  
Camberwell – Bowen - £40, Life Coaching, £70  
Home Visits – Bowen (only) £50-60  
Discounts are available for children and students  
Block-booking discounts are also available.

***Any existing client who refers me two new clients or more who book treatments will receive a free treatment themselves!***

## Payment

Please note that I do not take card bookings. Payment should be by cheque or cash. Life Coaching appointments need to be paid in advance if they are by telephone consultations. 24 hours notice (at least) should be given if you need/want to cancel an appointment. Failure to do so will attract a charge. This is because of the inconsiderate behaviour of some people in the past.

***I am happy to give formal/informal talks with practical demo on Bowen. Please ask me!***

## Focus on Sports Injuries

As the weather becomes warmer, we all start to get physically more active. For some of us, it will be a bit of gardening, for others a bit of light jogging, and for some of you, a full marathon! For those of us who are less fit, there is an increased chance of injury as we use muscles that we forget we had. Before exercise, warm-up slowly and to stretch gently at the end of a work-out. Remember that a Bowen Treatment can act as a preventative measure to get the body 'rebalanced' It will also be very effective in helping with any sports injuries. The body 'remembers' and will know how to heal itself.

## 'Turning your Life Around' – A few hints:

1. Change something small about your day – like your route to work.
2. Make a collage of how you'd like your life to be in 5 years and put it somewhere visible!
3. Enrol on a fun and challenging course
4. List ten things that make you happy and do at least two per week!
5. Allow time each week to rest and relax – read a book, or enjoy a nice bath.

***May your days be filled with smiles and sunshine! ☺***

## Lifewave Patches

A few months ago I was feeling a bit rundown and was recommended to try Lifewave patches. I did this and was amazed at the results. David Beckham uses them, so they must work! Lifewave have patches for energy as well as patches for sleep. The patches can help with weight loss as well as increased energy and stamina (something nearly all of us crave). For further information please visit [www.lifewave.com](http://www.lifewave.com) I can obtain these for you myself. Just ask me!



## 2006 Bowenworks Clinic Schedules:

Day	Clinic	Contact
Monday	Napiers/Culpeper, 44 Goodge St, London Clinic: 2-7.30pm	020 76371610
Tuesday	Camberwell/Home visits	07947 475082
Wed	Napiers/Culpeper, 44 Goodge St, London Clinic: 8.30am-1pm	020 76371610
Thursday	Camberwell/Home visits	07947 475082
Friday	Upon request.	07947 475082

**Isobel Knight  
07947 475082**

[www.bowenworks.org](http://www.bowenworks.org) / [www.lifecoachtrainer.com](http://www.lifecoachtrainer.com)