

**BOWENWORKS
SECOND NEWSLETTER
Summer 2004**

Dear Client

I had already written this newsletter when I received the sudden and shocking news that Napiers in Cambridge is closing. Please read on for revised clinic schedules and where you are able to find me for treatment.

*******NEWS FLASH*******

Napiers in Cambridge is closing!!!

I am sorry to inform all my patients that Napiers Herbal Health Care in Sidney St, Cambridge is sadly closing on 8 August. The decision was very sudden and was mainly to do with the extortionate premises rent. I will now be available at Cambridge Complementary Health Centre (CCHC). If you are presently a patient at Napiers then I will treat you until 5th August and then transfer your notes across to CCHC.

Bowen MOTS

You check your car regularly, but you neglect your body. Don't wait until an old injury has a flare up. Come and have a Bowen treatment to maintain the good overall function of your body. Having an occasional Bowen will save you money in the long-run as it will act in a preventative way before anything actually goes wrong!

Focus on Feet

Bowen can improve conditions such as bunions, hammer toes, split-heel, heel spurs, feelings of tiny stones in the feet. Don't neglect your feet – they support you all day long.

Introducing EFT

I will shortly be practicing Emotional Freedom Technique. I will do this as part of, or separately from a Bowen treatment. EFT maybe highly beneficial for patients with phobias, anxiety, grief, compulsions, cravings and more. Interested? Speak to me on your next clinic visit.

Launching Cambridge Life Coaching

Don't be surprised if you see flyers around town advertising my new Life Coaching practice. I will mainly be doing this from home with consultations taking place on the telephone. In addition, I will definitely be practicing Life Coaching at Cambridge Complementary Health Centre and at the London Napiers Branches.

- Are you stuck in a rut?
- Looking for a career change?

- Wanting a new challenge?

If the answer is 'YES' then now might be a good idea to try some life coaching. The voucher with code 'CLCBW1' will entitle you to a half-price first session face-to-face or £30 off your first month of life-coaching by telephone. Please tell your friends and family about life coaching. There might be someone you can think of right now who would benefit from life coaching.

12-5-04 Cambridge Weekly News wrote:
A new 'Life coaching' practice has been set up in Cambridge. Isobel Knight, a qualified Bowen Therapist who offers appointments among other places, at Cambridge Complementary Health Centre in Rose Crescent, has launched Cambridge Life Coaching after qualifying as a life coach. "Life coaching is a way of empowering people to make proactive decisions about their life and what they want out of it," she said. For details visit her website: www.cambridgelifecoaching.com

New Clinic Schedules:

Day	Clinic	Telephone
Monday	Napiers 44 Goodge St, London	0207 6371610
Tuesday	Napiers 236d Fulham Road, London	0207 3525603
Wed	(CCHC*), 8 Rose Crescent, Cambridge	01223 355344
Thursday	CCHC	01223 355344
Friday	CCHC	01223 355344
Weekend	By special arrangement Only.	07947 475082

*Cambridge Complementary Health Centre

Quotation

Three rules: I do not eat too much; I do not worry too much; and, if I do my best, I believe that what happens, happens for the best. - Henry Ford

Happy holidays and hope that you escape the rain where ever you go!

Vouchers

CLCBW1 Life coaching offer Half-price first session Exp 31/8/04	20% off one Bowen treatment, for you OR a friend. Expires 31/8/04
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Isobel Knight, 07947 475082

www.bowenworks.org