

# BOWENWORKS SEVENTH NEWSLETTER Summer 2006

## Clinic News

In May I started another new clinic – a **Low Income** clinic at Goodge Street on Mondays from 08.30am-1.30pm. To be eligible for this clinic you need to be on benefits, an OAP or a full-time student. Proof must be shown on your first appointment. Charges are:  
Bowen - £25.00, Life Coaching - £50.00  
**.....Coming soon – a clinic in the Bank/City area of London.....**

## Cancellation Policy

From 1-6-06 48 hours notice must be given for cancellation of appointments on Mondays. 24 hours notice is sufficient for other days. In future the full charge will be made for all but the most extenuating of circumstances.

## Website

My website has been revamped. Check it out again on [www.bowenworks.org](http://www.bowenworks.org)

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

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

## NHS Petition

In response to the recent headlines of 'Should the NHS fund complementary health therapies?' – To which I think they should for three reasons; 1) patients should have access to a range of treatments for their condition(s), 2) the NHS argues that there is no evidence that many of these therapies works – if we (therapists) are able to practice within the NHS we are more likely to be able to do the research that we are lacking. 3) Allowing for complementary therapies allows for 'access for everyone' and not just those who are able to afford private appointments. To sign my petition please go to:

<http://www.PetitionOnline.com/CompNHS8/petition.html>

## Focus on Shoulder/RSI Injuries

Shoulder injuries including 'frozen shoulder' and RSI injuries are some of the most common in my clinics. Most usually these injuries have origin in the upper back area and are often related to nerve irritation – a particular example, Carpal Tunnel Syndrome. Bowen has got an excellent reputation in particular for frozen shoulder. If you suffer from RSI, or know anyone who does, do suggest they try Bowen, but also speak to their occupational Health team at work

to help with seating arrangements at work/change of computer mouse etc.

## Hayfever

The hayfever season has begun and is predicted to be one of the worst for years. Remember Bowen can help with some of the symptoms such as sinus congestion.

## Asthma Bowen Day

A fellow Bowen Therapist, Dominic Trew is holding a Bowen Awareness for families or those with Asthma on Saturday 1<sup>st</sup> July from 10am-4pm in Walthamstow in East London. Please contact him on 07970 921417 for further details.

## Bowen Event in Camberwell

Following Dominic's idea, I have decided to organise a Bowen event in the Camberwell/Elephant and Castle area. It will be a two-day event with health professionals being invited on a Friday (date TBA) October 2006 and any members of the general public on the Saturday October 2006 (date TBA). There will be taster treatments available as well as talks and hopefully things for children to do. More news soon.

## What Next?

As the academic year draws to a close, many students will be waiting for exam results and it is often a difficult and pressured time as people decide what to do next. Life Coaching is an invaluable and practical way of being able to explore future options and plans in a structured but non-judgemental way. A special offer for 1/6/06-31/7/06 of 3 sessions for £150 will appeal to graduates/people planning career changes.



## 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)