

**BOWENWORKS
THIRD NEWSLETTER
Winter 2004/5**

Dear Client

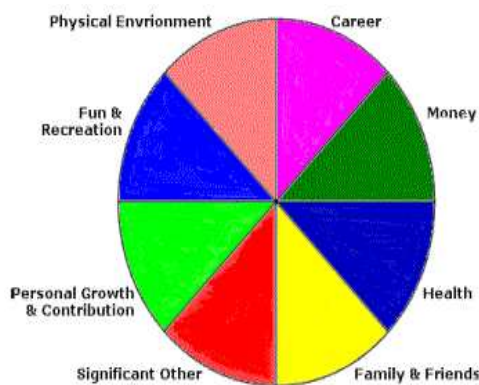
I hope that 2004 has been a happy and healthy year for you. It has been a more difficult year than I had anticipated, with several clinic changes and subsequently totally new starts. I am pleased to have qualified as a life coach this year, and next year promises to be an even bigger year where that is concerned as LCSi and I launch Life coaching training in Cambridge. Read on for further details. I would like to take this opportunity to wish you a happy and peaceful Christmas and New Year.

Train to be a Life Coach in Cambridge!

Life Coach School International (LCSI) and myself are launching a life coaching Diploma course in Cambridge in 2005. The course is basically distance-learning with two 'live Masterclass' days, one at the start and end of the 5 month course. I will be tutoring the students with PaTrisha Anne Todd (Principal of LCSi) leading the 'Masterclass' days. It promises to be an exciting venture, and I look forward to mentoring and supporting lots of new students. If this is of interest to you then do let me know. There will be three opportune times to start this course; January, May or September. The first course will start on Saturday 29 January 2005. For further information contact LCSi on 01202 389998 or speak to me on 01223 423506.

How do you score?

Do you think life coaching would benefit you or a friend in the near future?



What score out of 10 can you give for each area of your life?

Bowen Research

I would like to carry out my own independent research on the Bowen Technique. This will feed into larger research projects going on nation and worldwide. If you or anybody you know suffers from either

- Migraines
- Chronic Fatigue

- Women's Health Problems

Please contact me. I will be setting up a 'Research Clinic' on Thursday mornings at CCHC. Treatment prices for this clinic will be a very modest £20 (instead of £37). You will receive normal Bowen treatments and help me in my research by completing a few extra forms. Interested? Know somebody who might be? Please ask them to contact me on 07947 475082.

Focus on Jaw complaints/Facial Pain

Do you have a very clicky jaw? Does your jaw stick? Do you grind your teeth? Do you have any facial pain? Do you have 'bite' problems or overcrowding? If so then Bowen might be able to help using the amazing TMJ procedure. This can even help with growth problems and even learning disabilities. If this is appropriate to you or a friend, please do contact me to find out more.

Describing Bowen to Others

One of the biggest problems that I have in introducing the Bowen Technique to new people is, 'how to describe it'. Could you help me? It would be great to hear from past patients. Can you think of one sentence in your own words that sums up what Bowen means to you/how it feels to receive. It doesn't have to be 'clinically' correct. I want your interpretation. It can be anonymous. Please complete the double-sided **research form** and also the **survey form** enclosed. Your feedback is very important, invaluable and helpful.

2005 Clinic Schedules:

Day	Clinic	Telephone
Monday	Napiers 44 Goodge St, London	020 76371610
Tuesday	New London Clinic to start – see my website.	Either Westminster or in Islington
Wed	(CCHC*), 8 Rose Crescent, Cambridge	01223 355344
Thursday	CCHC	01223 355344
Weekend	By special arrangement Only.	07947 475082

*Cambridge Complementary Health Centre

**Isobel Knight
Cambridge/London
07947 475082**

www.bowenworks.org
www.cambridgelifecoaching.com

Vouchers

50% off one face-to-face Life Coaching session Expires 1/2/05	25% off one single Bowen Treatment for you or a friend. Expires 1/2/05
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