

## BOWENWORK SIXTH NEWSLETTER



Winter 2005-6

### Dear Client

A very big welcome to the Sixth Bowenworks Newsletter. I hope that you will all like the 2006 Calendar postcards. Best wishes to you all for a prosperous and healthy 2006.

### New Prices and Treatment Packages

Treatment fees have not changed since August 2004, and so the new rates below will start from 1-1-2006.

#### London – Bowen

£46 per session, or £184 for five sessions paid in advance

#### London – Life Coaching

£75 per session, or £250 for four sessions paid in advance

#### Cambridge – Bowen

£40 per session, or £160 for five sessions paid in advance

#### Cambridge – Life Coaching

£60 per session, or £200 for four sessions paid in advance

Both existing clients and new clients will now be encouraged to block book sessions, paying in advance for sessions which are valid for one year from the date of purchase. The sessions can be taken at any time through the year, although for new patients these will generally be taken at weekly intervals in the case of Bowen.

The advance book sessions also work out cheaper for the patient with the 5<sup>th</sup> session free in the case of all Bowen treatments, and an overall saving in the case of life coaching.

***Any existing client who refers me three new clients or more who book treatments will receive a £30 Marks and Spencers or Boots voucher...!***

### How often should I have a Bowen treatment?

I am often asked by patients who have just completed a course of treatment, how soon should they come back for more treatment, and the answer is probably quarterly for a complaint that is likely to flare up again from time to time, or bi-annually for more stable conditions. Sometimes an annual review will be enough.

There is no definitive 'right' answer, but in order to keep feeling as well as possible, knowing the benefits of Bowen, as you all do, then returning for periodical treatments is a great way to keep feeling well, whilst keeping on top of any ailments, stresses or strains. I hope this answers this. If I haven't seen you in the last year, it is probably time to pop back soon, unless you are still absolutely trouble-free.

*Remember that if you block book some treatments for yourself, they are valid for 1 year from the date of purchase and can be used at anytime throughout the year.*

### Focus on Back Pain

Back pain is one of the most common complaints that I treat. This is not really surprising as according to Backcare, 17.3 million adults suffer from back pain – approximately one third of all adults. This year's Backcare campaign focussed on back care at work. Make sure you check your work- station and ensure it is back- friendly. If you are a little on the large- side, make 2006 the year to shed those excess pounds, and get active, gently. Swimming, walking and pilates or yoga are ideal. If in doubt, check with your GP, and of course remember Bowen for rapid and gentle pain- relief.

### Do something new next year...

If you missed the opportunity in September to start something new – for example, learning a new skill, or taking up a new hobby, or starting a course in something completely different, then the New Year is another perfect time to try.

Why not check out your local college to see what they have on offer for you. Use this time to re-discover learning in a positive way. What am I doing? A course in autobiographical writing. I will keep you posted!



### 2006 Bowenworks Clinic Schedules:

Day	Clinic	Telephone
Monday	Napiers 44 Godge St, London	020 76371610
Tuesday	Central for Health 68 Exmouth Market, London	020 76893717
Thursday	Therapy Room, Cobble Yard, Cambridge	01223 315400

### Isobel Knight

07947 475082 or 01223 423506

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