

BOWEN IN SPORTS

A growing number of athletes and professional sports people are discovering that regular Bowen Technique sessions enhances performance and reduces the incidence of injury. Then, when injury does occur (especially soft tissue damage), Bowen can bring rapid relief and a quick return to their sport.



BOWEN IN STRESS MANAGEMENT

Many clients with busy and demanding lifestyles use Bowen as a means of stress management and general health maintenance seeing their Bowen therapist 2 to 4 times a year.



WANT TO KNOW MORE?

Visit www.thebowentechnique.com and www.fasciaresearch.com

[f /bowenfascialreleasetraining](#) [t /CBSBowen](#)

Telephone: 01373 461 812

Email: info@thebowentechnique.com

The Bowen Technique is not a replacement for medical advice. Please seek medical advice if you have concerns about your health prior to booking. All our practitioners are professionally trained and if they consider there to be red flags not previously diagnosed by your GP, they will advise you seek medical help before pursuing further treatment.

PRICING

Individual Bowen Treatment Session
First session usually lasts 60 minutes and includes detailed assessment, subsequent sessions are approximately 40 minutes.

£35

ABOUT ME

Bowen is an emerging science that relies on skilled practitioners with excellent anatomical knowledge and practical hands on intelligence.



I am a qualified nurse and professionally trained in the Bowen Technique and Fascia Bowen Technique.

If you are receiving treatment through your health insurance a certificate can be provided where required.

Should you have any queries, or would like to book an appointment, please do not hesitate to contact me through one of the methods below.



THE BOWEN TECHNIQUE



MA, BSc (Hons), Dip N Lond.
RGN LicAc. Cert. CBS

Lesley Green

Mobile: 07521 723699

Email: lesleytgreen@gmail.com

Website: www.lesleytgreen.co.uk

Treatments are based at my home in Hartlepool. If you are unable to travel we can discuss potentially having treatment at your home if you live in the Teesside area. Please be aware there would be an extra charge for this, please ask for details.

ANATOMICALLY SPEAKING

In simplistic terms, the body is made up of connective tissue, each part attached to and influencing another. For example, your shoulder injury may be creating pain in your hip, this could be due to a change in the connective tissue tensions throughout the body system.

The pain or injury you are experiencing is often related to lifestyle choices, vocation (for example desk work), sport or even emotional stress.

WHAT ARE THE KEY POINTS OF BOWEN?

- Clothing can stay on.
- There is no manipulation or adjustment.
- It is different from massage.
- The experience of Bowen is gentle, subtle and relaxing. This is what makes the Bowen Technique unique.
- Relief is regularly felt immediately.
- Most cases respond within 48 hours.
- Chronic conditions may take longer than the average 4 sessions. Treatment plans are implemented following a full client consultation.
- Bowen is a therapy choice for the University of North Durham NHS Pain Management Clinics.



The Bowen Technique uses a gentle rolling action over soft tissue to potentially create a signal to the brain.

21st Century science is beginning to demonstrate a non-intrusive approach with no adjustment or manipulation can aid balance in the body.

"A car accident many years ago had left me with very little mobility in my neck. After three sessions I was able to move my neck pain-free and work eight hours a day with very little discomfort."

Sue Taylor (age 43)

WHAT HAS BOWEN BEEN OBSERVED TO HELP?

- Pain management.
- Sports injuries.
- Acute and chronic back pain.
- General aches and pains.
- Sciatica.
- Frozen shoulder and tennis elbow.
- Whiplash.
- Jaw discomfort (TMD / TMS).
- Asthma.
- Hayfever.
- Headaches / Sinus.
- Stress and tension.
- Digestion.
- Chronic fatigue.
- Heel and foot pain.



WHAT TO EXPECT

A session lasts approximately 60 minutes. Following a full consultation with your practitioner, your treatment will begin. This will consist of specific, gentle rolling moves across soft tissue, often through light clothing. Unique breaks are incorporated into the treatment where you are left to rest. The body is able to rebalance itself at this time.

"I am a Builder and had taken a minor fall onto my left side. What ensued was a deep seated pain and made walking difficult. By the fourth session the pain was 80% alleviated and I am sleeping better than I have done in 40 years."

Richard Makepeace (age 59)

IT HAS BEEN REPORTED TO POSITIVELY HELP OTHER FACTORS:

- Quality of sleep.
- Mood elevation.
- Ability to concentrate and focus.
- Positive outlook on life.
- Relaxation.



FASCIA BOWEN

Fascia Bowen technique is based on the work of Howard Plummer and is a gentler, lighter touch which has been found to be a particularly good alternative for clients who are unable to tolerate the standard Bowen moves. For example people diagnosed with Fibromyalgia. The very young, elderly or frail, terminally ill or disabled have been found to all benefit from this light touch therapy.