

What can I expect?

The treatment: Your therapist will apply a series of moves interspersed with two minute waiting periods that are essential to the treatment. Allow yourself to relax: falling asleep is quite usual.

Reactions: Feelings of improved energy, better body mechanics and reduced pain are common following a treatment. However, if you are dehydrated, with gluing in the fascia, it is not uncommon for post treatment reactions to include tiredness, shifting musculo-skeletal discomfort, and headaches. Drinking water before and after your treatment will reduce the intensity of any reaction.

Frequency of treatments: For most conditions, Bowen Therapy generally requires two to three sessions, spaced up to a week apart. For acute conditions, treatments may be required every few days. Chronic conditions require more treatments, beginning weekly, but spaced further apart as progress is achieved. For general health maintenance, monthly sessions are ideal, but can be more frequent if desired.

Post treatment : Avoid long hot showers or baths 24 hours following your treatment, or applying direct heat to your problem area. Avoid rigorous activity, even if you are feeling the best you have for weeks. Sitting for periods longer than 20 minutes is not recommended in the 24 hours post treatment – if you have to sit for extended periods, move around every 20 minutes. Drink plenty of water.



Fascial Kinetics

- Inspires and empowers people to create changes in their lives, by working with the fascia, “the skin of the spirit”; the place of transformation; the medium through which the body and spirit communicate.
- Realigns the fibres in our fascia to open up windows of opportunity for sustainable change allowing old patterns and behaviours to be released: for you, your family and your community.



A Better Understanding of the Body's Interconnection

- Is a modality that challenges, transforms and heals one of the most dynamic forms in the human body. This series of very simple and non-invasive moves is able to achieve profound physical, emotional and spiritual changes in people's lives.

Contact:

For more information see www.fascialkinetics.com

Bowen Therapy

The Homeopathy of Body Work

Fascial Kinetics assists healing in the whole body by creating changes within the body's fascia or connective tissue.



Fascial
KINETICS

What is Bowen Therapy?

Bowen Therapy is a modality of healing established in Australia during the 1960's by Geelong 'Osteopath' Tom Bowen, and is taught and practised worldwide. It is a lubricant free body work technique which has few contraindications and is appropriate to use on almost everyone. It can be applied through loose clothing and a session may take between 15 and 45 minutes.



Conditions Bowen Therapy may help:

- Arthritic symptoms
- Back and/or neck pain
- Respiratory symptoms
- Colic in infants
- Digestive disorders
- Headaches & migraines
- Jaw problems
- Joint injuries and restrictions
- Menstrual irregularities and pain
- RSI
- Sciatic pain
- Sinus congestion
- Sprains/strains
- Stress & tension

How does Bowen Therapy work?

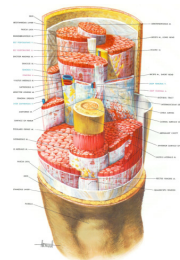
Fascial Kinetics literally means 'moving fascia'. Russell Sturgess, the founder of Fascial Kinetics, developed the theory that Bowen Therapy achieves its profound and long lasting effects by working with the fascia: the superficial and deep connective tissue in the body, which forms one continuous structure and is the medium through which communication between cells occurs.

In a treatment, a series of selectively placed moves are executed to address the fascia lying between the muscles and the skin. Adhesions within the fibres in the fascia are released and the affected area can become more hydrated.

This assists the structures housed within the fascia - nerves, muscles, lymph and blood vessels, and organs - to function more effectively. Improved function in these structures leads to a better level of general health and decreased levels of pain.



Understanding and Treatment of Myofascial Symptoms



As fascia forms a continuous sheath throughout the body, each treatment addresses the whole body, not just the area of injury or pain. Postural misalignments are released, balance is restored.

Holistic Approach

If good health is a balanced state of energy within the body, then pain and illness are caused by imbalances which block the flow of energy. If problems accumulate, our self-healing process becomes overloaded, and the body may need outside support.

Fascial Kinetics balances and stimulates energy flows, resulting in a deep sense of overall relaxation. The restorative process begins once the body is relaxed, and continues after the treatment. The treatment brings about effective results by penetrating to a deep cellular level, stimulating the body's unique ability to heal itself.



Holistic, balanced approach

Professional Training

Fascial Kinetics is a version of Bowen Therapy which sets the standard in Bowen education. It differs from other Bowen schools in that its curriculum is based on a holistic model of healing. The teaching is supported by a philosophy of healing which balances the science of healing with the craft and art of healing. Fascial Kinetics can be used alone, or with other therapies to achieve great results, and is easy to learn and apply to achieve lasting changes.



Healing the Healer