

# BOWEN RETREATS

Revitalize your body mind and spirit at Forster in the beautiful Great Lakes district on the Mid North Coast NSW. Experience unique Bowen procedures tailor made for your individual needs. Revise and update your Bowen Skills Trouble shoot to assist in understanding chronic non-responsive cases. Take barefoot walks along sandy beaches to aid in detoxification. Stroll beside beautiful Wallis Lake as the sun sets to restore your spirit Endless discussion on all things Bowen to reignite your enthusiasm. Inclusion in an ongoing Mentoring Program.



**NOTE:** Bowen Retreat equals 16 CEU points.



THE BOWEN TECHNIQUE

## WHERE:

27 Bruce Street, Forster NSW 2428

## CONTACT:

Phone: 02-65546050

Email: [anne\\_schubert\\_1@hotmail.com](mailto:anne_schubert_1@hotmail.com)

## WEBSITE

[www.greatlakesbowen.com.au](http://www.greatlakesbowen.com.au)



# BOWEN RETREATS



*conducted by*

*Anne Schubert*

B.T.A., A.N.T.A.



Anne, has been a professional educator for over 40 years. From 1980 she ran a remedial and sports therapy clinic in Forster NSW. In 1987 she was one of the original Bowen students of Ossie and Elaine Rentsch and became a registered Bowtech Instructor in 1994. Anne travels Australia & the world instructing Mind Body Bowen Courses.

Currently, as well as running a general Bowen practice, she has developed a particular interest in working with babies and children, including accessing the 'inner child' in us all. Anne shares in the workshop this experience of the fascinating ability of Bowen to aid in the release of memory and facilitate Mind Body integration.

## What will be happening

**Practical Sessions** - Practitioners develop an individualised Bowen Treatment for a partner, using assessment skills, plus the indicators from the resulting body sensations. Then with the aid of specialised muscle and meridian charts, select appropriate Bowen procedures.

**"Hints and Handouts"** Discussion will be encouraged on topics which will aid therapists when dealing with specific Client needs.

**Sunset Walks** by the lake or beach to unwind and aid in detoxification.

**Revision** of procedures which have been extended, reviewed, or updated. The knee procedure, the Thoracic Procedure, the Pelvic Procedure, The Upper Respiratory / TMJ Procedures, the Coccyx Procedure, plus any others requested by the group.

**Guest Presenters** with various specialized interests

**Questions** and queries, including "troubleshooting" for non-responsive and chronic cases and any further discussion

## Expression of Interest

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Previous Bowen Training:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please email or post this form to Anne

**Email:** anne\_schubert\_1@hotmail.com

**Post:** 27 Bruce Street, Forster NSW 2428

**NOTE:** This Bowen Retreat weekend equals 16 CEU points.

\* Bowen Retreats and other continuing education workshops are not part of the nationally recognised training, however they are Bowtech-accredited and eligible for CEU points with Bowen Association Australia.