



Deb Hart

Deb Hart – Founder of Heart of Bowen Therapy - completed her training as a remedial massage therapist in 1995 and commenced Bowen training in 1998. Fascial Kinetics gave Deb her initial grounding in this technique with training provided by Gill Taylor and Russell Sturgess. In 2007 she gained a Diploma of Bowen Therapy with Smart Bowen.

Deb has training in Decongestive Lymphatic Therapy (Casley-Smith), Oncology Massage levels 1-4 which included hospital-based training at the Austin Hospital in Victoria, Clinical Nutrition and a Cert IV TAA. In

March of 2017 she completed a Diploma of Dementia Care with the University of Tasmania which provided her with a deeper understanding of neurological issues and the ageing population.

Training and involvement with Oncology Massage Training taught Deb how to adapt massage principles for those in frail health and she has now adapted all her skills learnt over the past 20+ years to offer them to Bowen therapists and practitioners so that they may work safely and effectively with this client population.

Deb is a member of the Bowen Therapists Federation of Australia, Massage and Myotherapy Australia (formerly AAMT), Australasian Lymphology Association, Society for Oncology Massage, Palliative Care Association of SA and Friend of the Lymphoedema Support Group SA.

Deb can be contacted at:

<https://heartofbowentherapy.com.au/contact-2/>