

Bowen Therapy Conference 2018

Expanding Knowledge: Shaping Professional Practice

CHRISTINE AMMANN

De-Stress your Gut

Explore the importance of the Gut and Brain Connection, how gut imbalances can be the cause of muscular pain, postural imbalances as well as emotional issues. Discover the direct link between stress, the fight and flight reflex, our digestive organs and specific muscles. Learn how to test some of those muscles and easily incorporate this plus some simple kinesiology balancing techniques into your Bowen sessions. Explore effortless management techniques and insights to de-stress not only the brain but also the gut, improve digestion, aches and pains memory and more!

This jam-packed talk will expand your knowledge, provide you with simple yet mindboggling information and equip you with lots of goodies to take home and add to your toolbox.