

Julian Baker workshops, Melbourne and Brisbane

The everywhere and nowhere (baby) tour

What do you want and how do you get it?

I have been teaching about Bowen, fascia, anatomy, running a business, taking notes and making bread for over 25 years.

The idea of running a workshop on one specific idea or area of the body is something that fills me with dread arising from a fear of self limitation.

Instead these workshops will be an opportunity to bring your own questions, doubts, ideas, problems and thoughts to have them explored and built upon.

There is **nothing** off limits here.

I am what you might call an independent spirit in the world of Bowen. I hold no specific loyalty to one brand or version of Bowen and have no involvement with the politics or personality worship within the world of Bowen.

I see Bowen as a system of body work that is still evolving and developing to this very day and with a nod to the man himself, I want to see Bowen being moved forward within practical fields of bodywork and modern healthcare. I push for evidence, good anatomy, logical thinking and scientific understanding as possible, at the same time understanding that we can't always explain everything.

It is pretty tricky to think of what to ask or bring to a workshop like this, but Australia is a big country and I'm trying to cover as much ground as possible.

You are welcome to video moves and procedures to your heart's content (subject to certain conditions and agreements within each group) and share everything you see or learn on social media or within your own practice groups. Everything you can get out of my head you are welcome to.

So below are some suggested areas we can look at. Choose one or pick your own and we will set our intent for the two days at the beginning. Rest assured that the class will be very hands on and practical. You will learn lots of additions to the procedures you already know and will enhance your practice no end.

- Body reading
- Why Bowen works
- The neurobiology of Bowen
- Pain and what it is and isn't
- How to address multiple presentations
- What to do when it just doesn't work!
- Thinking outside of the box
- Intuitive Bowen work

- Advanced. What it is and isn't and how to be advanced or not
- Fascia, myth and fact. What we can and can't do
- Bowen anatomy. Placement and location
- Building a successful Bowen business.
- Drugs and interactions
- Case history taking
- Diagnosis and assessment
- Varying the orders of procedures.
- When is a procedure not a procedure
- How to make the perfect sour dough. (Probably won't get around to this)

Everyone attending will be given a one year free membership to Online Bowen and free access to the online red flag training.