

Sport Bowen



Robyn Wood

2 days / 16 hours

Prerequisite: Module 8

Two day workshop, or 16 hours of CEUs This workshop with Robyn Wood, International Bowtech Instructor, is the result of 21 years experience with athletes. This is a “power point” based workshop which is suitable for elite athletes and also those who only exercise at the weekends. A 20 page work manual is supplied for backup material. 1. What causes common injuries? A deeper look at body mechanics. How Bowen can help with recovery, injury prevention, and body maintenance. 2. Muscle Firing Patterns, Joint and Core stability, plus Meridian involvement. 3. First Aid Bowen which can actually save lives. 4. Bowen for travelling athletes, fatigue and psychological issues associated with high performance. Highly recommended for all Bowen Practitioners.