



# Bowen Therapy Professional Association

An independent organisation of Bowen Therapists run by Bowen Therapists

## Professional Development Day & AGM

**Saturday 5<sup>th</sup> October 2024**

**Claverdon Church Centre, Claverdon  
Warwickshire CV35 8PD**

**Annual General Meeting: 09:30 – 10:30**  
(members only)

**Professional Development Day (PDD): 11:00 – 17:00**

### BTPA Annual General Meeting:

**All BTPA members are welcome to attend the AGM. Only full members may vote.**

09:15 – 09:30 Arrival, registration and refreshments

09:30 – 10:30 **BTPA AGM**

### Professional Development Day (PDD):

**All Therapists are welcome to attend the Professional Development Day. Fee £55.00 for BTPA members (£90.00 non-members) – tea-time refreshments will be provided**

10:45 – 11:00 Refreshments and welcome

11:00 – 13:00 **PDD Workshop (part 1)**

13:00 – 14:00 Lunch *(please bring your own lunch\*)*

14:00 – 17:00 **PDD Workshop (part 2)**

**Bowen College**  
reboot your world



**PREMIER TRAINING PROVIDER**  
INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS



\* Please bring your own lunch with you to the conference if you can. If you are unable to do so and would prefer us to supply a lunch (sandwich/wrap/salad, fruit, crisps etc.) please contact the Membership Office with your requirements. Cost is £10.00 per lunch.

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**BTPA Membership Office: BTPA, PO Box 10844, Blaby, Leicester, LE8 4YX**  
**07713 552 858 membership@bowentherapy.org.uk**

## EMPOWERING MOVEMENT: A Manual Therapist's Guide to Introducing Exercises to Clients - Jihan Adem & Rebecca Ellis



**The Empowering Movement course was created to train Bowen Therapists to assist their clients in alleviating pain and improving their movement patterns.**

It aims to empower Bowen therapists to encourage their clients to move more and move better.

Often, when we advise clients to move more regularly or refer them to other movement practitioners, they may not follow through due to additional cost considerations. By incorporating movement into your sessions, you can integrate the best practices of both worlds.

The exercises and stretches taught in the course are easily accessible and can be adapted for individuals with limited range of movement. The course is instructed by Rebecca Ellis and Jihan Adem, who have extensive experience in various movement and manual therapy practices.

**They are offering a condensed version of the two-day course at the BTPA's AGM in October and are looking forward to working with many Bowen Therapists at the event.**

The significance of movement practices is increasingly recognised among manual therapists, as they complement each other. Whether you are new to using movement in your treatment sessions or an experienced practitioner, we aim to help you explore the benefits of thoughtful and embodied movement.

No previous movement practice is necessary. We work from the basics and on from there.

Here's what others who have attended our courses say:

*Cathy Hexter "Can't really fault anything – Notes are good, particularly like the way the moves were broken down for the less fit attendees – like myself!!"*

*Fran Walton "Really enjoyed it. Kept visualising clients the exercises would be useful for. Very useful to me as well as getting blobby after injuries nearly all year."*

## PDD Workshop (cont.):

*Fiona Webb “Experience of exercises and practice explaining to our partner was very useful to remind me and give confidence to do same for clients.”*

*Michael Overend “All very good thanks! Course materials are excellent. The presentation was very clear and helpful, exercise demonstration and assurance was very good.”*

*Abigail Lloyd-Williams “Everything was very clearly explained and demonstrated and I feel confident to be able to plan a rehabilitation exercise plan.”*

*Lee Avery “ Excellent workshop. Good, clear instruction.”*

*Amanda Matthews – I found it to be an education for my own body. I found that it is my calves that are tight and not my hamstrings – my shoulder problems are strongly related to my pelvis.*

*Phillipa Lang – I really liked being asked to prescribe exercises for “real live” bodies as it meant engaging brain from “see” to “do” which makes things stick better in my memory.*

*Kate Eldridge – V. good + how to pair exercises / stretches, how to adjust for older clients.*

In the comprehensive CPD course, we review muscular anatomy in a way that is understandable and creates a context for movement and for Bowen treatments and explore facial anatomy & sensory movement using the latest images in the field of fascial studies. Understanding the fascial network in movement, including how it connects and separates, will provide insights and skills to enhance your treatment approach.

This understanding can assist your clients in moving with grace and ease and help them learn to address their own restrictions, postural imbalances, injuries or pain. **In the introductory workshop at the AGM, therapeutic movement flows are divided into manageable sections to help you guide your clients from dysfunctional movement patterns to increased freedom of movement.** By offering personalised movement plans and corrective exercises, you can help your clients achieve functional movement and long-term well-being.

Throughout the training, we focus on integrating this knowledge into your Bowen therapy practice. The full CPD course includes an 80-page colour manual and PDF versions of all exercises and stretches, allowing you to provide them for your clients.

**The shorter introduction to this work at the AGM will also offer some immediate takeaways that you can use with your clients right away.**

If you like the taster at the BTPA AGM, the full CPD course will be held in Brighton in October 2024, Scotland in April 2025, and Cambridge in October 2025.

**Visit the Bowen College UK website for more information about future workshops:**

**[www.bowencollege.org.uk/cpd-courses](http://www.bowencollege.org.uk/cpd-courses)**

**Complete and return the following [Booking Form](#) to register your interest in the PDD workshop on 5<sup>th</sup> October 2024. Your place will be confirmed after payment has been received. If you have any queries please contact the BTPA Membership Office.**

# BTPA AGM / PDD Booking Form



To be completed by all delegates.

If you are a BTPA Member, you can specify your Member ID number instead of completing the contact details section.

Name:.....

Address:..... Post code: .....

Email address: .....

Phone Number: .....

Privacy Policy: I understand that the information provided here will be kept safely and securely in line with the Data Protection Policy of the Bowen Therapy Professional Association. (This policy is available on our website [www.bowentherapy.org.uk](http://www.bowentherapy.org.uk).) I agree to be contacted and sent information about CPD events by BTPA and understand I can unsubscribe at any time by contacting [membership@bowentherapy.org.uk](mailto:membership@bowentherapy.org.uk).

I agree to be contacted by: (Please tick) phone:  SMS/text:  email:  post:

Signed ..... Date .....

## AGM: 09:30 – 10:30

All BTPA members are welcome to attend. Please arrive by 9.15 am to sign in & for refreshments.

I will be attending the AGM: Please tick

Agenda and Committee elections & nominations form will be sent to all members in due course

## PROFESSIONAL DEVELOPMENT DAY: 11:00 – 17:00

The number of workshop attendees is limited – please book your place ASAP. Refunds will be paid if the event is cancelled for any reason. You may cancel your booking and receive a full refund up to 1<sup>st</sup> September 2024. Cancellations made after 1<sup>st</sup> September 2024 will incur a £25 admin charge. Late cancellations due to illness will be refunded in full (when evidenced with a doctor's letter).

All therapists are welcome to attend. Please arrive by 10.45 am to sign in & for refreshments.

I wish to attend the PDD workshop: Please tick

Cost for BTPA members	£55.00	
Cost for non-BTPA members <i>(£35.00 refundable for those signing up for BTPA membership on or before the PDD)</i>	£90.00	
Lunch snack <i>(choose from a selection of sandwiches/salads/wraps)</i>	£10.00	
	<b>Total</b>	<b>£</b>

Please tick:-

- BACS payment.** HSBC Business account “Bowen Therapy Professional Association”, Sort code: 40-34-24, Account number 31399896, Please use your membership ID number as reference (or your name if not a BTPA member).
- Card payment:** call the office on 07713 552 858 to make payment by credit/debit card.
- Cheque** payable to “Bowen Therapy Professional Association”

Scan and email this form to [membership@bowentherapy.org.uk](mailto:membership@bowentherapy.org.uk) or post to **B.T.P.A., PO Box 10844, Blaby, Leicester, LE8 4YX.**

<b>For office use:</b> Date received..... Payment received..... Receipt no.....
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