

# YOGA<sup>®</sup> MAGAZINE

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JULY 2015

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NUTRITION

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# THE TOM BOWEN LEGACY TRUST FUND

The Tom Bowen Legacy Trust Fund (TBLTF) is an international charity that supports children with disabilities; by providing them with the equipment to enhance their quality of life. All of the children who benefit from gifts will receive Bowen Therapy.

The late Tom Bowen; creator of Bowen Therapy used to frequently help disabled children within his local community in Geelong, Australia - by providing them with Bowen Therapy in order to help them cope with the discomforting symptoms of their disability.

Tom Bowen's legacy continues today through the work of TBLTF, Bowen Therapy Professional Association (BTPA) and Bowen Therapists across the UK.

Bowen Therapy is a remedial technique that can help to relieve the symptoms of a variety of health problems and wellbeing concerns. The core technique of Bowen Therapy involves the therapist using their fingers and thumb to create a gentle rolling movement over muscle ligaments, tendons and fascias. The Bowen Technique stimulates the muscles, encouraging the body to restore itself back to its physiological equilibrium, with symptoms of the health problem or wellbeing concern being relieved.

In the UK the TBLTF is a small charity which is run by its own trustees. Funding for the TBLTF is currently raised by members of the BTPA; who contribute a donation whilst signing up or renewing their BTPA membership, and from other donations made by thankful parents. Members of the BTPA also hold fundraising events throughout the year and have recently been able to donate £2000 towards an adapted bike for a child with Hypoxic Brain Injury. This allows him to maximise his circulation and respiration, lessen any stiffness in his joints and muscles, and to increase his mobility (especially in his spine, pelvis and knees).

To donate to the TBLTF you can send a cheque directly to the charity. Please send any amount to:



**TOM BOWEN LEGACY TRUST FUND UK**

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For more information  
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