



EXPERIENCE WITH US

Bowen Worth Sharing

Sharing ideas, and inspiring Bowen Therapy Members
with tools to enhance their Bowen practice.



Welcome from BTAWA

The BTAWA conference committee welcome you to the 20th BTFA National Conference

“Bowen Worth Sharing”

We are proud to bring you a wonderful line up of talented presenters who have come from far and wide to share their skills and knowledge with us all. We are especially excited to have the amazing understanding of Body, Mind and Spirit brought to us by Matt Hudson, as part of our program. Matt has come all the way from England to WA to share with us this weekend, and into next week.

All in all, we are looking forward to a fabulous and varied conference program packed full of inspirational and informative topics and presenters:- definitely *“Worth Sharing”* !

We hope you enjoy your time at the 20th BTFA Annual Conference , make many connections, and gain useful information and tools to enthuse and inspire you in your own Bowen journey.

Welcome to WA
worth coming worth Sharing

Conference Program

Friday 13th October 2017

5:30pm— 6:00pm Conference Registration

6:00pm— 8:00pm *Meet and Share Happy Hour*
Brian Smart - Guest Speaker

Saturday 14th October 2017

8:00am—8:30am Conference Registration

8:30am—8:40am Welcome & Housekeeping Bev Nota

8:40am—9:00am Official Conference Opening Geoff Cashmore

9:00am—10:00am Bowen as a tool for PTSD Barry Vautier

10:00am—10:25am ***Morning Tea***

10:25am—11:00am Hands and Feet Marianne Grainger

11:00am—11:35am Bowen Therapy and the Energy Matrix Maya Zeneth

11:35am—12:05pm Sound Healing Ute Coleman

12:05pm—1:00pm ***Lunch***

1:00pm—2:00pm Importance of the Jaw Dr Chris Chang

2:00pm—3:00pm Neurological Conditions- Feldenkrais Molly Tipping

3:00pm—3:15pm ***Afternoon Tea***

3:15pm—4:45pm AGM

4:45pm ***Close of Sessions***

Sharing Bowen Around the World Gala Dinner

6:30pm—7:00pm ***Pre Dinner Drinks***

7:00pm—11:30pm ***Gala Dinner and Dance***
Graham Pennington - Guest Speaker

Music, Dancing, Stories, Food & Drinks



Sunday 15th October 2017

8:50am—9:00am	Housekeeping	Russell Sturgess MC
9:00am—9:30am	Energetic Hygiene for Therapists	Jenny Parker
9:30am—10:05am	BLACKROLL Fascia Training	Leigh Whitehead
10:05am—10:25am	<i>Morning Tea</i>	
10:25am—11:30am	Bowen for Animals	Heather Hartley
11:30am— 12:35pm	Awareness and Mindfulness	Russell Sturgess
12:35pm—1:30pm	<i>Lunch</i>	
1:30pm—2:30pm	Awareness and Mindfulness	Russell Sturgess
2:30pm—3:00pm	Tom Bowen Trust Fund Gift	Maxine Smith & Tanya Pfitzner
3:00pm—3:15pm	<i>Afternoon Tea</i>	
3:15pm—3:45pm	Chi Gong	Jane Newton
3:45pm	<i>Close of Sessions</i>	



Our Presenters



Russell Sturgess

Russell Sturgess trained to be a Complimentary Health Professional in the mid-seventies. He was trained in Bowen Therapy by Ozzie in August 1987. By 1990, Russell created the first break-away Bowen training program, which by 1992 was called Fascial Kinetics. Russell pioneered 'fascial' rationales for how Bowen worked, while including his insightful 'healing philosophy'. At the turn of the millennium Russell shifted his focus to healing philosophies and went onto to develop the Enhances Awareness Program. Russell has trained mentors using his EAP throughout Australia and New Zealand. Intrinsic to EAP is the inclusion of Bowen Therapy. Russell's personal vision is 'Global inner stillness, peace and healing, one person at a time'.

PRESENTATION SUMMARY - Healing Through Being Pragmatically Lazy

Imagine healing by just being aware and mindful. That's what it means to be pragmatically lazy. Typically, most people kind-of-get pragmatism (it's about being practical), and everyone understands 'lazy' and likes the idea of it, although since most of us have a Judeo-Christian ethos, laziness isn't acceptable. Essentially this approach to healing shifts the focus from getting results to staying mindful. Of course, being mindful requires a significant shift in consciousness. Scientists claim that most people function sub-consciously 95% of the time. That means people are only mindful 5% of the time. In your time with Russell today, you will be exploring what is required to live more mindfully, and how that improves your contribution to improving the health and wellbeing of your clients.

www.eapmentor.com

Barry Vautier

Barry is the principal of the Fascial Kinetics school of Bowen therapy and is based in Auckland New Zealand. He has qualifications in Naturopathy, Herbal Medicine, Massage Therapy and numerous Remedial Body Therapies including Bowen. Barry's focus during his Health



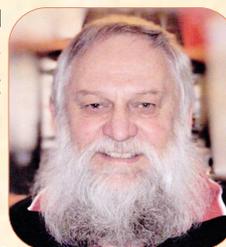
Studies Degree focused on fascial research. Beside his practice and instructing in Fascial Kinetics Barry spends 2 days a week at the Refugee Resettlement Centre in Auckland treating men with Post Traumatic Stress Disorder.

Barry will discuss and illustrate the power of Bowen therapy as a tool for the recovery of Post-Traumatic Stress Disorder (PTSD). Working with male refugees at the resettlement centre in Auckland, Barry provides body therapy and works with a medical and psychological team to enable traumatised men to integrate and connect with their new life in a foreign country. Most of the men receive Bowen. Barry will draw on research and articles that fascia may conduct emotion, and be a place where memory is stored. He will link this to how Bowen may work in the body to stimulate the body's own wisdom to self-heal bringing about homeostasis in body, mind and spirit.

www.fascialkinetics.co.nz

Brian Smart

Brian is a very experienced Bowen Therapist and teacher of Bowen Therapy, having trained in South Australia during 1992 and has been in professional practice since that time.



As far back as 1975, Brian has worked with the human body as a Football Trainer, Ambulance volunteer then Advance Ambulance Officer, Remedial Massage and Bowen Therapist, learning Trigger Point Therapy, Stretching Techniques and Aromatherapy along the way. Brian learnt of Bowen during training for Remedial Massage, then trained with Ossie Rentsch in 1992. He soon found out that there were many issues that the Bowen work he had learnt did not fully address, and he set about developing his own Bowen therapy moves and sequences to fill the gaps. Using both trigger point therapy and acupuncture theories, Brian quickly added many treatment processes to efficiently and effectively assist many of his client's recover from their injuries or health related problems. Initiating a training program in his style of Bowen therapy in 1999, Brian began his teaching career by training other Bowen practitioners in the SMART BOWEN® techniques that he had developed. Brian developed both equine and small animal

Our Presenters, continued...

SMART BOWEN® training programs in 1999. After many years in the making, Brian met one of his pinnacles which was to produce a book on Bowen Therapy and in 2014 "The Smart Bowen Practitioners Guide" was self-published and is now being sold globally and is used as the 'text book' to the human programs. The passion for the ongoing development of Bowen Therapy is what continually drives Brian to investigate new or varied ways of using this amazing modality to assist people and animals in returning to health naturally.

www.smartbowen.com

enamel to straighten teeth. The wider maxilla and mandible has many health benefits. Many of the patients treated this way have had their headaches and migraine cured, tinnitus and vertigo cured, better breathing and airway, improved sleep patterns, lowering of anxiety levels, lesser allergies and better digestive functions.



Graham Pennington



For more than two decades, Graham Pennington has been practising Bowen therapy, naturopathy and acupuncture in his busy, multi-practitioner clinic in Warrnambool, Australia.

As a young naturopathic graduate, he was introduced to the Bowen technique when he took over the running of Ossie Rentsch's clinic in Hamilton in 1989. This unique opportunity provided an intense exposure to the system of therapeutic bodywork that would become such an important component of his professional life.

In addition to his experience in Hamilton, Graham has also received extensive mentoring and invested many hours observing Dr Romney Smeeton DC in his Geelong clinic.

He has spent the last twenty-three years practising, teaching, and developing the Bowen technique.

www.bowenseminars.com.au

Dr Chris Chang

Chris has been in private dental practise for 43 years. He has spent the last 29 years using removable expansion appliances, to develop growth in the maxilla and mandible. The benefit of this technique over fixed braces is multifold. There is no need for extractions or inter proximal stripping of

Heather Hartley

Having horses and other animals all her life, Heather realised that animals carry pain and stress, the same as humans and in rural areas can suffer horrific injuries during and after a major fire event. Heather spent quite several years studying and researching their anatomy and physiology and their specific needs. This and the major South Australian and Victorian fires in the past few years inspired Heather to come up with a range of products to protect animals from extreme heat and make them more visible day and night.



As a fully qualified Bowen Therapist Heather has had a broad range of experience in treating hearing, working dogs and native, domestic and farm animals, in both

South Australia and Victoria. As a dedicated member of her local community Heather also takes her 6 dogs and 5 horses to nursing homes and events regularly, to help raise funds for the CFS and other community organisations. Heather continues to dedicate her life care and welfare of all animals.

Bowen for Animals While the injuries presented may be caused by completely different reasons to humans. The treatment can be similar. The one difference is your observation skills. These need to be tuned into the animal and the way it behaves. They will tell you where the pain is and its degree. Heather will demonstrate with a few animals.

www.fireshieldanimalprotection.com.au



Our Presenters, continued....

Jenny Parker

Jenny is deeply passionate about helping people to get on track with living their purpose so that they may play their part in the grand enactment of life, giving back to the planet and living a meaningful life. She has a refreshing ability to assist people in transforming their lives so that they can move into nurturing life in a deeply profound way. She uses all her vast life experience to assist you in healing the past, living in the present and manifesting the life you were meant to live. Working holistically, Jenny addresses the body, heart and spirit depending on the individual needs.

Presentation Summary - The Importance of Energetic Hygiene for Therapists

Our auric field (which consists of the physical body, emotional body, mental body and spiritual bodies) and our workspace collects and stores all kinds of things: mental debris, emotional residue, negative energy, pollutants, accumulations of old energy that has never been cleared, energy from others and stagnant energy etc. Just as we shower and bathe our physical bodies to keep them clean, it is essential that we regularly cleanse and clear our auric field. In a similar way, as we clean our workspace and protect it from burglars we also need to protect and clear negativity from our workspace. Consistently done, this will make a great difference to how clear we feel while influencing our ability to not be negatively affected by the energy around us or take on other people's stuff. In this presentation, I will talk about this topic and facilitate a process that will maintain energetic hygiene and provide a resource to use ongoing.

www.heartforce.com.au



Maya Zeneth

Maya Zeneth has been practicing in Western medicine and complementary health for the past 23 years after completing a degree in Nuclear Medicine, advanced diploma in Bowen Therapy and a diploma in Phytosonus Bioresonance. Maya is a gifted Clairvoyant, Bowen Therapist and Zen Matrix® Master. Maya's Bowen Therapy career commenced in 2000 after completing Fascial Kinetics, she then went on to study Smart Bowen Therapy® for people and animals. Since 2000 Maya has been in clinical practice in various locations around Australia offering Bowen Therapy, healing through her

modality Zen Matrix® Healing and spiritual guidance through her other modality Soul Mapping®. Maya has taught for Smart Bowen Therapy® for the past four years offering undergraduate and postgraduate training. Maya currently runs a successful clinic in the Perth Hills and offers her Master of ZenMatrix® Healing and Bowen Energetics workshop across Australia. Maya has frequently presented at various Expos such as Conscious Living in Perth.

Presentation summary – Bowen Therapy and the Energy Matrix Imagine being able to assess your patients from both a physical understanding and an energetic level. In this presentation, Maya will share with you her understanding of how Bowen Therapy interacts with the energy field of the human body. You will learn that you all have the ability to tap into your own intuitive healing abilities as Bowen Therapists. This session will leave you with skills in how to feel energy and how to start to apply this to your Bowen Therapy sessions.

www.zenethwellness.com



Marianne Grainger

My name is Marianne Grainger. I have been a Bowen Therapist since 1999. Prior to that I had been a practicing Remedial Massage Therapist, Reflexologist & Reiki Master. I have studied Manual Lymphatic drainage, Aromatherapy, Flower remedies, Nutrition and herbal remedies, etc. I have attended numerous Muscle assessment, testing and palpation classes I have also been a previous president of the WA branch of the Bowen Therapist association for two tours of duty and the education officer for four and prior to that a committee member and newsletter editor. I have had the privilege of hosting and organising various courses for both AAMT (of which I am a member), RAoA of which I am also a professional member and the Bowen Therapist association. I hold a diploma of Remedial Massage. I have been studying Bowen since the mid-nineties and have a diploma of Bowen Therapy and a Cert 1V in reflexology. I have been associated with NST since approx. 2003 and completed advanced NST in 2005. I have also attended Ron's Assessment classes, Able and Active and Deep Cures.



Our Presenters, continued....

Molly Tipping

Hi there :) My name is Molly Tipping and I am a Certified Feldenkrais Practitioner and Pilates Instructor. My history is that I have a Bachelor of Arts in Dance, and although dancing is reserved for the kitchen and Weddings these days, I am well connected with my roots and my performance history is instrumental in how I teach. I have been working in the movement field for 17 years and I currently run a private practice in West Perth. I see a range of clients for pain and injury, but I have a special interest and expertise in Dance, of course, as well as anxiety. I also see many clients for injury recovery, chronic pain and learning difficulties. Aside from private practice I lecture in Alignment and Kinesiology at the West Australian Academy of Performing Arts (WAAPA) in the Dance department. I also teach professional development (PD) workshops for The Pilates Method Association (APMA), The Royal Academy of Dance (RAD) and am about to do my 2nd PD for The Feldenkrais Guild. I have a long running interest in anxiety and together with Brigit Cosgrove have produced many workshops and an audio program called Move Over Anxiety which is currently on sale in Australia and The United States.



Helping clients change persistent habits and working with neurological conditions like stroke and cerebral palsy is a nuanced interplay between the muscular and fascial tissues, the nervous system and the sensorimotor cortex. By working with below conscious perception, sensory input, rhythms and reflexes and consciously with client awareness and motor learning you can aid your clients progress even further. Utilising the Feldenkrais Method Molly will present a lecture, discussion and exploration on these fascinating topics.

www.tippingmotion.com.au

Ute Coleman

Ute Coleman is a certified Peter Hess ® Sound Massage Practitioner and registered teacher of Peter Hess ® Sound Massage.

Sound massage is a holistic method of working with sounds and vibrations to facilitate deep physical massage, profound mental relaxation and re-

lease. This is achieved by placing high quality metal therapeutic singing bowls on and around the body and can be further complimented by sound and vibration produced by gongs, tuning forks, monochords and other overtone instruments.

The fields of sound massage application are wide ranging and can, in the hands of a trained professional, be used very specifically in bodywork, education, counselling, therapy and medicine.

Ute opened up her sound practice "SOUND RELAXATION" in Margaret River in 2011 and has been successfully providing Sound Therapy and Relaxation sessions to individuals and groups in Western Australia, Melbourne, Bali and Europe ever since.

Ute has been working actively as a Sound Practitioner in varied professional fields, ranging from kindergartens to schools, movement centres to aged, dementia and palliative care facilities, and has collaborated and exchanged experience, knowledge and wisdom with doctors, neuroscientists, nurses, midwives, physiologists, occupational therapists, osteopaths, Bowen therapists, school and day care teachers, caretakers in nursing homes, psychologists, holistic practitioners and counsellors, musicians, Pilates, Yoga and Feldenkrais instructors, body workers and people that feel compelled to make a positive change in the world of health and wellness.

Ute's passion to create awareness of the healing power of sound, combined with her vision to integrate the Peter Hess method into the Australian Holistic Health Care System have led her to become actively involved in the continued growth and development of the Peter Hess Academy in Australia.

www.soundrelaxation.com.au



Our Presenters, continued...

Leigh Whitehead

Presenter: Movement Coach



Offering insights into the BLACKROLL Fascia Training concept:

Based on the latest findings of the Fascia Research Group around German Dr. Robert Schleip, Biol.Hum., BLACKROLL make fascia training available and relevant for today's wide ranged health and clinical spaces.

Focusing on fascial structures in the body, taking a holistic approach, and building on fascial training essentials including activation, SMT and integration, the concept brings together a variety of players in the health and sports sectors to nurture hybrid knowledge and cross-learning.

By connecting and sharing experiences across various chosen fields we become more aware of the importance of injury prevention and self-healing through controlled and intelligent movement patterns.

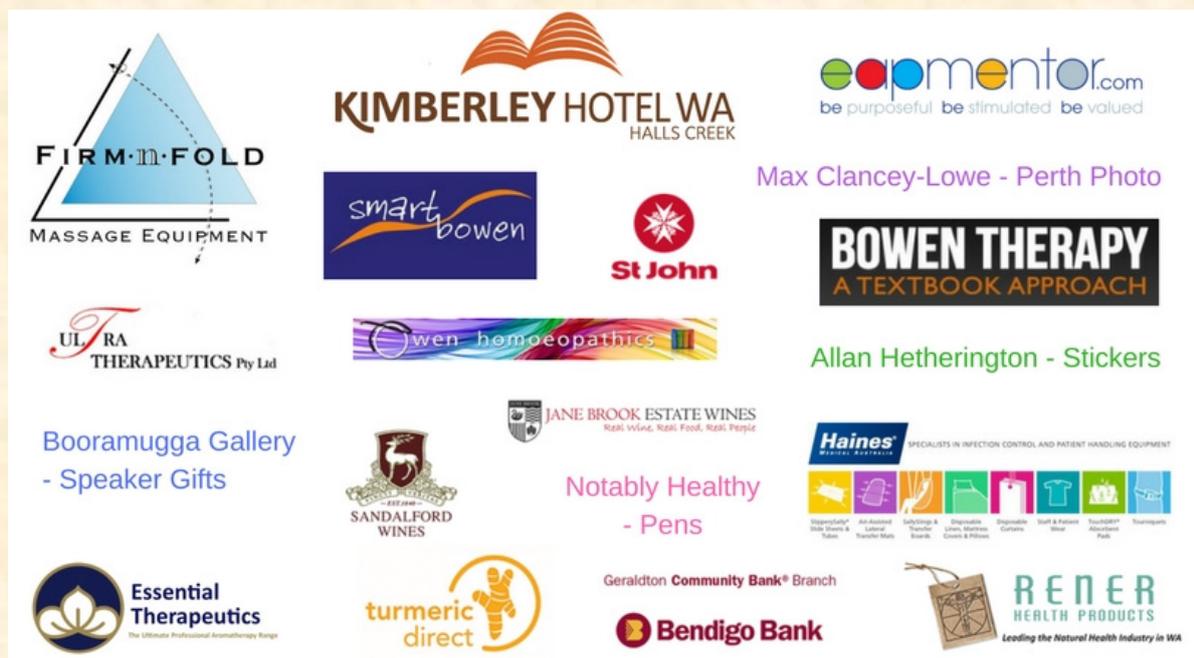
Leigh has a background in Strength & Conditioning and Human movement.

He owns and runs a functional movement & training studio with focus on the movement elements of fascia work.

He divides his time between this and working with BLACKROLL AU to present and deliver training and education on fascial anatomy & function, Self Myofascial Techniques (SMT) and movement.

www.blackroll.com.au

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Bowen Worth Sharing

