

Introduction to Bowenwork® Class

Open to all

Bowenwork is a gentle, effective, noninvasive touch therapy that stimulates the body's ability to heal itself. It can be done through clothing.

In this four-hour, introductory class, you will learn to apply key elements of Bowenwork to different parts of the body to:

Relieves muscle tension, joint pain or stiffness

Ease breathing difficulties

Ease heartburn, acid reflux and other gastrointestinal complaints

Relieve neck, back and knee pain

Address injuries

Bowenwork is safe and appropriate for all--from infants to the elderly, from elite athletes to people with chronic conditions. If you would like to learn a safe way to promote wellness in yourself and others, then this introductory Bowenwork class may be right for you. Bowenwork - the complement to complementary therapies - places wellness in your hands!

\$95 (includes a manual with photos and anatomical illustrations designed with care for the needs of beginners)

Session being offered:

Sunday May 22, 2022

12:00 p.m. to 4:00 p.m.

48 Christian Lane

Newington, CT 06111

Please be sure to wear loose, comfortable clothing; consider bringing a pair of shorts to change into. Fingernails must be trimmed short, please.

Applied Kinesiology Workshop

(A/K Class 1)

With Kathleen Riley, N.D.

This class is open to anyone who wants to learn the A/K Testing Technique.

Sunday, May 15, 2022

12:00 PM ~ 4:00 PM

90.00 per person

Please make checks payable to Kathleen Riley, ND.

Payment in full reserves your spot in the class.

Please contact 860-665-1254 for more information.

