



The Secret Life of Fascia

with

John Wilks, UK Instructor

Perth:	5-6 February, 2018
Melbourne:	12-13 February, 2018
Brisbane:	18-19 February, 2018
Sydney:	24-25 February, 2018

This workshop explores:

This workshop explores the various receptors found in fascia and other forms of connective tissue. The workshop will explain how these different receptors respond to the different types of touch (ie speed, depth of pressure etc) that are used in various Bowen moves and how the practitioner can use Bowen moves to achieve specific effects. The workshop will include practical and theory and will look at the science behind working with different levels of touch in acute and chronic conditions. It will also look at the difference between medial and lateral moves to obtain specific effects with a variety of different clients and conditions.

This course concentrates on encouraging an increased sensitivity to responses during treatment, and an understanding of what those responses mean in terms of treatment possibilities.

This workshop is part of Bowen Training Australia's Continuing Education program. Whilst it is not part of the nationally-recognised training, it is Bowtech-accredited and eligible for CEU points with Bowen Association Australia.

Workshop pre-requisite:

Module 7

In the workshop:

- Presentation of recent research in relation to fascia as a sensory organ
- The concept of 'fascial recoil' in relation to movement and practical on observation
- A look at what receptors are involved in the basic Bowen move and how we can accentuate its effect on the autonomic nervous system.
- The role of myofibroblasts and how they are affected by stress and accidents. The importance of pH balance and how myofibroblasts are affected by environmental factors, stress and Bowen work.
- Understanding TGF Beta 1 and how it's expression explains uncommon reactions to Bowen treatments and how to mitigate adverse reactions.
- Explanation of fascial drag and factors which affect the fluidic nature of fascia (ie thixotrophy, scar tissue, environmental and ergonomic factors).
- Organising factors in fascial drag – practical exercise in palpating these and how this can be interpreted in terms of treatment approaches (ie choosing the right procedures)
- Exploration of other sensory nerves accessed in Bowen work (muscle spindles, Golgi receptors) etc and the importance of working close to origin and insertions when working on tendons.
- Other mechanoreceptors in the fascia that are responsive to light touch or rapid pressure changes and an exploration of which Bowen moves affect factors such as proprioception and interoception.
- Working with Chronic pain and the need for light touch. A look at the receptors involved and the degree of pressure needed. A look at nerve supply to the aponeuroses specifically
- The effect of accidents, trauma and operations on fascia. Practical session working with scar tissue and the implications in terms of where the scar tissue is and how it can hold tissue memory.
- Review of material relating to fascia. Exploration of muscle spindles and their physiology. How muscle spindles relate to Bowen moves. Reflex arcs and the role of the cerebellum, thalamus and the reticular formation in responding to Bowen moves.

CE Credits

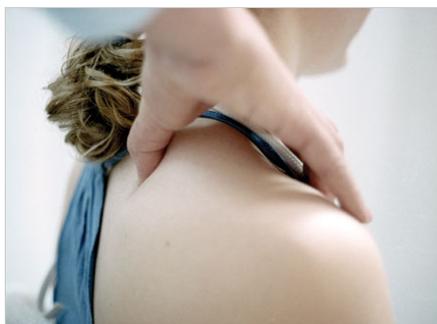
This workshop is worth 16 hours CE – BAA Category 1.

Register Now

Course numbers are strictly limited. Please register now to avoid disappointment!

Full payment secures your place. Email the registration form following (p4) to info@bowentraining.com.au

About John Wilks, MA RCST FRSA (UK)



John has been practising and teaching the Bowen Technique for more than 20 years and has taught all over the world. He is the author of 6 books – *Choices in Pregnancy and Childbirth (2015)*, *An Integrative Approach to Treating Babies and Children (2017)*, *Using the Bowen Technique to address common and complex conditions (2014)*, *Understanding The Bowen Technique* and *Understanding Craniosacral Therapy and The Bowen Technique - the inside story* published in 2007. His DVD

set *Applying the Bowen Technique* was released in 2008 and his *Understanding the Bowen Technique* DVD was released in 2010.

He has presented at many international conferences and runs the online learning platform, www.ehealthlearning.tv.

Recommended Reading

Using the Bowen Technique to Address Complex and Common Conditions (2014)

Also available

Pregnancy and Birth: How Bowen practitioners can help achieve the best possible outcome for mother and baby

Interested in learning more from John Wilks? Please join us for his *Mother and Baby* workshop in the 2 days prior to *The Secret Life of Fascia* workshops:

Perth: 3-4 February, 2018
Melbourne: 10-11 February, 2018
Brisbane: 16-17 February, 2018
Sydney: 22-23 February, 2018

Attend both workshops at the discounted price of \$900 and receive 32 hours CE – BAA Category 1.



REGISTRATION FORM

John Wilks Workshops



NAME _____

POSTAL ADDRESS _____

SUBURB _____ STATE _____ POST CODE _____

MOBILE _____ OTHER PHONE _____

EMAIL _____

I will attend the following workshop(s) (PLEASE TICK ✓):

The Secret Life of Fascia (2 days total)

PERTH: 5-6 Feb (\$485) <input type="radio"/>	MELBOURNE: 12-13 Feb (\$485) <input type="radio"/>	BRISBANE: 18-19 Feb (\$485) <input type="radio"/>	SYDNEY: 24-25 Feb (\$485) <input type="radio"/>
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The Secret Life of Fascia + Mother and Baby (4 days total)

3-6 Feb (\$900) <input type="radio"/>	10-13 Feb (\$900) <input type="radio"/>	16-19 Feb (\$900) <input type="radio"/>	22-25 Feb (\$900) <input type="radio"/>
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Perth Owen Homoeopathics 443 Great Eastern Hwy, Redcliffe WA 6104 (9am-5:30pm)

Melbourne Best Western Plus Travel Inn Hotel Cnr. Grattan & Drummond Sts, Carlton VIC 3053
Stay for \$165 per night including accommodation, breakfast, wi-fi & car parking.
Quote BTA and reference #23335 when booking (9am-5:30pm)

Brisbane Homestead Tavern 114 Zillmere Rd, Boondall QLD 4034 (9am-5:30pm)

Sydney The Centre, 14 Frances St, Randwick NSW 2031 (9am-5:30pm)

I can bring a massage table & linen (PLEASE TICK ✓): YES NO

I have completed Module 7 (PLEASE TICK ✓): YES NO

I enclose (PLEASE TICK ✓):

- Full payment of \$485* for 1 workshop
- Full payment of \$900* for 2 workshops

Payment details (PLEASE TICK ✓):

- cheque / money order (payable to Bowen Training Australia) for \$.....
- Direct Deposit: Bowen Training Australia (NAB) BSB: **083-625** A/C No: **7344-57448** - for \$.....
- Please charge to my credit card \$..... Visa Mastercard

____ / ____ / ____ / ____ Exp: __ / __ CSC: ____

Name on card:..... Signed:..... Date:.....

Scan and email to info@bowentraining.com.au OR post to Bowen Training Australia PO Box 108, Margate QLD 4010

*Payments are non-refundable except in the event that BTA cancels the workshop.