



## Women's Wellness

with

**Sandra Gustafson, US Instructor**

<b>Hobart:</b>	<b>11-12 August, 2018</b>
<b>Sydney:</b>	<b>14-15 August, 2018</b>
<b>Cairns:</b>	<b>18-19 August, 2018</b>
<b>Brisbane:</b>	<b>22-23 August, 2018</b>

### About the workshop:

Women's Wellness considers female health issues from conception, through puberty, child-bearing age, menopause, to end of life, and how Bowenwork may support and optimise wellbeing in all stages of life. It incorporates a paradigm shift from disease management to health and wellness promotion. By being more aware of women's health issues, Bowenwork practitioners can be instrumental in guiding their female clients towards primary health care resources, educate and support their clients in making informed choices, and taking charge of their health, as well as the practitioner taking care of her (and his!) own health and wellbeing.

*Please note: Male practitioners are welcome to attend. When we take good care of our womenfolk, we can take better care of our menfolk too!*

### Workshop pre-requisite:

Module 7

Please note: Moves from SP1 and SP2 will be demonstrated (not taught) but it is not a requirement to have completed these workshops.

### CE Credits:

This workshop is worth 16 hours CE – BAA Category 1

## In the workshop, we will cover:

- Supporting clients in optimising self-care to promote wellness
- Developing a greater awareness of women's health conditions, relative to the various stages of life
- Developing greater awareness of primary health care teaching and resources that can support a woman's health at various stages of her life
- Developing confidence as a Bowenwork practitioner to be able to choose appropriate procedures and create session plans to address women's health issues
- Becoming more aware of your own health care needs and practice PHC measures to maintain wellness, so that you can continue to be of service to their clients

## About Sandra Gustafson, MHS, BSN, RN (USA)



Sandra Gustafson has been a healthcare professional for over 30 years. Having studied and practiced nursing, naturopathic and complementary modalities, Sandra blends her skills to offer her clients holistic healthcare services. She specialises in nutrition, herbal medicine and Bowenwork, which she began her study of with Ossie and Elaine in 1991. Sandra became a Bowenwork instructor in Australia in 1994, and moved to the USA in 1999, where she currently resides in northern California. She teaches Bowenwork and continuing education classes in the US and overseas.

## Also available

### Bowenwork for People Living with Cancer

Interested in learning more from Sandra Gustafson? Please join us for her workshop, *Bowenwork for People Living with Cancer* on the day immediately following Women's Wellness:

Sydney: 16 August, 2018  
Cairns: 20 August, 2018  
Brisbane: 24 August, 2018

Attend both workshops at the discounted price of \$700 and receive 24 hours CE – BAA Category 1.



## REGISTRATION FORM

### Sandra Gustafson Workshop(s)



NAME \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

SUBURB \_\_\_\_\_ STATE \_\_\_\_\_ POST CODE \_\_\_\_\_

MOBILE \_\_\_\_\_ OTHER PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

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

**Women's Wellness** (2 days total)**SYDNEY:**14-15 August (\$485) **CAIRNS:**18-19 August (\$485) **BRISBANE:**22-23 August (\$485) Hobart registrations are handled by Bowen Association Australia. Email [admin@bowen.org.au](mailto:admin@bowen.org.au)**Women's Wellness + Bowenwork for People Living with Cancer** (3 days total)14-16 August (\$700) 18-20 August (\$700) 22-24 August (\$700) **Sydney** The Centre, 14 Frances St, Randwick NSW 2031 (9am-6pm)**Cairns** Cairns RSL Club, 119 Esplanade, Cairns City QLD 4870 (9am-6pm)**Brisbane** Suttons Beach Pavilion, 50 Marine Pde, Redcliffe QLD 4020 (9am-6pm)I can bring a massage table & linen (PLEASE TICK ✓): YES  NO 

I have completed the pre-requisite(s)

Module 7 – *Women's Wellness* YES  NO Module 6 – *Bowenwork with People Living with Cancer* YES  NO 

I enclose (PLEASE TICK ✓):

 Full payment of \$485\* for 1 workshop  Full payment of \$700\* for 2 workshops

Payment details (PLEASE TICK ✓):

 cheque / money order (payable to Bowen Training Australia) for \$ \_\_\_\_\_ Direct Deposit: Bowen Training Australia BSB: **083-625** A/C No: **7344-57448** for \$ \_\_\_\_\_Reference: **SG <YOUR SURNAME>** Charge my credit card \$ \_\_\_\_\_  Visa  Mastercard

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Exp: \_\_\_\_ / \_\_\_\_ CSC: \_\_\_\_

Name on card \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_

Print & scan/photograph & email to [info@bowentraining.com.au](mailto:info@bowentraining.com.au) OR post to Bowen Training Australia  
PO Box 108, Margate QLD 4010**\*Note that payments are non-refundable except in the event that BTA cancels the workshop.**