

The Grove Think Tank

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The Bowen Technique . . . What is it?

The Bowen Technique is a holistic vibrational light touch therapy that has the ability to initiate the restoration of an individual's physical, emotional and energetic balance through gentle stimulation of the body's innate resources..

How does it work?

By applying a series of maneuvers called 'movements' and through gentle digital pressure on various points, the body's natural resources are stimulated to repair itself at the cellular level. These 'movements' transmit vibrational signals through the Extracellular Matrix (ECM). According to its own physical and energetic capacity, the body responds with the aim of achieving homeostasis.



Who can benefit?

Bowen is suitable for everyone. For sportsmen and women, from newborns to people over the age of 100, It works particularly well with animals too.

INTRODUCING
BOWEN THERAPY
TO NORTH KENSINGTON



WHO ARE WE?

We are a group of local Women based in North Kensington that decided one day that we wanted to change the world and work in collaboration with The BowMaster Private Association and BowMaster practitioners who have been trained for over 1 year!

SCAN QR CODE TO BOOK YOUR
15MIN SLOT



Benefits

Bowen can stimulate recovery for many conditions ranging from traumatic injury to chronic illness, depending upon each individual's reactive capacity.



How long is a session?

A typical Bowen session usually lasts 15 to 45 minutes, with participants usually lying down. The movements are gentle but firm and can be performed on light clothing. The average number of sessions is 3 or 4, with a frequency of one visit per week. This depends on the problem presented and the individual's ability to recover.

FREE 15MINS

BOWEN TREATMENTS ON MONDAYS
11:30am-1:30pm
13 MAY - 29 JULY
(Excluding 27 May)

Book here:

<https://www.thegrovethinktank.com/bowen-technique-training>