

## What is Bowen Therapy?

It is a time-tested, gentle bodywork which balances the body from within. You are fundamentally imprinted to seek health, just like the tree that will do whatever it can to grow toward the sun-no matter what obstructions may be in the way.

Bowen Therapy, and Bowenwork™ in particular, stimulates this innate ability like no other, revitalizing areas of your health that have become worn down due to poor habits, injury or stress.

Please use the pages of this website to discover how a few sessions of Bowen Therapy can be of benefit to you and your loved ones. As you will see, we can frequently trigger a surprising and unexpected recovery, even when nothing else has been successful. Bowen works!

- This site is designed primarily to introduce you to the benefits of Bowen Therapy. As you read these pages, I especially hope you will get a sense of what makes a session unique at Listening Touch.

- In addition to private Bowen Therapy sessions, I teach ongoing weekly classes and workshops which are inspired by the work of Dr. Moshe Feldenkrais. These classes can be a wonderful weekly practice to keep you moving freely in mind and body.

- If you would like to reach me personally, please consult the page called "Contact Colette". I'd love to hear from you!