



# Student Prospectus 2024

[info@collegeofbowenstudies.uk](mailto:info@collegeofbowenstudies.uk)  
[www.collegeofbowenstudies.co.uk](http://www.collegeofbowenstudies.co.uk)

## What our students say...

"Bowen was to add to my practice, but it has completely taken it over and now virtually 100% of my clients want this." Lynne A.



"I appreciate the CBS modular format, flexibility of how it was run and being able to spread the cost." Beryl F.



"I chose Bowen because it works. It only takes a year to qualify. It is affordable and fits in without too much disruption to my working life. A really big plus, which was essential for my choice of therapy - is that there is no physical demand on the practitioner. I have been doing deep tissue massage for 14 years and my body is now struggling." Vya F.

"It's the most thorough and professional therapy training I've attended." Rachel C.



"CBS is an amazing organisation to be affiliated with." Annalisa C.

"CBS are professional and well organised. I remain very impressed with the high standard of the CBS training system. It's wonderful that you make it so flexible.

The teaching skills are excellent and the scope for further learning seems endless, which is very exciting. Also the availability of help at any time during or after qualifying is very reassuring. The paperwork is always prompt and clear."

Sharon C.



## What is the Bowen Technique?

The Bowen Technique is a soft tissue remedial therapy. The practitioner uses thumbs and fingers to perform the unique rolling-type moves which are applied to precise points on the body over muscle, ligament, tendon and fascia. This prompts the body to reset and re-align without the need for deep or forceful manipulation. The treatment is gentle, subtle and relaxing and most of the work can be performed through light clothing. A distinctive feature of Bowen is that the therapist leaves the room between each set of moves, allowing the client's body time to respond to the treatment.



## Who Practices the Bowen Technique?

80% of our current students have no background in anatomy or previous therapy experience. Most people who join our courses have had a positive response to Bowen Technique themselves and are looking for a new vocation and to enter the bodywork field having appreciated the benefits that the Bowen Technique can offer.

Practitioners such as Massage and Sports Therapists, Reflexologists and Physiotherapists learn Bowen for many reasons. Whilst some wish to expand the treatments they offer their clients, many are looking for a gentler way of working and to extend their career. Their thumbs, fingers, arms and back may be feeling the strain from using the more strenuous, physical therapies that they practise.



Bowen is one of the most effective therapy tools available and it works successfully with both chronic and acute conditions. As well as being gentle on the client, the Bowen Technique is also very gentle on the practitioner. The light touch required makes minimal physical demands on the therapist. Due to the format of the CBS training, there are no pre-requisites for commencing the Bowen Technique course.



### **What are the Benefits?**

A wide range of conditions can be addressed with the Bowen Technique and it is suitable for all ages from newborn babies to the elderly. Response time is generally quick, which makes it a cost-effective treatment option for clients.

### **College of Bowen Studies (CBS)**

Now under the dynamic leadership of Jo Wortley and Colin Murray, the College of Bowen Studies (CBS) has been training Bowen Practitioners since 1994. Our training is stimulating, detailed and thorough. Our approach to learning is practical and innovative. Learning the Bowen Technique with CBS will quickly enable you to practise this highly regarded treatment with skill and confidence. The Bowen Technique, with its many proven benefits, is one of the fastest growing therapies in the world and will revolutionise the lives of your clients - and your own.



## CBS Course Format

Our courses are held across the UK throughout the year, and overseas too. We have an extensive list of convenient locations. Our Teachers are highly experienced in the field and they are all professional, supportive and passionate about Bowen! The training is extremely practical and 'hands-on' with comprehensive, full colour training manuals. We also use state of the art computer presentations to enhance your learning. You can attend each course with the same or different teacher(s) at any venue throughout the UK and it is possible to complete the course of training within nine to twelve months, depending on how convenient the course dates and venues are. You can complete the course of study at a pace that suits you. It is possible to spread the training and have longer periods between modules to enable you to get sufficient practice. It is a wonderful course - enjoy the journey!

### Module One 3 days £500

Our courses are all highly practical and very 'hands-on'. Class sizes are deliberately kept small to ensure you receive a high level of teacher supervision whilst you practise the moves with your fellow students. By the end of the Module One course you have the skills to perform a complete body treatment. Our course manuals are superb; they are detailed, colour-illustrated and user-friendly and designed for independent practise.



- Lower Back and Leg Procedures
- Back and Neck Procedures
- Shoulder Procedure
- Elbow, Wrist & Knee Procedures
- Ankle Procedure
- Hamstring Procedure

### Case Studies

Taking effective client notes is an important part of a Bowen treatment. To establish a good level of understanding and proficiency you need to record your case histories. Before Module Three, you choose ten of these, where each client has received three treatments from you to submit to your Tutor. You work on these in the time between Module One and Module Three.



### **Module Two 3 days £500**

Module Two gives you the opportunity to review everything that you learnt in Module One. On this course you will consolidate your knowledge and improve your technique. You will have already gained some experience through practice and Module Two will build on and refine your skill and accuracy. Time is also set aside to help you with the system of taking client records (or case histories) - an important element of your training.

### **Module Three 3 days £500**

Module Three takes the technique to a new dimension with specific treatment procedures that are remarkable for their speed and efficacy. A manual accompanies Module Three, as well as a photo-guide which contains over 100 full colour photographs with simple text and arrows showing the position and direction of the moves. This can also be a useful resource to help you explain the nature of the technique to clients. The case histories that you submit before attending Module Three receive a written evaluation to support and guide you.

- Respiratory and Diaphragm Procedure
- Temporo Mandibular Joint Procedure
- Pelvic Procedure
- Coccyx Procedure
- Kidney Procedure

### **Module Four 3 days £500**

Module Four reviews the Bowen moves covered in Module Three and aims to consolidate all the moves you have learnt since Module One. At this stage, you are in the process of preparing your second set of ten client case histories.



## Module Five 3 days £550

This is the Module where everything 'falls into place'.

The first two days are spent re-visiting all the moves and procedures that you have learned, and with your experience so far, you will deepen your knowledge and understanding of The Bowen Technique. Day 3 includes your final written and practical exam. You will also get back your marked final case histories.

Module 5 has students from all over the UK attending it. A level of competence is required before attending Module 5. To achieve this, you will have passed practical assessments at Modules 2, 3 and 4 and passed your first set of case histories at Module 3.

All Module training venues and dates are available on the website.

[www.collegeofbowenstudies.co.uk](http://www.collegeofbowenstudies.co.uk)



**CBS Certificate of Proficiency in the Bowen Technique**  
is awarded upon your successful completion of Module Five



## Your investment:

### Time

Your full practitioner training will take a minimum of 9 - 12 months to complete. You need to allow a minimum of 8 weeks between each module. This is essential so that you have enough time to practice what you have learnt and also to carry out and then write up your case histories.

The maximum amount of time between each module is 12 months. To maintain a level of proficiency, if you leave a gap longer than this you would need to repeat the last module attended.

This time next year you could be a fully qualified Bowen Therapist.

### Financial

Training in the Bowen Technique is one of the best value hands on therapies you can currently train in. Not only can the training be carried out over a relatively short period of time, but once qualified you can start seeing clients and earning money straight away.

20 clients coming to see you for their 3 initial sessions to earn back your full training costs.

That is the same number of people you would have treated in your case histories.

If you only saw 6 clients a week, within 10 weeks you would have earned back your training fees.

We have former students who within a year of qualifying are working full time and treating 30+ clients a week.

#### Training Costs

Module 1 = £500

Module 2 = £500

Module 3 = £500

Module 4 = £500

Module 5 = £550

**Total = £2550**

#### Earning Potential

UK average

treatment cost = \*£45

3 sessions = £135

20 x £135 = £2700

\*treatment prices can vary



## Professional Membership

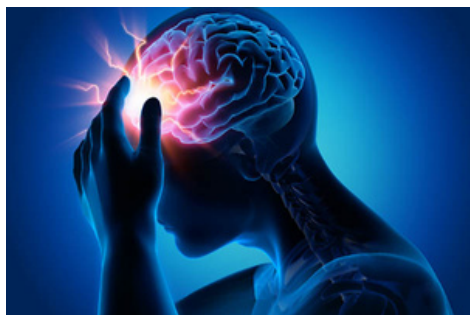
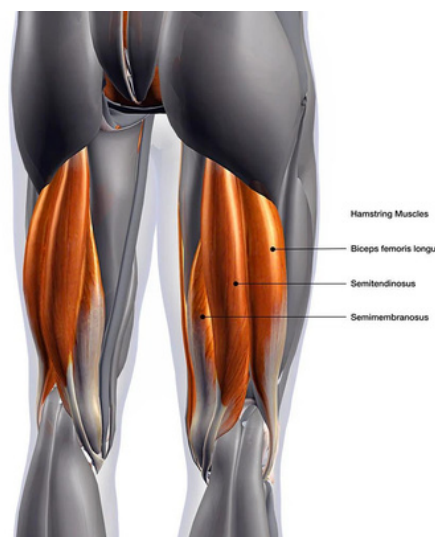
Upon successful completion of the full training, Bowen Technique Practitioners may wish to become a member of a professional therapy organisation. These associations now require members to have a level 3 ITEC/VTCT qualification in Anatomy, Physiology & Pathology (AP&P). If AP&P has been gained as part of another training - e.g. medical, sports therapy, massage, nursing, acupuncture, physiotherapy etc. A copy of that certificate will be suitable.

The level 3 AP&P can be studied and completed online.

## Research

CBS is at the forefront of research to test and document the effectiveness of the Bowen Technique. The positive and exciting results of a controlled trial to study the effects of Bowen on hamstring flexibility were published in September 2010 in the Journal of Bodywork and Movement Therapies.

The evidence from this important trial proves that Bowen has a significant effect on conditions directly related to hamstring problems. More recently, research is moving to centre stage to assist in our understanding of the work and help more people gain access to treatment.



Previous studies demonstrated that “the Bowen Technique significantly improves the frozen shoulder condition”. The National Migraine and Asthma Programmes showed very positive outcomes using Bowen to treat these conditions.

## CBS Tutors

Our Tutors provide students with a stimulating and professional learning experience. Each of them runs a busy Bowen practice and students benefit tremendously from their day-to-day knowledge and experience. They undergo a demanding, intensive and structured CBS Teacher Training Programme, which combines dynamic teaching and communication methods with detailed Bowen concepts and theory.



**JO WORTLEY**  
**Director & Senior Tutor**  
**07855 734877**  
**jo@collegeofbowenstudies.uk**

There is an old saying that says, 'Those that can do and those that can't, teach.' Jo Wortley is living proof of how wrong this can be!

Completely unsuspecting as to how her life would change as a result of it, Jo found Bowen in 2002, or rather Bowen found her and even after 20 years it remains to be at the core of her personal and professional life.

Passionate, lively, funny and one of life's natural carers, Jo brings all of herself to what she does and how she teaches.

A busy mum of three boys, she has at the same time built a hugely successful Bowen practice working with an enormous range of presentations as well as mentoring many other therapists across the UK.

Her previous and numerous teaching and practice-based skills have enhanced her acute ability to teach in a relaxed and informal way, yet at the same time build her students to be confident and able Bowen therapists.

Jo's energy and enthusiasm, her natural humor and ready wit, mean there is rarely a smile far away wherever she is. Her dedication and approachability are key elements noted by all her students and her incredible capacity for organisation and efficiency, make Jo a remarkable presence in the world of Bowen.

**COLIN MURRAY**  
**Director & Senior Tutor**  
**07590 289359**  
**colin@collegeofbowenstudies.uk**



Going the extra mile could be Colin Murray's slogan for life. A compassion for others and an enormous desire to help people underpins his whole ethos in business and life. Colin's patience and unique ability to understand the needs of those around him, make Colin a rare find in the world of teachers, therapists and human beings.

His steady and thorough approach to his successful Bowen clinic, running since 2010, his teaching style and his unswerving dedication to his clients and students, sees Colin receiving the kind of glowing accolades and feedback usually only handed out at funerals!

His commitment to seeking answers for people's problems drives him to extensive study and has seen him travel all over the world to continue his education in the field of Bowen, anatomy and other areas of bodywork.

His dissection classes with Julian Baker have deepened his already profound understanding of the human body even more and his continued search for knowledge and answers underpin his commitment to his practice and teaching.

Colin's steady, reliable and approachable teaching style, combined with a fierce self-deprecating wit and a sharp mind attract students from a wide range of backgrounds and his ability to relate to everyone makes Colin a uniquely talented and informative teacher and communicator.

Colin's passion to bring Bowen to the masses and his determination and excitement about Bowen and its potential are remarkable. His ability to translate this in to clear and concise teaching, make Colin's classes important events and powerful occasions.



**JUN CHOW**  
**Tutor**  
**07884439872**  
**[jun@collegeofbowenstudies.uk](mailto:jun@collegeofbowenstudies.uk)**

Jun's imaginative and humorous style of teaching will help students sail through their learning with laughter.

Jun is going to bring that passion and enthusiasm into his classes, providing a unique and exciting style of learning to our students.

Growing up in Hong Kong Jun is a quick-witted bilingual, English and Horse - and his four-legged friends often speak back!

Jun has a strong passion in helping and teaching others through Bowen Therapy, which sees him runs a successful clinic in Monmouthshire.

Jun keeps his dynamic mind occupied with the most up to date knowledge of anatomy, neurophysiology and holistic approaches, which he readily imparts upon his students in an understandable yet practical way.

Jun is a much valued tutor. He is loved by his students and is constantly bringing in new ideas to the CBS team.



**Jórunn Símonardóttir**  
**Tutor - Iceland**  
**[bowen@bowenskoli.is](mailto:bowen@bowenskoli.is)**  
**[www.bowenskoli.is](http://www.bowenskoli.is)**

Jórunn was born and raised in a large family in the beautiful Icelandic countryside. As a young adult she moved to Reykjavík where she studied to become a machinist, and then worked as both a machinist and a carpenter for a number of years. She also spent some time working as a jack-of-all-trades in the UK and moved to Thailand for a half year to learn Thai massage.

After her first son fell ill, she became acquainted with the Bowen Technique and immediately fell in love with it. She studied with Iceland's only Bowen Teacher, Margeir Sigurdarson, and quickly became his assistant teacher. After two years, she started her teacher training with CBS.

She currently runs her practice in Reykjavík, works in the countryside, and teaches. Her students describe her as an adroit, excellent, and fun teacher who manages to disseminate her passion for Bowen in a relaxed, yet thorough style of teaching. She has been teaching Bowen since 2013 and was an assistant teacher for four years before that.

Jórunn is a loving wife and mother of two boys and a girl. She enjoys spending as much time as possible with her family in the beautiful nature of her home country.



**Nicky Newton**  
**Admin Assistant**  
**01225 941077**  
**[info@collegeofbowenstudies.uk](mailto:info@collegeofbowenstudies.uk)**

Nicky trained with CBS and qualified in 2019 as a Bowen practitioner, having previously worked in the charity sector as a fundraiser.

She currently works from a treatment room in her garden. She loves the way that Bowen is so gentle and so effective, it's great to see how clients are blown away with their results.

In 2020 she took a CPD course in Lymphatic Bowen and this has really complimented her practice.

She took on the role of Admin Support to the college in 2020 and loves chatting to new students and hearing from the alumni of college.

Nicky lives in the Cambridgeshire fens, just North of Ely and West of Cambridge, in a lovely little village called Mepal with her husband and a cockapoo called Bertie. She is also a grandma to Erin.



## Contact Us

[www.collegeofbowenstudies.co.uk](http://www.collegeofbowenstudies.co.uk)  
Email: [info@collegeofbowenstudies.co.uk](mailto:info@collegeofbowenstudies.co.uk)  
Phone: 01225 941077  
Instagram: @cbs.bowen  
Facebook: @cbsbowen