

"What exactly is the Bowen Technique & how can it help me?"

I am a Chartered Physiotherapist and heard about the Bowen technique several years ago when a colleague trained in it. However, I have never really known what it involved.

I recently got the chance to find out more and am extremely grateful to Keith for helping me out.

I had been experiencing niggly low back pain for nearly a year. Whilst it didn't cause much of a problem, it never seemed to settle completely. Keith explained how our muscles are linked through different "chains" and he first identifies the tight areas and then works on releasing them. Sometimes, these can be quite a way away from the site of pain. This can in turn relieve the pressure on the underlying joints.

Keith was able to locate my tight muscles with ease and intuitively seemed to know where the painful areas would be. He then gently worked on them and my pain settled completely within a couple of sessions.

Keith is perceptive, intuitive and knowledgeable. I would thoroughly recommend him to anyone who is experiencing ongoing pain .