Proudly Presents

<table>
<thead>
<tr>
<th>COURSE</th>
<th><strong>INSIGHTFUL BOWEN...</strong></th>
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<td>Fascia, Digestive Valves &amp; Spinal Releases</td>
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<tr>
<th>DATES</th>
<th>Saturday 30/5/15 or Friday 6/11/15</th>
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<tr>
<td>TIMES</td>
<td>9:00 am – 5:00 pm (Please arrive at 8:45 am)</td>
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<td>FEES</td>
<td>$225</td>
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<tr>
<td>Pre-requisites</td>
<td>NIL</td>
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<tr>
<td>CPD Points</td>
<td>8 hours of CPD points</td>
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**Course Description**

‘Insightful Bowen’ presents fast and effective techniques to help regulate the digestive system/digestive valves and release back, knee and spinal nerve tension in a natural, quick and gentle way without medication or supplements.

It provides a brief history of the development of Bowen Therapy, Fascia and its implications in many health issues as well as plenty of hands on practice of the techniques taught in this course.

This course explores insights to, often unknown, factors contributing and linked with back and digestive problems!

‘Insightful Bowen’ provides theoretical and practical knowledge that is easily applied and incorporated within any health profession!

**Your Facilitator**

Your facilitator is Christine Ammann, an AKA, ATMS and BTA registered Specialised Kinesiology & Bowen Practitioner. Christine has been providing Kinesiology, Bowen, NLP & CST consultations for more than 15 years and currently consults from Physio Solutions in Brighton, SA. She has studied many different Kinesiology modalities in Australia and Europe, has developed her own ‘Dynamic Kinesiology’ modality and delivered her seminars and presentations at the RAH amongst other professional organisations.

**Equipment You Are Required To Bring**

- 1 Single flat sheet
- Bottle of drinking water
- Notepad and pen

**Bank Account Details:**

- **Bank:** ANZ
- **Account Name:** Training Austral Asia Pty Ltd
- **BSB Number:** 015-257
- **Account Number:** 3872 72966
- **Reference:** Name + Course Name

*Please wear comfortable clothing and closed shoes (e.g. Gym shorts, track pants, t-shirt, sneakers etc.)*

*Payment is required 2 weeks prior to course commencement.*
NHA Australia’s ‘Natural Health Academy’ is easily accessible via bus:
Stop 8, South Road (Stop codes 13115 and 13120)

**The following routes service these stops:**
- B10
- B10C
- B10X
- B12

There is ample parking available on site (CCF – Civil Train Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from NHAA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on Sunday so we suggest that you bring your own lunch.

If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to purchase lunch.

If you have any queries please contact us via email at admin@nhaa.edu.au or you can call us directly on (08) 8351 8507.

*Please keep an eye on our websites for any course updates.*