Move easily with Bowen

From migraines to baby colic or frozen shoulder, the gentle touch of the Bowen Technique will help you move and feel better

The Bowen Technique is a remedial therapy suitable for all, from newborns to adults of all mobility and fitness levels. It is simple, gentle and effective at reducing pain and stress and increasing our sense of health and wellbeing.

The treatment offers a radical approach based on the gentle movement over soft connecting tissue and nerves, with no crunching or manipulating muscle or bone, and no needles or oils. You also get to keep your clothes on!

When our bodies don't move as fluidly as we need them to, or we don't feel as well as we could, we start to compensate in how we move on a day-to-day basis. That's when we can quickly find other problems occurring. Move better, feel better with Bowen.

The Bowen Technique moves start a resonance within the body, like strumming a guitar, that gently and holistically makes a request for change: "touching the surface, stirring the depths".

Bowen is used by many professional sports athletes to prevent and repair injury, from migraines to infertility, baby colic to backpain or frozen shoulder. Bear Grylls and Janie Lee-Grace swear by it. Early intervention is key to regaining and maintaining good health.

Local Bowen practitioners Mary Macfarlane and Sara Slater will be at the North Berwick Health Fair to offer a free balance test. "A Taste for a Tenner" 20-minute session will also be available.

Mary Macfarlane, fully insured as a Bowen and Emmett Technique practitioner and healer, is a member of CHNC and BTPA and governed by their ethical and professional standards of practice. For more information, visit www.boweninlothian.co.uk or call 07989133215.

Sara Slater, a member of BTPA, is a fully insured Bowen Therapist whose other therapies include Indian Head Massage and Ear Candling. Contact her on 01875 853087 or 07986 555275, at saraslaterbowen@yahoo.co.uk or www.saraslaterbowen.wordpress.com