

## **BOWEN TECHNIQUE Amanda Hermitage**

The Bowen Technique is a gentle, subtle and relaxing therapy which encourages the body to rebalance and restore itself to good health. It relieves tension and reduces pain and has been found to be effective in the treatment of many unresolved problems, including back pain, whiplash, frozen shoulder, tennis elbow and RSI. There is no manipulation or adjustment and many conditions can be resolved within two to three sessions.

Amanda is a member of the Body Control Pilates © Association, the Bowen Therapists' European Register and the Register of Exercise Professionals (Level 3) and an associate member of the Association of Natural and Physical Therapists. She is also registered with the British Complementary Medicine Association, The General Council for Massage Therapy and on the NHS Register of Complementary and Alternative Practitioners.

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