



**RAYMOND AUGUSTYNIAK**  
Bowen & Advanced Training Instructor

**SPORTS BOWEN PART ONE** (Course #206) is the first of a two-part series that advances the Bowen practitioner's knowledge by addressing a wide variety of sports related and non-sports related issues. Applications of proven, innovative, and known Bowen Activations (moves) and Releases (procedures) are highlighted. This course provides concrete training for Bowen Therapists in fine tuning how and when to address athletes (and non-athletes) using Activations and Releases with specific protocols.

### Course Outline:

- Use Bowen to perform proper care and maintenance during various stages of conditioning, training and events.
- Quickly identify and assess athletic needs for warm-up and pre and post competition care.
- Effectively and safely apply quick-fix techniques for the pelvic, lumbar, thoracic regions and extremities, including the shoulder, elbow, wrist and hand, hip, knee, foot and ankle.
- Effectively and safely apply appropriate injury prevention and rehabilitation acceleration techniques.
- Examine and identify the effects of sports, fatigue, and injury on the body.
- Increase energy, performance, and stamina while increasing strength.
- Significantly reduce the possibility of injury

Prerequisites: BCI Course #101 & #102 or Bowen Therapist

**Course Fee** \$ 600.00

**Location / Dates:** [EDMONTON July 19, 20 & 21](#)  
[VANCOUVER August 15, 16 & 17](#)

Register online at [bowencollege.com](http://bowencollege.com)

or by sending an Email to [advanced@bowencollege.com](mailto:advanced@bowencollege.com)

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