



**Recommended for Bowen Training
by therapists across the UK**



Student Prospectus 2026

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www.collegeofbowenstudies.co.uk



Welcome to the College of Bowen Studies Ltd (CBS)

Thank you for taking the time to look through our prospectus.

All our teachers are passionate about The Bowen Technique and have experienced first-hand the positive impact this amazing therapy can have on a person's quality of life.

We are dedicated to producing world class Bowen therapists who will continue to carry this therapy forward and help us achieve our goal of making The Bowen Technique the number one complimentary therapy for people in pain.

We have worked hard to develop what we believe is the most comprehensive and dynamic Bowen teaching syllabus available anywhere in the world.

Our user-friendly teaching manuals and bespoke online student portal gives you access to training videos, extensive theory, quizzes and other content to help you learn in a way that suits you best.

We have created our own online red flag training that helps students recognise potentially serious conditions in clients that require referral back to a primary health care practitioner.

Our students, therapists and teachers are required to adhere to our code of conduct and ethics bringing re-assurance to you and your clients.

We work closely with all relevant associations, and we are the only Bowen training provider to be accredited by both the Bowen Therapists Professional Association (BTPA) and the Federation of Holistic Therapists (FHT).

CBS students and therapists have access to our affinity insurance scheme with Balens, who are specialists in complimentary therapy insurance.

Our support doesn't end once you have qualified as a Bowen practitioner. As a qualified therapist you will have access to a comprehensive range of online and in person CPD training designed to help you become the very best therapist you can be.

After reading through our prospectus, if you have any questions, we would be delighted to hear from you. Our contact details are listed on the tutor's page.

We look forward to hearing from you soon.



A handwritten signature in black ink that reads "Jo Wortley".

Jo Wortley
Director



A handwritten signature in black ink that reads "Colin Murray".

Colin Murray
Director

What our students say...

"Bowen was to add to my practice, but it has completely taken it over and now virtually 100% of my clients want this." Lynne A.



"I appreciate the CBS modular format, flexibility of how it was run and being able to spread the cost." Beryl F.



"I chose Bowen because it works. It only takes a year to qualify. It is affordable and fits in without too much disruption to my working life. A really big plus, which was essential for my choice of therapy - is that there is no physical demand on the practitioner. I have been doing deep tissue massage for 14 years and my body is now struggling." Vya F.

"It's the most thorough and professional therapy training I've attended." Rachel C.



"CBS is an amazing organisation to be affiliated with." Annalisa C.

"CBS are professional and well organised. I remain very impressed with the high standard of the CBS training system. It's wonderful that you make it so flexible. The teaching skills are excellent and the scope for further learning seems endless, which is very exciting. Also the availability of help at any time during or after qualifying is very reassuring. The paperwork is always prompt and clear." Sharon C.



What is the Bowen Technique?

The Bowen Technique is a soft tissue remedial therapy. The practitioner uses thumbs and fingers to perform the unique rolling-type moves which are applied to precise points on the body over muscle, ligament, tendon and fascia. This prompts the body to reset and re-align without the need for deep or forceful manipulation.



The treatment is gentle, subtle and relaxing and most of the work can be performed through light clothing. A distinctive feature of Bowen is that the therapist leaves the room between each set of moves, allowing the client's body time to respond to the treatment.



Who Practices the Bowen Technique?

80% of our current students have no background in anatomy or previous therapy experience. Most people who join our courses have had a positive response to Bowen Technique themselves and are looking for a new vocation and to enter the bodywork field having appreciated the benefits that the Bowen Technique can offer.

Practitioners such as Massage and Sports Therapists, Reflexologists and Physiotherapists learn Bowen for many reasons. Whilst some wish to expand the treatments they offer their clients, many are looking for a gentler way of working and to extend their career. Their thumbs, fingers, arms and back may be feeling the strain from using the more strenuous, physical therapies that they practise.



Bowen is one of the most effective therapy tools available and it works successfully with both chronic and acute conditions. As well as being gentle on the client, the Bowen Technique is also very gentle on the practitioner. The light touch required makes minimal physical demands on the therapist. Due to the format of the CBS training, there are no pre-requisites for commencing the Bowen Technique course.



What are the Benefits?

A wide range of conditions can be addressed with the Bowen Technique and it is suitable for all ages from new-born babies to the elderly. Response time is generally quick, which makes it a cost-effective treatment option for clients.

College of Bowen Studies Ltd (CBS)

Now under the dynamic leadership of Jo Wortley and Colin Murray, the College of Bowen Studies Ltd is dedicated to producing world class Bowen therapists. Our training is stimulating, detailed and thorough. Our approach to learning is practical and innovative.

Learning the Bowen Technique with CBS will quickly enable you to practise this highly regarded treatment with skill and confidence. The Bowen Technique, with its many proven benefits, is one of the fastest growing therapies in the world and will revolutionise the lives of your clients - and your own.



CBS Course Format

Our courses are held across the UK throughout the year and also in Iceland. Our teachers are highly experienced in the field and they are all professional, supportive and passionate about Bowen! The training is extremely practical and 'hands-on' with comprehensive training manuals and extensive online student resources. You can attend each course with the same or different teacher(s) at any venue throughout the UK and it is possible to complete the course of training within nine to twelve months, depending on how convenient the course dates and venues are. You can complete the course of study at a pace that suits you. It is possible to spread the training and have longer periods between modules to enable you to get sufficient practice. Before qualifying at Module 5 you will need to have an ITEC or VTCT level 3 qualification in Anatomy, Physiology & Pathology (AP&P) Online courses can be found at www.bowentherapy.org.uk

Module One 3 days £550

Our courses are all highly practical and very 'hands-on'. Class sizes are deliberately kept small to ensure you receive a high level of teacher supervision whilst you practise the moves with your fellow students. By the end of the Module One course you have the skills to perform a complete body treatment. Our course manuals are designed for independent practice. After each module you will have access to training videos via the online student portal.



- Lower Back and Leg Procedures
- Back and Neck Procedures
- Shoulder Procedure
- Elbow, Wrist & Knee Procedures
- Ankle Procedure
- Hamstring Procedure

Case Studies

Taking effective client notes is an important part of a Bowen treatment. To establish a good level of understanding and proficiency you need to record your case histories. Before Module Three, you choose ten of these, where each client has received three treatments from you to submit to your Tutor. You work on these in the time between Module One and Module Three.



Module Two 3 days £550

Module Two gives you the opportunity to review everything that you learnt in Module One. On this course you will consolidate your knowledge and improve your technique. You will have already gained some experience through practice and Module Two will build on and refine your skill and accuracy. Time is also set aside to help you with the system of taking client records (or case histories) - an important element of your training.

Module Three 3 days £550

Module Three takes the technique to a new dimension with specific treatment procedures that are remarkable for their speed and efficacy. Your second training manual covers all the Module 3 procedures. The case histories that you submit before attending Module Three receive a written evaluation to support and guide you.

- Respiratory and Diaphragm Procedure
- Temporo Mandibular Joint Procedure
- Pelvic Procedure
- Coccyx Procedure
- Kidney Procedure

Module Four 3 days £550

Module Four reviews the Bowen moves covered in Module Three and aims to consolidate all the moves you have learnt since Module One. At this stage, you are in the process of preparing your second set of ten client case histories.



Module Five 3 days £600

This is the Module where everything 'falls into place'. The first two days are spent re-visiting all the moves and procedures that you have learned, and with your experience so far, you will deepen your knowledge and understanding of The Bowen Technique. Day 3 includes your final written and practical exam. You will also get back your marked final case histories. Module 5 has students from all over the UK attending it. A level of competence is required before attending Module 5. To achieve this, you will have passed practical assessments at Modules 2, 3 and 4 and passed your first set of case histories at Module 3.

All Module training venues and dates are available on the website.

www.collegeofbowenstudies.co.uk



CBS Certificate of Proficiency in the Bowen Technique
is awarded upon your successful completion of Module Five



Your investment:

Time

Your full practitioner training will take a minimum of 9 - 12 months to complete. You need to allow a minimum of 8 weeks between each module. This is essential so that you have enough time to practice what you have learnt and also to carry out and then write up your case histories. The maximum amount of time between each module is 12 months. To maintain a level of proficiency, if you leave a gap longer than this you would need to repeat the last module attended. This time next year you could be a fully qualified Bowen Therapist.

Financial

Training in the Bowen Technique is one of the best value hands on therapies you can currently train in.

Not only can the training be carried out over a relatively short period of time, but once qualified you can start seeing clients and earning money straight away.

21 clients coming to see you for their 3 initial sessions can earn back your full training costs.

That is almost the same number of people you would have treated in your case histories.

If you only saw 6 clients a week, within 11 weeks you would have earned back your training fees.

We have former students who within a year of qualifying were working full time and treating 30+ clients a week.

Training Costs

Module 1 = £550

Module 2 = £550

Module 3 = £550

Module 4 = £550

Module 5 = £600

Total = £2800

Earning Potential

UK average
treatment cost = *£45

3 sessions = **£135**

21 x £135 = **£2835**

*treatment prices can vary

Book your place on Module 1 now:

www.collegeofbowenstudies.co.uk/training

Professional Membership

CBS students can join the Bowen Therapy Professional Association (BTPA) for free at www.bowentherapy.org.uk The BTPA require members to have a level 3 ITEC/VTCT qualification in Anatomy, Physiology & Pathology (AP&P). If AP&P has been gained as part of another training - e.g. medical, sports therapy, massage, nursing, acupuncture, physiotherapy etc. A copy of that certificate will be suitable.

The level 3 AP&P can be studied and completed online.
<https://www.bowentherapy.org.uk/anatomy-physiology-training.php>

Research

CBS is at the forefront of research to test and document the effectiveness of the Bowen Technique. The positive and exciting results of a controlled trial to study the effects of Bowen on hamstring flexibility were published in September 2010 in the Journal of Bodywork and Movement Therapies.

The evidence from this important trial proves that Bowen has had a significant effect on conditions directly related to hamstring problems. More recently, research is moving to centre stage to assist in our understanding of the work and help more people gain access to treatment.



Previous studies demonstrated that “the Bowen Technique significantly improves the frozen shoulder condition”. The National Migraine and Asthma Programmes showed very positive outcomes using Bowen to treat these conditions.

CBS Tutors

Our Tutors provide students with a stimulating and professional learning experience. Each of them runs a busy Bowen practice and students benefit tremendously from their day-to-day knowledge and experience. They undergo a demanding, intensive and structured CBS Teacher Training Programme, which combines dynamic teaching and communication methods with detailed Bowen concepts and theory.



JO WORTLEY
CBS Director & Senior Tutor
07855 734877
jo@collegeofbowenstudies.co.uk

Jo has been involved in Bowen for over 20 years. She is extremely passionate about teaching, and endeavours to tailor her approach to maximise the learning potential of everyone in her class.

With the business experience she had gained, and whilst raising a family, Jo successfully built up her present practice in Suffolk which incorporates a busy Bowen children's clinic. Jo has significant experience in working with babies and children, and was the BTPA Children's Clinics Coordinator for several years.

In 2013 Jo was approached by Howard Plummer to continue with the development and training of his popular Fascia Bowen Workshops, in order to facilitate his retirement from this area. Since then she has updated Howard's body of work and teaches this, alongside Bowen Modules with a "contagious enthusiasm" as she firmly believes that Bowen is something every therapist needs to have in their toolbox - an opinion backed up by those who have attended her training.

Jo has embarked on her career at CBS with this same level of passion and endeavours to tailor her teaching to maximise the learning potential of everyone in her class. She is a very bubbly, approachable therapist and tutor, creating a friendly and relaxed environment within which to learn this remarkable technique.

COLIN MURRAY
CBS Director & Senior Tutor
07590 289359
colin@collegeofbowenstudies.co.uk



Going the extra mile could be Colin Murray's slogan for life. A compassion for others and an enormous desire to help people underpins his whole ethos in business and life. Colin's patience and unique ability to understand the needs of those around him, make Colin a rare find in the world of teachers, therapists and human beings.

His steady and thorough approach to his successful Bowen clinic, running since 2010, his teaching style and his unswerving dedication to his clients and students, sees Colin receiving the kind of glowing accolades and feedback usually only handed out at funerals!

His commitment to seeking answers for people's problems drives him to extensive study and has seen him travel all over the world to continue his education in the field of Bowen, anatomy and other areas of bodywork. His dissection training has deepened his already profound understanding of the human body and his continued search for knowledge and answers underpin his commitment to his practice and teaching.

Colin's steady, reliable and approachable teaching style, combined with a fierce self-deprecating wit and a sharp mind attract students from a wide range of backgrounds and his ability to relate to everyone makes Colin a uniquely talented and informative teacher and communicator.

Colin's passion to bring Bowen to the masses and his determination and excitement about Bowen and its potential are remarkable. His ability to translate this in to clear and concise teaching, make Colin's classes important events and powerful occasions.



JUN CHOW
CBS Tutor
07884 439872
jun@collegeofbowenstudies.co.uk

Jun's imaginative and humorous style of teaching will help students sail through their learning with laughter.

Jun is going to bring that passion and enthusiasm into his classes, providing a unique and exciting style of learning to our students.

Growing up in Hong Kong Jun is a quick-witted bilingual, English and Horse - and his four-legged friends often speak back!

Jun has a strong passion in helping and teaching others through Bowen Therapy, which sees him runs a successful clinic in Monmouthshire.

Jun keeps his dynamic mind occupied with the most up to date knowledge of anatomy, neurophysiology and holistic approaches, which he readily imparts upon his students in an understandable yet practical way.

Jun is a much valued tutor. He is loved by his students and is constantly bringing in new ideas to the CBS team.

Jórunn Símonardóttir
CBS Senior Tutor - Iceland
bowen@bowenskoli.is



Jórunn was born and raised in a large family in the beautiful Icelandic countryside. As a young adult she moved to Reykjavík where she studied to become a machinist, and then worked as both a machinist and a carpenter for a number of years. She also spent some time working as a jack-of-all-trades in the UK and moved to Thailand for a half year to learn Thai massage.

After her first son fell ill, she became acquainted with the Bowen Technique and immediately fell in love with it. She studied with Iceland's only Bowen Teacher, Margeir Sigurdarson, and quickly became his assistant teacher. After two years, she started her teacher training with CBS.

She currently runs her practice in Reykjavík, works in the countryside, and teaches. Her students describe her as an adroit, excellent, and fun teacher who manages to disseminate her passion for Bowen in a relaxed, yet thorough style of teaching. She has been teaching Bowen since 2013 and was an assistant teacher for four years before that.

Jórunn is a loving wife and mother of two boys and a girl. She enjoys spending as much time as possible with her family in the beautiful nature of her home country.



Paula Esson
CBS Tutor
07780 900283

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Paula qualified in Bowen in 1998. She has taken over 700 students through their Bowen training and on to new careers. She is also a lecturer and holds a BSc Hons in Sports Science.

Paula is a spirited adventurer, who brings fun, enthusiasm, warmth and a vibrant spirit into her teaching. She is caring and compassionate, with a comprehensive understanding of the body and pain. She bridges her days between Iceland, Northern Ireland and Glasgow, creating opportunities for people to expand their potential, conquer their challenges and gain a true sense of personal achievement.

Alongside teaching Bowen, Paula's career has ranged from an enthusiastic but naïve Basketball Coach to reaching the top levels of coaching across many sports. She developed the first National and Higher National Diplomas in Sport Science, and created large health centres combining NHS with modern thoughts on health. She has helped change the landscape of pain management, reducing the reliance on opioids across the United Kingdom, and is presently working towards understanding how to care for and prevent injuries in athletes, both on and off the pitch.

To re-set, Paula dedicates herself to her community clinics, helping people with the usual aches and pains of life. It gives her purpose to know that she can assist people to be at work pain free, and give their families and loved ones the best version of themselves. She has a large family of three adult children, and co-parents to two younger ones. She has two dogs and between work and home, feels that she truly lives life to the full. She can often be found wrapped in writing, reading or playing adventure and strategy games on the Play Station. She also focuses on her fitness and strength, creating apps and planning future tours.

"I am humbled to be here in CBS with the other Tutors, to share my knowledge and experience with you, and cheer you on in your success!"

Annie Hall
CBS Intro Day Tutor
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Annie's clinical knowledge combined with anatomy, physiology and neurology at degree level underpins her treatments and tuition. Her dream is to increase the awareness of Bowen as a whole and make it accessible to all areas of Scotland and its Islands.

Annie lives on a hebridean island off the West Coast of Scotland with her horses, dogs and cats. She has a BSc (hons) in Psychology and has been working in the field of body work for over 20 years. As part of an island community Annie is an integral part of the overall health care of the residents and is well known by other health professionals in the arena of caring for physical and mental health.

After studying Bowen, Annie shifted her practice fully over to Bowen therapy due to the overwhelming improvement of health and well being of her clients. She believes that it is the most holistic treatment she has ever provided and has been blown away by the benefits and outcomes for her clients.

Annie previously worked in a clinical setting before being approached to accept a senior training role due to her enthusiasm for expanding the knowledge and skills of others. Annie loves observing that lightbulb moment when it all falls into place for a learner. Her clinical knowledge combined with anatomy, physiology and neurology at degree level underpins her treatments and tuition (her current clients really enjoy learning more about how their bodies work and this understanding leads them to take better care of themselves).

Annie's dream is to increase the awareness of Bowen as a whole and make it accessible to all areas of Scotland and its Islands.



Sean Burgess
CBS Intro Day Tutor
07739 835442
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Sean brings his love of Bowen as well as over 30 years of experience as a Mind and Movement Coach, plus Biomechanic, Dance and Somatic Wellbeing qualifications into his fun-filled and engaging Introduction Days.

With over 30 years of experience, Sean Burgess is a dynamic and passionate Mind and Movement Coach known for his friendly, fun-filled approach to instructing. Combining an MSc in Biomechanics and an MA in Dance and Somatic Wellbeing, Sean brings a unique blend of science and body awareness to his coaching, making sessions both engaging and effective.

Sean qualified as a Bowen Therapist, and uses holistic principles to promote healing and well-being. His hands-on therapy complements his movement coaching, helping clients find balance in both mind and body.

A former university Senior Lecturer in Sports Science and Sports Coaching, Sean is not only an expert in his field but also a natural educator who makes learning and training enjoyable. His lighthearted and approachable teaching style empowers his clients to fully engage in the process, ensuring they enjoy the journey as much as the results.

Sean's mission is to support clients in building a strong mind-body connection through tailored programs that prioritize long-term health, performance, and personal growth—all while having fun along the way!

Sally Simmers
CBS Intro Day Tutor
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Sally is excited to be part of CBS, eager to introduce more individuals to Bowen, a therapy that not only shaped her career but also enriched her life profoundly.

Sally is a passionate advocate for complementary therapies who discovered the transformative power of Bowen over a decade ago and has never looked back.

As the founder of her own clinic near Loch Lomond, she dedicates herself to sharing the benefits of this unique therapy with others through individual sessions, community outreach, and professional training at CBS.

Sally's thirst for knowledge and continuous professional development in anatomy and holistic bodywork reflect her commitment to empowering others to conquer pain, move freely, and live fully.

Beyond her work, you'll find Sally indulging in various sports and exploring Scottish landscapes with her vivacious spaniel.

Sally is excited to be part of CBS, eager to introduce more individuals to Bowen, a therapy that not only shaped her career but also enriched her life profoundly.



Sally-Anne Slade-Watts
CBS Intro Day Tutor
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Sally-Anne is based in Suffolk. She has a calm, fun and open approach to teaching her One Day Intro Workshops.

Sally-Anne enjoys working in her successful Bowen clinic in Suffolk. She has over twenty years experience of working with adults and children with autism, physical and learning disabilities and uses learnt communication skills as part of a calm, fun and open approach to inclusive learning.

When she isn't working, you can find Sally-Anne sculpting and painting within her beautiful countryside hideaway, to relax.



Kate Hamer
CBS Intro Day Tutor
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Based in the North West, Bowen Therapy is in Kate's blood, as her Mum has also been a Practitioner for many years. She has seen it change both hers and her clients lives for the better, and can't wait to teach you more about this amazing technique.

Bowen Therapy is in Kate's blood, as her Mum has also been a Practitioner for many years, and she has seen it change both hers and her clients lives for the better.

Kate is based in the North West. Her Intro Days are filled with fun, passion and a lot of knowledge and experience about what Bowen is capable of.

Contact Us

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BOWEN STUDIES