



Introduction to Equine Bowenwork

Instructor: Michelle Patterson

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Class format: Hands-on

Hours/CE Credits: 24

Cost: \$750 for Bowenwork students and anyone who has previously completed *Bowenwork® – An Introduction to Wellness in Your Hands* taught by any Academy instructor anywhere in the U.S.

\$825 for those taking this four-hour orientation class the afternoon/evening before the first day of this equine course.

Pre-requisites:

Proficiency in working safely with and around horses. Required skills include haltering, leading, tying, and lifting hooves. Recognition and awareness of subtle indicators and warning signs of stress in the horse are imperative for all animal and human participants' safety. Students will sign a statement acknowledging they meet this requirement as part of the risk management/liability release process.

Completion of at least Module 1 or the aforementioned four-hour introduction to Bowenwork.

I. Rationale:

This course introduces the foundational knowledge and skills of the Bowenwork technique for horse owners and equine enthusiasts/professionals seeking to develop tools to improve overall wellness for their horses. It will provide learners with the basic understanding and hands-on practice to apply the equine body technique for enhanced well-being and relaxation.

II. Presentation Aims and Outcomes:

Aims

This course will provide students with entry-level knowledge and skills to begin utilizing the Bowen technique with animals. It may also serve as a foundation for additional learning for future instructional modules to be developed.

Specific Learning Outcomes:

- Students will learn protocols to safely apply the "Bowen Relaxation Moves" (BRMs) and four additional procedures in a supervised and structured hands-on learning experience with horses.
- Students will learn a step-by-step sequence of moves to address areas of stress and imbalance in the horse.
- Students will recognize and utilize anatomical landmarks to locate the specific points to apply these procedures in the proper location on appropriate underlying structures.
- Students will receive education regarding specific considerations to optimize the effects of Bowenwork in horses.
- Students will practice observation of the unique behaviors that are specific to horses during the prescribed wait times while allowing the animal to process and increase relaxation.
- Students will learn and practice safety protocol for horses, students, and handlers.
- Students will demonstrate an understanding of their scope of practice and awareness of legal

considerations relating to equine laws in their community.

III. Presentation Requirements: Students receive a course manual with detailed descriptions, photographs, and diagrams. Students receive animal partners in learning selected for their temperament and proven ability to tolerate a structured learning environment. Students will learn in a comfortable and spacious facility allowing optimal teaching and learning conditions.

IV. Additional Resource Readings: There are no additional requirements for students to purchase other learning resources at this instruction level. The instructor will provide additional resources for students to engage in optional learning opportunities as they are inclined.

V. Time Allocation:

| Begin to End Day 1 | CE Points | Topic – Content Outline | Teaching Method Learning Activity |
|---------------------------|------------------|---|--|
| 8:30-9:30 | 1 | Introduction and presentation overview | Lecture |
| 9:30-10:30 | 1 | Demonstration of Equine Bowen Basic Body Balance | Demonstration with one horse |
| 10:30-10:45 | | Break | |
| 10:45 – 12:30 | 1.75 | Demonstration and practice of Low back procedure (BRM1) | Demonstration/ practice In small groups of 2-3 |
| 12:30-1:30 | | Break | |
| 1:30 – 3:15 | 1.75 | Ongoing supervised practice of BRM 1 | Small group practice |
| 3:15 – 3:30 | | Break | Switch out horses |
| 3:30-5:15 | 1.75 | Demonstration and practice Upper Back procedure (BRM 2) | Demonstration/ practice |
| 5:15 – 6:00 | .75 | Review and questions. | Demonstration/lecture |
| Total: | 8 | | |

| Begin to End Day 2: | CE Points | Topic – Content Outline | Teaching Method Learning |
|----------------------------|------------------|--------------------------------|---------------------------------|
|----------------------------|------------------|--------------------------------|---------------------------------|

| | | | Activity |
|---------------|----------|--|--|
| 8:30-9:30 | 1 | Review and feedback from day 1 | Lecture |
| 9:30–10:30 | 1 | Ongoing review and practice of BRM 2 | Demonstration with one horse |
| 10:30-10:45 | | Break | |
| 10:45 – 12:30 | 1.75 | Demonstration and Practice of BRM 3 and shoulder | Demonstration/ practice In small groups of 2-3 |
| 12:30-1:30 | | Break | Switch out horses |
| 1:30 – 3:15 | 1.75 | Demonstration and practice of Foreleg procedure | Demonstration and small group practice |
| 3:15 – 3:30 | | Break | |
| 3:30-5:15 | 1.75 | Demonstration and practice of hamstring | Demonstration/ practice |
| 5:15 – 6:00 | .75 | Review of procedures/discussion of ethics, the scope of practice, and legal considerations | Demonstration/ lecture |
| Total: | 8 | | |

| Begin to End Time Day 3: | CE Points | Topic – Content Outline | Teaching Method Learning Activity |
|---------------------------------|------------------|---|--|
| 8:30-9:30 | 1 | Review and feedback from Day 2 | Discussion |
| 9:30–10:30 | 1 | Demonstration and discussion of TMJ procedure | Demonstration with one horse |
| 10:30-10:45 | | Break | |
| 10:45 – 12:30 | 1.75 | Demonstration and practice of TMJ | Demonstration/ practice In small groups of 2-3 |
| 12:30-1:30 | | Break | Switch out horses |

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|---------------|----------|---|----------------------|
| 1:30 – 3:15 | 1.75 | Students practice self-determined selected procedures | Small group practice |
| 3:15 – 3:30 | | Break | |
| 3:30-5:15 | 1.75 | Students practice full-body balance | Small group practice |
| 5:15 – 6:00 | .75 | Wrap up and discussion of ongoing learning options | Discussion |
| Total: | 8 | | |