

Put Wellness in Your Hands



**INTRODUCTION
TO BOWENWORK®
CLASS, OPEN TO ALL**

- ✓ **4-hour introductory class**
- ✓ **Hands-on learning**
- ✓ **Includes handout with
easy-to-understand
photos and instructions**
- ✓ **4 hours massage CE**
- ✓ **Only \$95**

Learn specific moves to:

- Release muscle tension
- Alleviate joint pain
- Soothe body stiffness
- Relieve neck, back, knee pain
- Stop heartburn, stomachache
- Ease breathing difficulties
- Speed injuries to heal

Saturday, January 10th 12:30 - 5pm

**At the Office of Dr. Cheryl Kasdorf, ND
1770 E Villa Dr, Ste 2 Cottonwood, AZ 86326**

taught by

Dr. Cheryl Kasdorf, ND

Call now & reserve your spot:

928-649-9234

www.drcherylkasdorf.com

www.AmericanBowenAcademy.com



Bowenwork is a gentle, effective touch therapy that stimulates the body's ability to heal itself. It is safe and appropriate for all. It requires no special supplies and can be done through clothing. www.bowtech.com