

About Avis Elinsky

Avis is a Bowenwork Practitioner.

What is Bowenwork:

Bowenwork is a gentle and effective bodywork that is appropriate for anyone to receive; from infants to the elderly. It is beneficial for conditions such as; back pain, plantar fasciitis, frozen shoulder, hip and knee pain, ankle and foot issues, TMJ and jaw pain, asthma, colic, and much more!

What to Expect from a Session:

A Bowenwork session can be done over clothing on a massage table and takes 20-60 minutes. The practitioner will place fingers and thumbs on precise points and apply gentle rolling pressure to the underlying tissue. After each series of moves the practitioner will pause to allow your brain and body time to respond to and integrate the changes. After a session you may notice reduced pain, improved range of motion and feel a sense of relaxation and well-being. Each person responds differently to Bowenwork based on his or her own body's ability to heal itself.

About Avis:

Avis became interested in Bowenwork when she had had a chronic frozen shoulder for a lengthy period of time. Acupuncture, physical therapy and massage had minimal, lasting effects. Her sister had become a Bowenwork practitioner and suggested a session. With one Bowenwork session her symptoms and pain went away. She was astonished! From not being able to raise her arm above her waist without pain, to full range of motion and no pain! She was convinced about Bowenwork and wanted to learn and share this remarkable therapy. Avis became a Certified Bowenwork Practitioner enabling her to bring this effective therapy to YOU!

To schedule an appointment, please contact Avis at 610-420-8682 or avisbowenwork@gmail.com.

For more information about Bowenwork visit their website at www.americanbowenacademy.com.