

Would you like to:

Help your body restore its natural balance?

Increase your competitive edge in Sports?

Resolve old injuries that hold you back?



Bob Nanninga-Certified Bowen Practitioner

with The Bowen Therapy Academy of Australia
16 years of experience in the Healing Arts.

Bowen Work consists of a series of gentle rolling connective tissue moves, using a light touch and may be done through light clothing if you prefer. This technique restores the body's ability to heal itself, even years after an original injury. People can feel shifts in their bodies during and after Bowen sessions while the autonomic nervous system comes back into balance. As this happens, the healing process is restored. It is completely safe and appropriate for everyone including athletes, newborns, pregnant women, the elderly and the chronically ill.

For more information, call us or visit www.QuietStar.com/bowen.htm or www.BowenWork.com



QuietStar Center for Transformation is a place for the healing of body, mind and spirit.

11549 Los Osos Valley Road · Suite 109 · San Luis Obispo CA 93405

Near the intersection of Madonna and Los Osos Valley Roads. There is plenty of free parking behind the building, accessible from El Tigre Court off Madonna Road.

Special Introductory Offer!

Initial treatment: \$100

(includes 3 visits, approximately 1 week apart)

Call 783-2662 for an appointment

BowenWork can be helpful for the following conditions:

- Pain or numbness from accidents, whiplash, sports injuries
- Muscular and skeletal problems,
- Scoliosis, carpal tunnel syndrome
- Neck and shoulder problems, tennis elbow
- Restricted joints, arthritis, TMJ
- Stress, tension, headaches
- Allergies, respiratory problems, asthma