



Mike Douglas
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Patt Stock
Bowen Therapist
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Dear Patt

Re: Bowen Session for Shoulder and Neck Aches

I wanted to thank you sincerely for the Bowen Sessions you have given me recently.

Having been a competitive tennis player with a very hard service followed by years of heavy DIY building renovation work, I found that my right shoulder and neck were showing painful symptoms resulting from this long term abuse.

During my first Bowen session I felt considerable relief as positive change progressed. Afterwards I was able to comfortably do a full day of mowing and digging. It is years since I have been able to do this!

As you explained, the second session continued the process but with more subtle improvements. I have found both Bowen sessions to be extremely relaxing and positive experiences, and I certainly feel more physically balanced.

I am very happy to strongly recommend your therapy service to anybody with a muscular skeletal problem.

Kind Regards