

# Energy Kinesiology

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A client-directed approach for identifying key body/mind issues  
that uses appropriate tools to create lasting, life change.

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## ***Marge Bowen – Energy Kinesiologist***

Marge Bowen has a BA degree and is a Certified Energy Kinesiologist, Level 3 and Licensed Massage Therapist. She began her path in the healing arts when she decided to leave the corporate environment to find more personally-fulfilling work. In 1998 she attended the Utah College of Massage Therapy where she first learned about Kinesiology. After completing school, Marge started a private practice in Salt Lake City and continued her Kinesiology education, eventually receiving certification to teach several Kinesiology courses, including Touch for Health, Kinergetics and Agape. She has been teaching Kinesiology since 1999 at the Utah College of Massage Therapy, the Myotherapy Institute in Salt Lake City and in private classes.

Marge was the 2008-2009 President of the Energy Kinesiology Association in the United States, and has served on the board of the Utah American Massage Therapy Association.

Marge currently sees clients at Balance as well as in her Salt Lake City practice. She has great passion for Energy Kinesiology and how it has helped clients experience positive changes and benefits to their health and performance. Marge specializes in brain integration for children and adults to help with learning and life challenges by focusing on survival mechanisms in the neurology, physiology and the emotion of the subconscious mind. She also works with women's hormonal issues, allergies, fatigue and pain. Marge often speaks to groups about Kinesiology and how it can help people get what they want in their lives, including improved health. Marge and her family live in Midway, Utah.

## ***Marge's Approach to Energy Kinesiology***

Marge uses muscle monitoring as a way of getting feedback from your body, subconscious mind and energy systems. The muscle function as it is monitored, depends on the electrical firing of special cells called proprioceptors in the nervous system. By using muscle monitoring, Marge identifies how a stress is related to specific parts of the body such as organs and muscles, the immune system, brain function and the connection to thoughts and attitudes.

The body's defense mechanisms can be triggered by emotions, thoughts and attitudes; physical or emotion trauma or injuries; nutrition or any other stress. If the mind/body thinks it needs to be in "survival mode", our muscles become tense, our breathing, blood and lymph flow changes which can affect how our organs – especially the brain – function. Marge ascertains whether or not survival mechanisms are at play. At that point, you will have an opportunity to discover why and how you've been "stuck." A transition can be made from subconscious processing to conscious processing and you can then make a choice to change a perception or belief. As we change how we feel, think and move without it being associated with a survival mechanism, we are able to more fully express our authentic self and maintain a state of health.

### ***What to Expect During Your Session***

In a session with Marge, you will be lying face up on a massage table, fully clothed. Marge will interview you in order to ascertain your issues and goals for the session. She will monitor your muscle while touching points on the body that communicate muscle/organ/emotion relationships to the issue the client is working with. Once you have this awareness, muscle monitoring is again used to identify the specific techniques that will help your body/mind. At the end of this interactive session, you may experience:

- better balance
- clearer thinking
- feeling “lighter” or more relaxed
- feeling more physically comfortable
- improved physical coordination
- a greater feeling of physical strength due to improved muscle function
- an ability to break through the stuck feeling around an issue
- greater ease in taking action
- a sense of peace and/or happiness
- greater conscious awareness of self and environment.

### ***How Can Energy Kinesiology Help?***

Marge has helped clients experience significant improvement with the following:

Learning issues	Night terrors
Immune system	Scleroderma
Lower back pain	Golfer’s elbow
Dislocated shoulder	Panic attacks
Phobias	Allergies
Heavy metal toxicity	Emotional blocks
Depression	Pre/post surgery stress
Relationship issues	Athletic performance

Energy Kinesiology will help identify the specific issues but it is up to you take action and responsibility for change. **If you are ready to make change and heal but are not sure how to get started – Energy Kinesiology may be extremely helpful to get you headed in the right direction.**

Based on her experience with hundreds of clients, Marge will suggest a plan for you based on a minimum of three sessions to gain the most impact from this work.

### ***Energy Kinesiology Services:***

90-minute Session.....	\$ 105.00
60-minute Session.....	\$ 80.00

Energy Kinesiology sessions are available by appointment only. Call today to schedule your first session.

### ***Booking Policy***

When you book a treatment, credit card information will be taken to hold your reservation. We will call you the day before your appointment to confirm your scheduled session. In the event that you need to cancel or reschedule your appointment, we require a phone call notice by 5:00 p.m. the day prior, or your card will be charged 50% of the scheduled services. Any appointment booked the day of service will be charged in full at the time of booking, and is non-refundable. No shows will be charged the full dollar amount for their missed appointment. Please note that scheduling an appointment is your acceptance of this policy.

**Balance** is a wellness-based center that offers therapeutic services, ongoing client education opportunities and natural and organic products that promote health and overall well being. We strive to provide quality care and a calming atmosphere to nurture your body, mind and spirit on the physical, mental, emotional and energetic levels.

**balance**   
therapeutic massage & wellness center  
Relax. Revive. Explore. Learn. Grow.

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