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I qualified as a Bowen Practitioner in 1996 having previously worked as a qualified nurse in the early 1980s.

I became a complementary therapist in 1982 when I trained as a Reflexologist with the Bayly School. Subsequently I became a qualified Holistic Therapist.

I taught Holistic Therapy for 12 years in the Further Education college at Coleg Powys in Mid Wales and in the UK.

I now teach and assess for the European College of Bowen Studies through out the UK and abroad.

I also have a busy private clinic near the Spa town of Llandrindod Wells and picturesque Ludlow.