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# **FUNDAMENTALS OF ROSEN METHOD BODYWORK**

## *Emotional Mindfulness and the Embodied Self*

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*"To be truly happy in this world is a revolutionary act because true happiness depends upon a revolution in ourselves. It is a radical change of view that liberates us so that we know who we are most deeply and can acknowledge our enormous ability to love." —Sharon Salzberg*

Through the simplicity and power of human touch, explore and find out who you are most deeply. Develop the inner knowing of emotional mindfulness, inviting that radical change of view toward yourself. Release barriers to deeper consciousness, authentic aliveness, and your own enormous ability to love.

### **THE FUNDAMENTALS COURSE ADDRESSES SUCH BASIC QUESTIONS AS:**

- How does the emotional life manifest in the body?
- How can we unlock the holding around our hearts?
- What is the power of touch in loosening our rigid postures?
- What do the mysteries of breath tell us about tension and our inner barriers?
- How can you ground yourself in the center of awareness, the essential self, and live from there?

This intensive training in Rosen Method Bodywork will be of special interest to health and helping professionals, psychotherapists, and current bodyworkers. It is also intended to benefit those from all walks of life who want greater physical and emotional aliveness, and a sense of ease in being who you are. It is helpful for those who wish to learn to become more at ease with their emotions or emotions in others. The week is also wonderful self-care for any helping professional.

**TAUGHT BY:** *Bill Samsel, Senior Teacher from California, and Minnesota practitioner Dorothea Hrossowyc*

**DATES:** *Sat., September 26 through Sat., October 3, 2009 (7-day intensive, Wednesday off)*

**TIMES:** *9:00 a.m. – 5:00 p.m.*

**LOCATION:** *Martell's Landing, Somerset, Wis., a nature reserve and farm on the Apple & St. Croix Rivers.*

*This beautiful location, 60 min. from Mpls./St. Paul, offers a gentle healing environment among pine forests & farm fields, where some say the waters having healing properties. Some affordable onsite lodging available, including tenting. Nearby motel lodging also available. Three meals provided for an additional \$20/day.*

**COST:** *\$900 (\$850 early bird fee if registered by August 21.) Ask about our referral discount!*

**BILL SAMSEL** is a senior teacher of Rosen Method and director of teaching for the Cascadia Centre, British Columbia. Bill studied with Marion Rosen in the first training class. He practices in Santa Cruz, Calif., and teaches in Canada, Australia, and the United States. With his 27 years of experience, Bill is able to create and maintain a safe space for participants, providing them an opportunity for deeper self-awareness and truthful self-expression. He strongly values identifying and acknowledging the power of the breath to effect change. He brings warmth, humor, and compassion to the work.

**DOROTHEA HROSSOWYC, MA**, is a certified Rosen Method Bodywork practitioner in private practice in bodywork and empowerment counseling in Minnesota. She has also studied Hakomi Body Psychotherapy and Sensorimotor Psychotherapy for Trauma, Developmental, and Attachment Issues. She has led many workshops in mind/body medicine, releasing unconscious limitations, women's issues, listening skills, parenting, educational change, and healing from physical and sexual hurts. All forms of human liberation are her lifelong passions.

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**CO-SPONSORED BY THE CASCADIA ROSEN CENTRE AND THESE ROSEN METHOD PRACTITIONERS & INTERN:**



Louisa Castner (612) 201-7887  
Dorothea Hrossowyc (612) 817-5777  
Marjorie Huebner (612) 242-6646  
Sheri Krall (507) 288-4995  
Kileen Smyth (507) 261-8875



*Call to schedule a session or get more information. You can also visit [www.rosenmethodmn.org](http://www.rosenmethodmn.org) for more!*

## FUNDAMENTALS OF ROSEN METHOD BODYWORK REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

- \$900 Full payment enclosed (or early-bird fee of \$850, if before August 21)       Yes, I'd like onsite lodging  
 Yes, I can bring a massage table       No, I can't bring a massage table       Yes, I'd like to tent/camp onsite

SPECIAL NEEDS \_\_\_\_\_

Please send registration and payment made out to:  
Louisa Castner, c/o CFPA,  
3754 Pleasant Ave., South, #201  
Minneapolis, MN 55409  
castner@mac.com



Rosen Method Intensive Training  
c/o Louisa Castner  
3754 Pleasant Ave., South, #201  
Minneapolis, MN 55409

Address correction requested

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“This work is about *transformation*  
from the person you think you are  
to the one you truly are.”

—*Marion Rosen*