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# **ROSEN METHOD BODYWORK INTENSIVE TRAINING**

## *Emotional Mindfulness and the Embodied Self*

*A uniquely designed personal and professional development opportunity*

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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, Rosen Method allows direct access to who we 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 and learn to assist others to do the same through the power of touch.

### **THIS 7-DAY INTENSIVE 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 we ground ourselves in the center of awareness, the essential self, and live from there?

This intensive training in Rosen Method Bodywork is of special interest to health care and helping professionals, psychotherapists, and bodyworkers. It benefits those from all walks of life who want greater physical health, emotional aliveness, and ease in being themselves. This program helps us become more at ease with our emotions and emotions in others. The week provides wonderful self-care for any helping professionals, especially any who may experience burnout. This is a hands on training where students learn by doing and experiencing the work, and includes processing time. Come to cultivate the capacity of human connection to heal, renew and inspire, inviting radical change through ease of being.

**TAUGHT BY:** *Gloria Hesselund, Director of Teaching, The Berkeley Center, and Minnesota practitioner Dorothea Hrossowyc*

**DATES:** *Sat., May 1-Sat., May 8, 2010 (7-day intensive, Wednesday off)*

**TIMES:** *9:00 a.m. – 5:00 p.m.*

**LOCATION:** *Martell's Landing, Somerset, WI., 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 \$30/day.*

**COST:** *\$900 (\$850 early bird fee if registered by April 2.) Ask about our referral discount!*

**GLORIA HESSELUND, MA** is Director of Teaching for training programs in Berkeley, CA, Sweden, Norway, Australia and the UK. Marion Rosen's close student and colleague for many years, Gloria has been teaching Rosen Method internationally since 1985. She offers students a deep knowledge of the work, compassion, acceptance and a natural, easy, supportive teaching style.

**DOROTHEA HROSSOWYC, MA**, is a certified Rosen Method Bodywork practitioner and Introductory Workshop teacher 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. Or 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 April 2)  Yes, I'd like onsite lodging/meals  
 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](mailto:castner@mac.com) 612 201 7887



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*

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