
ROSEN METHOD BODYWORK INTENSIVE TRAINING

Emotional Mindfulness and the Embodied Self

A uniquely designed personal and professional development opportunity

"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

Living in these times, it takes courage, faith and heart to continue to be open and feel. We invite you to join us on this journey into the unknown territory of our embodied selves. The explosion of research in neuroscience confirms the importance of touch and contact for human development and well being— for regulating our emotions and our physiology. Rosen Method uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experience and emotions, and to release unconscious limiting beliefs.

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: *Karen Roeper, Senior Teacher from CA, and Minnesota practitioner Dorothea Hrossowyc*

DATES: *Sat., Oct 30-Sat., Nov 6, 2010 (7-day intensive, Wednesday off)*

TIMES: *9:00 a.m. – 5:00 p.m. (some days will end slightly earlier)*

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

This natural 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. Very limited, affordable onsite lodging available.

Nearby motel lodging also available. Three meals provided for an additional \$30/day.

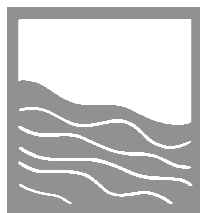
COST: *\$900 (\$850 early bird fee if registered by Oct 1.) Ask about our referral discount!*

CEUs available for therapists and nurses

KAREN ROEPER, MS, senior teacher of Rosen Method on the faculty of the Cascadia Centre, BC, is the founder of Essential Motion, a somatic-based coaching process. She has taught Rosen Method and Essential Motion Trainings internationally since 1989. She maintains a private practice in California and holds a master's degree in counseling and dance therapy. Presence, curiosity, compassion, acceptance, and kindness are the principles Karen Roeper draws on in her work. She brings to her teaching a deep trust in the transformative ability of each person.

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.

CO-SPONSORED BY ROSEN CENTRE CASCADIA, BC, 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 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 Oct 1) 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 some onsite meals

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 612 201 7887



Rosen Method Intensive Training
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Address correction requested

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

—*Marion Rosen*
