

ACCESSING THE UNCONSCIOUS THROUGH TOUCH EMOTIONAL MINDFULNESS AND THE EMBODIED SELF

An Introduction to Rosen Method Bodywork with Dorothea Hrossowyc

*"If a living system is suffering from ill health, the remedy is
to connect it with more of itself." —Francisco Varela*

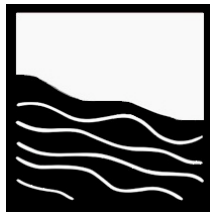
The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology.

Rosen Method Bodywork uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experiences and emotions, connecting to the essential self, releasing unconscious limiting beliefs. Learn how to be with emotions in the body, in ways that are helpful, not caretaking or absorbing, and how they organically release in the body in yourself, and your clients,

The workshop will be of special interest to current bodyworkers, health and helping professionals, and psychotherapists. 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 a prerequisite for the Rosen Method seven-day training intensive that will be held at Martell's Landing in Somerset, Wisconsin, September 26 to October 3, 2009.

ABOUT THE TEACHER

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.



Minneapolis, August 28–29, 2009

Location: *To be announced*

Friday, 7–9:30 PM, Lecture/Demonstration, open to the public (\$20 if attended separately)

Workshop: Friday evening, plus Saturday 9:30 AM – 4:30 PM

Fee: \$150 (\$140 if registered by August 7)

INTRODUCTION TO ROSEN METHOD BODYWORK Registration Form

Name _____

Address _____

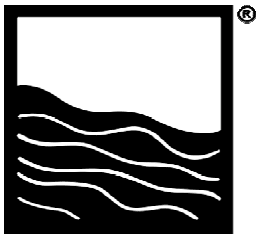
Phone _____ Email _____

\$150 — Full payment enclosed. (Early-bird cost is \$140 before August 7.)

Yes, I can bring a massage table.

Please send registration form and payment made out to Louisa Castner, c/o CFPA, Suite 201, 3754 Pleasant Ave., South, Minneapolis, MN 55409. Call 612-201-7887 with questions.

Visit www.RosenMethodMN.org.



Rosen Method Workshop
c/o Louisa Castner, CFPA
3754 Pleasant Ave., South
Suite 201
Minneapolis, MN 55409

Address correction requested

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