

"FUNDAMENTALS OF ROSEN METHOD BODYWORK" REGISTRATION FORM

NAME _____

ADDRESS _____

PHONE _____ Email _____

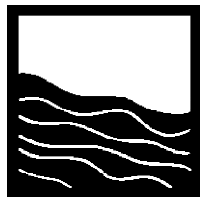
\$900 Full Payment Enclosed (Early-bird fee is \$850 before Oct. 25)

Yes I can bring a massage table No, I can't bring massage table

SPECIAL NEEDS _____

Please send registration and payment to:

Dorothea Hrossowyc
8620 Wallstreet Rd.
Northfield, MN 55057
hrossowyc@gmail.com



Rosen Method Intensive Training
c/o Dorothea Hrossowyc
8620 Wallstreet Rd.
Northfield, MN 55057

Address correction requested

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

-Marion Rosen

FUNDAMENTALS OF ROSEN METHOD BODYWORK

Accessing the Unconscious Through Touch

~INTENSIVE TRAINING~

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.

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?*

This intensive training 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: Karen Roeper, Senior Teacher from California, and Minnesota practitioner Dorothea Hrossowyc

DATE: November 14 -21, 2008 (8-day intensive, Tues. is a day off)

TIME: WEEK DAYS 9:00 AM – 5:00 PM Saturday 2:00 -6:30 PM Sunday 9:00 PM – 3:30 PM

LOCATION: Tapestry Folk Dance Center 3748 Minnehaha Ave. Minneapolis 55406

COST: \$900 (\$850 early bird fee if registered by October 25th. Ask about further discount for referrals).



KAREN ROEPER is a senior teacher of Rosen Method and the founder of Essential Motion, a somatic-based coaching process. She maintains a private practice in California and holds a master's degree in counseling and dance therapy. Presence, curiosity, creative expression, acceptance, and kindness are the principles Karen Roeper draws on in her work with a deep trust in the transformative ability of each person.

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. She has led many workshops on 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 and transformation are her life-long passions.

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& THESE ROSEN METHOD PRACTITIONERS:



Louisa Castner 612.201.7887

Marjorie Huebner 612.338.5353

Sheri Krall 507.288.4995

Zach Howe 612.817.2185

Dorothea Hrossowyc 612.817.5777

Kileen Smyth (Intern) 507.261.8875



Call to schedule a session, or for more information. You can also visit www.rosenmethodmn.org for more!
