

# ACCESSING THE UNCONSCIOUS THROUGH TOUCH

## Emotional Mindfulness and the Embodied Self:

### An Introduction to **Rosen Method Bodywork** A modality addressing body/mind/spirit/emotions, and the evolving Self

" 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. The **Rosen Method** uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experiences and emotions, and to release unconscious limiting beliefs and negative ideas about the self stored in the body.

The intro workshop will be of special interest to current bodyworkers, health care and helping professionals, and psychotherapists. It benefits those from all walks of life who want greater physical health, emotional aliveness, and a sense of ease in being who you are. This is a hands-on workshop where one learns by experiencing the work, learning how to touch the body with this receptive touch, and to support the unfolding of old emotions and the emerging Self. One Introductory workshop or 2-3 sessions with recommendation by a practitioner is a prerequisite for the Rosen Method seven-day training intensive that will be held nearby, Oct 30-Nov 6, 2010.

#### The Teacher

Dorothea Hrossowyc, MA, a Rosen Method Bodywork Practitioner, certified Introductory Workshop teacher, and Rosen Method teacher in training, in private practice in bodywork and empowerment counseling in Minnesota. Trained by Marion Rosen, she is also a graduate of Hakomi Body Psychotherapy and Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues. She has led many workshops in mind/body medicine, releasing unconscious limitations, women's issues, listening skills, healing from physical and sexual hurts, parenting, educational change and transforming the inner critic. All forms of human liberation are her lifelong passions.

#### Location/Dates

St. Paul, Saturday, October 2, 9 am-5pm

Twin Cities Friends Meetinghouse, 1725 Grand Avenue, St. Paul

Fee: \$115 if registered by Sept 24, (\$125 after Sept 24)

For questions or more information call 612 201 7887 or 612 817 5777

#### CO-SPONSORED BY 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!*

INTRODUCTION TO ROSEN METHOD BODYWORK      Registration Form

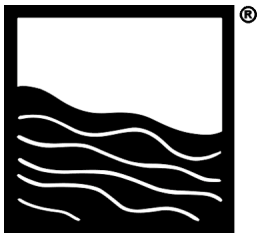
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

\$125 — Full payment enclosed. (Early bird cost is \$115 before Sep 24.)

Please send registration form and payment to Dorothea Hrossowyc, 8620 Wallstreet Rd.  
Northfield, MN 55057 Questions, call 612 817 5777 or visit [www.RosenMethodMN.org](http://www.RosenMethodMN.org).



® Rosen Method Workshop  
C/O 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