

ACCESSING THE UNCONSCIOUS THROUGH TOUCH

Emotional Mindfulness in 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. Experience the healing power of mindfulness in the body!

The intro workshop will be of special interest to current bodyworkers, health care and helping professionals, psychotherapists and counselors. It benefits those from all walks of life who want greater physical health, emotional aliveness, connection to the body, 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 like this one, or 2-3 sessions with a recommendation by a practitioner, is a prerequisite for the Rosen Method seven-day training intensive that will be held Spring 2012 in Somerset, WI.

"I think this is the best personal development training I have ever had!" (Madison area therapist)

The Teacher

Dorothea Hrossowyc, MA, a Certified Rosen Method Bodywork Teacher and Practitioner, 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 and Attachment Issues, and is a graduate of the Center for Self Leadership, Internal Family Systems Counseling. 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: November 11-12

Globe University in Middleton, WI - 1345 Deming Way, Middleton, WI. 53562, Room 207
Lecture/demonstration, open to the public, Friday, Nov.11, 7-9:30 pm \$25 for Friday night only
Workshop: Friday night plus Saturday, Nov. 12, 9:30a.m.-4p.m.

Fee: \$125 for both, if registered before October 21. Add \$15 after Oct. 21

For questions, more information or to register call 612 817 5777 or email hrossowyc@gmail.com

This is a wonderful workshop. You'll be glad you came.

CO-SPONSORED BY THESE ROSEN METHOD PRACTITIONERS & INTERN:

Louisa Castner (612) 201-7887
Dorothea Hrossowyc (612) 817-5777
Marjorie Huebner (612) 242-6646
Kileen Smyth (507) 261-8875

Call to schedule a session or get more information. Or visit www.rosenmethodmn.org for more!

INTRODUCTION TO ROSEN METHOD BODYWORK Registration Form

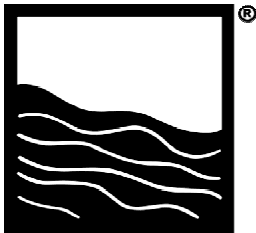
Name _____

Address _____

Phone _____ Email _____

\$125 Add \$15 after Oct. 21, 2011

Please send registration form and payment to Dorothea Hrossowyc, 8620 Wallstreet Rd.
Northfield, MN 55057 (Allow 2 days for mail) Questions, call 612 817 5777
or visit 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