



Rosen Method Bodywork Intensive

Registered Training Program and Personal Growth Workshop

January 30th – February 6th 2010
Cascadia Centre - Roberts Creek, BC

ROSEN METHOD is conscious touch. A gentle, respectful, hands-on form of bodywork. Working with chronically tight muscles, Rosen Method Bodywork encourages physical and emotional awareness. In moments of deep relaxation, long held feelings and memories may surface and be spoken. Clients often become aware of choices they made early in life around which they have shaped their lives. When this awareness happens, they discover new possibilities for regaining freedom of movement and more authentic self-expression.



Bill Samsel - Senior Teacher & Director of Teaching for Cascadia Centre

Bill Samsel studied with Marion Rosen. He practices in Santa Cruz, CA., and teaches in Australia, Canada, USA and Germany. Bill has taught the first Rosen Method Men's Workshops in Germany and Switzerland. With his 23 years of experience Bill is able to create and maintain a safe space for participants, providing them an opportunity for deeper self-awareness and truthful self-expression. He brings warmth, humor and compassion to the work.



Mariette Berinstein Teacher & Director Rosen Method Cascadia Centre

Mariette came to Rosen Method in 1989 as a part of her personal journey, and discovered her passion for life and this work which has lead her on an incredible journey. Mariette first trained with Elaine Mayland and Marion Rosen. She brings to her practice and teaching a deep respect for believing in the individual. Also, a strong belief in the sacredness of a circle and the group as a whole; she creates an allowing, safe place for the individual to reconnect with their wholeness. She has a private practice in Roberts Creek and Vancouver BC.

This workshop is designed to provide an opportunity for self-discovery by giving participants an opportunity to really explore this work through demonstrations, movement, hands-on experience, witnessing, discussion and personal sharing in a retreat-like setting. The support of the group enriches and deepens the process.

Tuition: \$960(Cdn) pay to "Rosen Method Cascadia Centre"

Lodging & Meals: \$488(Cdn incl GST) pay to "RM Studio"

Pay by: Jan14 (includes non-refundable deposit of \$225)

Info. or Registration call Mariette or Deanne toll free US/Canada 1-877-885-0179 or 604-885-0179
visit or register on line: our website www.rosenmethod-canada.com

Information and Registration

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Pay before January 14th, 2010

Course Information

Where: Rosen Method Cascadia Centre, Roberts Creek BC.
We are located on a beautiful half acre property within walking distance to hiking trails in old growth forest, beautiful beaches and stores in the heart of Roberts Creek.

Check In: **Friday January 29th** after 4:00pm

Course Starts: Saturday Jan 30th - 9:30am
Saturday thru Friday - 9:30am - 4:30pm; Wednesday is a day off (no meals)
Saturday Feb 6th - 9:00am - 1:00pm

Transportation from Vancouver Int'l Airport:

We will assist participants who are arriving/departing by air to arrange transportation to/from Cascadia Centre. There is a relaxing & scenic 35 minute ferry ride that is part of your journey to Cascadia Centre on the Sunshine Coast. Travel time from the airport to the Horseshoe Bay Ferry Terminal is approx 1 hour in light traffic.

Note: It's important that you give yourself time to complete the whole intensive, including closure and saying farewell to the others in this unique group. On the last day of the intensive, we close at 1:00pm to allow plenty of time to catch the 2:20 ferry back to Vancouver. You can expect to arrive at the airport, without rushing it, at approximately 4:30pm. Please take this into consideration when booking your return ticket.

REGISTRATION

Please **Register ON LINE** on our website: www.rosenmethod-canada.com

Cascadia Centre and RM Studio both accept credit card payment by **MasterCard** or **VISA** or cheques payable to: "Rosen Method Cascadia Centre" for Tuition and "RM Studio" for Lodging and Meals. Mail cheques to:

Rosen Method Cascadia Centre, 3311 Beach Ave., Roberts Creek BC CANADA V0N 2W2

Phone 604-885-0179 or **toll free** US/Canada 1-877-885-0179

email: cascadia_centre@dccnet.com