



# ROSEN METHOD BODYWORK

*"Accessing the Uncconscious through Touch"*  
~ Marion Rosen

February 4 - 5, 2012

## Rosen Method Weekend Workshop *A Journey of Self-Discovery*



**Mariette Berinstein** Certified Senior Teacher, Director of Cascadia Centre

**Rosen Method Bodywork** is unique in its use of sensitive gentle touch, which meets chronic muscle tension, allowing relaxation. Rosen Method is a way to access feelings and experiences through the body. Often words are used to speak into what we see or feel, which supports the process. Through muscle tension, the body represses feelings and experiences that we cannot handle at the time of their occurrence. In this way we often forget what happened.

Chronic tension, which once served as a protection, often becomes a barrier, a limitation to the full expression of our aliveness. When the client relaxes deeply, they may connect with this tension in a way that allows them to experience and become aware of these barriers, therefore supporting the possibility of change at a deep level.

**Workshops** provide an opportunity for self-discovery, by giving participants opportunity to explore this work through demonstrations, movement, hands-on experience, discussion, and personal sharing. The

**Location:** NHPC Knowledge Centre,  
6th floor 10339 - 124th Street Edmonton, Alberta

**Times:** Saturday & Sunday: 9:30am-4:30pm

**Cost:** \$275 before Jan. 27, 2012 after: \$325  
(includes \$75 non-refundable deposit and GST)

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[RosenMethod-Canada.com](http://RosenMethod-Canada.com)

