



## **Rosen Method Bodywork Intensive Weekend Series in Edmonton AB**

*Registered Training Program and Personal Self-discovery Workshop*

**We are offering the equivalent of one full  
Rosen Method Bodywork Intensive over two weekends**

**March 9 - 11, 2012 and April 19 - 22, 2012**

**NHPC Knowledge Centre, 6th floor, 10339 124th St., Edmonton**

**Rosen Method Bodywork is unique in its use of sensitive gentle touch, meeting the chronic muscle tension, thereby allowing relaxation. Often words are used to speak into what we see or feel, supporting the process. Rosen Method is a way to access our feelings and experiences through the body. Through muscle tension, the body contains and holds the feelings and experiences that we couldn't handle at the time of their occurrence. Often we forget that we are holding tension in our muscles.**

**This chronic muscle tension, which once served as a protection, often becomes a barrier, a limitation to the full expression of our aliveness. When we relax deeply, we connect with this tension in a way that allows us to experience and become aware of these barriers, therefore supporting the possibility of change at a deep level.**



### **Mariette Berinstein – Senior Teacher & Director Cascadia Centre**

Mariette came to Rosen Method in 1989 as a part of her personal journey, and discovered her passion for life which has led her on an incredible journey. Mariette first trained with Elaine Mayland and Marion Rosen. With over fifteen years of teaching experience, she brings to her practice and teaching a deep respect for the individual. She honours the sacredness of the circle and the group as a whole, and creates an allowing, safe place for the individual to reconnect with their wholeness. Mariette has a private practice in Roberts Creek and West Vancouver BC.



### **Sarah Dandridge, CMT, SEP – Certified Teacher**

Sarah was trained by Marion Rosen and has been practicing Rosen Method for 23 years in the Bay Area. For many years, Sarah has been a Primary supervisor for Rosen interns and she co-taught the first training class for supervisor candidates in Berkeley. Sarah is a certified Teacher and has taught introductory workshops and co-taught intensives in Canada, Moscow, Santa Fe and the Bay Area. She is also a certified practitioner of Somatic Experiencing, the technique developed by Peter Levine to resolve trauma in the body. She is an avid birdwatcher.

**These weekend workshops are part of the training, and 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.**

**Please Register on line at [www.rosenmethod-canada.com](http://www.rosenmethod-canada.com)  
For information call Cinnamon: 780-203-5159 or the Rosen Method Cascadia Centre  
toll free Canada/US 1-877-885-0179 or 604-885-0179**

## **Information and Registration**

### **Rosen Method Bodywork Weekend Intensives Registered Training Program and Personal Self-discovery Workshop**

#### **Weekend Series #1 in Edmonton, Alberta**

**We are offering the equivalent of one full Rosen Method Bodywork Intensive over two weekends in Edmonton, Alberta.**

**Series #1** March 9-11, 2012 is three full days, Friday thru Sunday

**Series #2** April 19-22, 2012 is four full days, Thursday thru Sunday  
Class hours are from 9:30am - 4:30pm each day.

### **Registration**

**When registering it is required that you register for both weekends**

**Series #1 Workshop Fee: \$630** (includes tuition; \$125 non-refundable deposit for Series #1; plus \$125 non-refundable deposit for Series #2)  
Register **after February 15** the Workshop Fee is **\$695**

**Series #2 Workshop Fee: \$505** (includes tuition the non-refundable deposit \$125 paid at registration equals \$630)  
Register **after March 15** the Workshop Fee is **\$565**

### **Course Information**

**Where:** NHPC Knowledge Centre, 6<sup>th</sup> floor,  
10339 – 124St. Edmonton. Alta

**Check In:** Friday 9:15am

**What to Bring:** A set of sheets, a pillow, a blanket and  
a massage table if you have one

**For information or to register call Cinnamon 780-203-5159 or  
The Rosen Method Cascadia Centre  
toll free Canada/US 1-877-885-0179 or 604-885-0179**

Please **Register ON LINE** on our website: **[www.rosenmethod-canada.com](http://www.rosenmethod-canada.com)**

Rosen Method Cascadia Centre accepts credit card payment by **MasterCard** or **VISA** or  
**cheques** payable to: **Rosen Method Cascadia Centre.**  
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