



Rosen Method Bodywork Intensive

Registered Training Program and Personal Self-Discovery Workshop

February 18th – 25th , 2012

Cascadia Centre – Roberts Creek BC

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.



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 and in the United States. With his 28 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 his work.



Alan Fogel, PhD, LMT – Rosen Method Bodywork Co-Teacher in Training

Alan began his Rosen training in 1998 with the Rosen Method Center Southwest and became a Rosen Method Bodywork practitioner and Licensed Massage Therapist in 2004. He currently teaches and does research work in the Dept of Psychology at the University of Utah, and maintains a private RMB practice. He blends his experience and scientific knowledge with his love of Rosen Method and gives students a new perspective view of how effective Rosen Method bodywork can be.

This Intensive invites professional deepening personal self-discovery.

Students will get direct experience with Rosen Method, and an opportunity to observe the effects of the work in themselves and their fellow students, through demonstration, hands-on experience, discussion and sharing. The demonstrations are a teaching time in the Rosen Method Bodywork. The teacher shares what he/she is doing, seeing and feeling. During this time questions are invited.

Tuition: \$960(Cdn) due Jan. 16, payable to “Rosen Method Cascadia Centre”

Lodging & Meals: \$598.40(Cdn) includes HST payable to “RM Studio”

Pay by: Jan. 10 (includes non-refundable deposit of \$250)

After Jan. 16 pay \$673.40

For info. call the Cascadia Centre Toll-free Canada/US 1-877-885-0179 or 604-885-0179

Register on line: www.rosenmethod-canada.com

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Information and Registration

Where: 1249 Roberts Creek Rd. Roberts Creek, BC at the Rosen Method Cascadia Centre.
We are located on a beautiful half-acre property within walking distance to hiking trails, old growth forest, beautiful beaches and stores in the heart of Roberts Creek.

Check In: **Friday, February 18th after 4:00pm** for those arriving from off the Sunshine Coast.

Course Starts: Saturday, February 18th – 9:00 am – 4:00
Sunday through Friday, 9:00am - 4:00pm;
Wednesday is a day off (no lunch or supper provided)

Course Ends: Saturday, February 25th 9:00am – 1 pm

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 40 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.

Please take this into consideration when booking your return ticket:

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, at approximately 4:30pm.

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

We accept credit card payment by VISA or MasterCard or cheque/money order.

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**Mail to: Rosen Method Cascadia Centre,
3311 Beach Ave..
Roberts Creek B.C. CANADA VoN 2W2**

Contact Mariette at 604-885-0179 or toll-free US/Canada 1-877-885-0179

e-mail: cascadia_centre@dccnet.com Website: www.rosenmethod-canada.com