



ROSEN METHOD MOVEMENT

Experience the joy of
moving freely and easily all your life !

Rosen Method Movement Intensive A Registered Training Program and/or for personal growth

March 31 – April 4, 2012
at the Cascadia Centre, Roberts Creek BC

Rosen Method Movement encourages natural, free breathing and uses gentle stretching, swinging and exercises to improve body alignment and flexibility. During each class the joints of the body are moved through their full range of motion. Supported by music this movement is done in a lively group setting. Some movements are done individually, others with partners or in a circle.

The class allows people to release physical holding and in the process, to rediscover the joy of movement. For those with limitations the effect is often restorative. The classes provide a spacious, joyful sense of one's body at rest and in daily activity.

These easy and pleasurable movements/exercises provides a thorough method for maintaining fluid motion over the years



Teacher: Karen Peters ~
Director of Movement Training Program

Karen Peters is a Senior Rosen Method Movement Teacher Trainer, and an Alexander Technique Teacher as well. Karen was trained in Berkeley as a Movement Teacher by Jane Malek and Lisa Thompson; she was subsequently trained as a Teacher Trainer by Theresa Garcia. She currently teaches a weekly class in Napa, California, and teaches movement training classes at the Berkeley Center. Karen has two young sons at home, and finds teaching Rosen Movement to be an invaluable source of sanity, love, joy, and aliveness

Rosen Method Movement is designed for everyone!
Come and learn about these simple, practical and powerful movements.

Register by February 28, 2012

Tuition: \$650 pay to "Rosen Method Cascadia Centre"

Lodging & Meals: \$400(includes HST) pay to "RM Studio"

Pay by: Feb. 28 (inclu. non-refundable deposit of \$125 for RM Studio)



Contact the Cascadia Centre **toll free 1-877-885-0179** or **640-885-0179**
email: cascadia_centre@dccnet.com

INFORMATION and REGISTRATION

Residential Rosen Method Movement Intensive

March 31 –April 4th, 2012

Costs: Tuition \$650 pay to “**Rosen Method Cascadia Centre**”
Lodging & Meals: \$400(includes HST) pay to “**RM Studio**”

Pay by: Feb. 28, 2012 (inclu. non-refundable deposit of \$125 for RM Studio)

Course Information

Where: 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: Tuesday, March 30, 2012 after 4:00pm

Course Starts: Saturday thru Wednesday 9:30am – 4:30pm
and Wednesday April 4th 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.

Important 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 airline ticket.

REGISTRATION

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

Rosen Method 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