

Rosen Method Movement Intensive

Teachers :

Aurelia Priotto St. John from Italy and co-teacher Karen Vinding from Danemark.

October 20 -24 ,2018

Maison d'accueil de Charousse, Gigors (Drôme)



« We can expand, we can take space.
It can be joy, it can be ease.
Each movement can be a dance.»

MARION ROSEN

Come to move and dance with us !

Rosen Movements are done without effort, allowing the release of chronic tension and the relaxation of physical and emotional postures. They improve the flexibility of articulation, encourage the natural breath and invite a deeper experience of ourselves.



Aurelia Priotto St. John is responsible for the Movement Training in France. She is a senior movement training Teacher and senior bodywork Teacher. Trained and formed by Marion Rosen, she has worked for many years in California, New Mexico and Canada where she was responsible for the Movement Training program.

In 2010 she returned to her native land Italy where she is bringing and sharing her passion for Rosen Method.



Karen Vinding is the responsible for the movement training in Denmark. She is a senior movement teacher and bodywork teacher. She has been following Marion closely within and after her training.

Karen: "It is a passion for me to share this deep way that Marion allowed people to let go of their tensions."

With joy we welcome you !

Aurelia, Karen and Lene (organizer)

Lene Espensen • Tél. : 06 82 37 68 41 • lene@espensen.com

<http://methode.rosen.free.fr>



Further Informations :

How do the Rosen movements work ?

What happen when the body relaxes and lets it go?

The muscles relax, lengthen, widen and the emotions can surface.

Body movements become free and a new person, more complete person appears.

The breath moves and circulates more freely in the whole body.

Rosen movements are joyful, simple and without effort .

They gradually allow the release of muscular tension as well as chronic tension in an effective way.

The opening of the chest and the heart invites the breath to move more easily. It brings a better sensation of oneself and more open feelings towards others.

What is a Rosen Method Movement Intensive?

The five-day workshop is open to anyone who would like to re-learn how to move without effort, with joy, lightness and trust. You will learn:

- 1 – Warm up the body to open and lubricate the joints.
- 2 – Slow stretch inviting the natural breathe.
- 3 – Work with a partner to find a wider attention and a rhythm together.
- 4 – On the floor working on the spine, also time to integrate what you've experienced.

This workshop is also part of the training to become Rosen Movements teacher. You will learn theory about the movements and how to give and prepare a class.

You'll be encouraged to give short demonstration in front of the group and to explore different musical styles that correspond to different parts of a movement class.

Sharing circles will be part of the learning process. They offer an opportunity to exchange experiences, to acknowledge the inner process through which everyone goes. There are also circles for asking didactic questions.

Rosen Method Movement Intensive

With Aurelia Priotto St. John and Karen Vinding (in french and english)

Octobre 20-24, 2018, Charousse, Gigors, Drôme , France

Bring : a mat, comfortable clothing , scarf, your music and music player.

Hours : 9:00 am to 4 pm (the course starts the 20th of October at 10 am – ends on the 24th at 1 pm)

Price course and accommodation included : 625€ (full pension from lunch Saturday 20th to Wednesday 24th

breakfast included.) It is possible to arrive on Friday night (22€ for the night). There are no meal served on Friday night either breakfast Saturday morning. If you want a single room it is 8€ extra à day.

Please inform Lene about your day of arrival and your choice of room.

Arriving by train: You can reserve a Taxi if you arrive a the train station at Crest. calling this number 04 75 81 23 25 minimum 48 hours ahead. The cost is 5€. The taxi is not available after 8pm and on Sundays.

To register : send this form to *Lene Espensen with à deposit of 120€ (to the order of "institut rosen")*.
For a bank transfer, please contact Lene.

Lene Espensen, 32 rue Sadi Carnot 26400 Crest - +33(0)6 82 37 68 41 - lene@espensen.com

Registration form and questionnaire for a Rosen Method course

The following questions are confidential
Only teachers and their assistants will have knowledge of them.

Course at ...Charousse, Gigors..... Date..... 20th-24nd of Octobre 2018.....

First name : Last name :

Street address :

City

Phone number : Email :

Date of birth :

How did you get to know the Rosen Method ?

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Have you already attended a Rosen class or workshop ? If yes where and when and with which teacher ?

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Have you ever received Rosen sessions ? If yes,how many ?.....

Have you attended weekly Rosen movement classes?

If so, where, and for how long ?

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Have you ever attended other movement or bodywork training courses ?If yes, which ones ?

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Have you done any other personal development work ?

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Are you currently under physical - or psychiatric medical treatment ?

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Are there other informations concerning your physical and psychic health we should know ? (alcohol dependence or anything else)

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Who to call in case of emergency ?

1. Phone :

2. Phone :

This work requires a personal commitment of the participants. By registering on this course, I declare I will be responsible for myself, for my physical and psychic health.

Date : Signature :

COMMITMENT

1/ Confidentiality agreement

I understand that Rosen Method is a private and personal experience for every participant. I am committed to respect all informations, words and acts of the participants as strictly confidential and private.

Date:

Signature:

2/ Brand's use

I know that «Rosen Method»'s brand and logo are protected and that they can't be reproduced, copied or duplicated without a special written permission of the «Centre Rosen».

Only practitioners who have graduated from the Rosen Institute, and the students on the 3rd level can use the name and the logo «Rosen Method».

Furthermore, I am committed not to film or take photography's without prior consent.

Date:

Signature: