

*Keep your body limber and happy . . . and learn to help others do the same!*

## **ROSEN METHOD MOVEMENT**

Come learn about this integrated program developed by a physical therapist, Marion Rosen, to help people prevent injuries and age gracefully. Accessible in their simplicity and powerful in their effects, regular Rosen Movement classes facilitate ease of movement, while improving posture, flexibility, and balance.

**Join us for two rare opportunities to learn  
more about Rosen Method Movement.**

### **INTRODUCTORY WORKSHOP**

Saturday, April 17, 2010

9:30 AM – 4:00 PM

Ivy Building, Studio 224  
2637 27<sup>th</sup> Ave., South  
Minneapolis

Cost: \$75

Space is limited—register early!

### **TEACHER TRAINING/MOVEMENT RETREAT**

June 17 – 21, 2010

9:30 AM – 4:00 PM

Martell's Landing, Somerset, WI  
Beautiful setting, 60 min. from Twin Cities  
(some room & board available)

Cost: \$500/\$450 by May 1  
\$100 deposit

The **April 17 Workshop** is a great way to explore this unique approach to flexibility and wellness—whether you're looking to join an ongoing class or think you might want to learn how to teach and share the form with others.

The **June 17–21 Teacher Training/Movement Retreat** will be of special interest to physical therapists, bodyworkers, movement teachers, and instructors who teach at fitness, community, senior, and healing centers, as well as therapeutic settings where better health practices are promoted. Rosen Method Bodywork students, interns, and practitioners will also learn to use movement to loosen internal restriction. The five-day training can also enhance personal development.

*Both events will be taught by **Marjorie Huebner**. She is a Rosen Method Movement Teacher Trainer, Rosen Method Bodywork Practitioner, and facilitator of Authentic Movement. She brings her background in modern dance, yoga, interest in experiential anatomy, and more than 25 years of hands-on bodywork to her teaching of Rosen Movement. Marjorie teaches ongoing, weekly Rosen Movement classes in Minneapolis. She is delighted to share her love of conscious movement.*



**Sponsored by Rosen in the Heartland and the Cascadia Rosen Centre**

***Rosen in the Heartland 2010 Movement Events* Registration Form**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

April 17 Intro Workshop  \$75 Full payment

June 17–21 Training  \$500 Full payment (\$450 early bird by May 1) or  \$100 deposit

Yes, I'd like on-site room/board

Yes, I'd like to tent/camp on-site

Please send registration form and payment made out to *Louisa Castner, c/o CFPA, 3754 Pleasant Ave., S., #201, Minneapolis, MN 55409*. For further event information, contact Marjorie Huebner at 612-242-6646 or wren@mm.com. Questions? Call or email Louisa: 612-201-7887; castner@mac.com.



Rosen in the Heartland  
c/o Louisa Castner  
3754 Pleasant Ave., South, #201  
Minneapolis, MN 55409

Address correction requested

***Inside: Four great opportunities for  
bodywork & movement trainings!***

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