

ACCESSING THE UNCONSCIOUS THROUGH TOUCH

Emotional Mindfulness and the Embodied Self:

An Introduction to **Rosen Method Bodywork**
A modality addressing body/mind/spirit/emotions, and the evolving Self

" If a living system is suffering from ill health, the remedy is to connect it with more of
itself."

Francisco Varela

The explosion of research in neuroscience confirms the importance of touch and contact for human development and well-being—for regulating our emotions and our physiology. The **Rosen Method** uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experiences and emotions, and to release unconscious limiting beliefs and negative ideas about the self stored in the body.

The workshop will be of special interest to current bodyworkers, health care and helping professionals, and psychotherapists. It benefits those from all walks of life who want greater physical health, emotional aliveness, and a sense of ease in being who you are. This is a hands on workshop where one learns by experiencing the work, learning how to touch the body with this receptive touch, and to support the unfolding of old emotions and the emerging Self. One Introductory workshop or 2-3 sessions with recommendation by a practitioner is a prerequisite for the Rosen Method seven-day training intensive that will be held nearby, May 1-8, 2010

The Teacher

Dorothea Hrossowyc, MA, a Rosen Method Bodywork Practitioner, certified Introductory Workshop teacher, and Rose Method teacher in training, in private practice in bodywork and empowerment counseling in Minnesota. Trained by Marion Rosen, she is also a graduate of Hakomi Body Psychotherapy and Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues. She has led many workshops in mind/body medicine, releasing unconscious limitations, women's issues, listening skills, healing from physical and sexual hurts, parenting, educational change and transforming the inner critic. All forms of human liberation are her lifelong passions.

Two Separate Locations/Dates:

IN ROCHESTER: HERMITAGE FARM CENTER FOR HEALING

Wed. March 17, 7:15 -9:30, Lecture/Demonstration, open to the public (\$25 if attended separately)

Workshop: Wednesday, plus Saturday, March 20, 9:30 AM - 5:00 PM

IN MINNEAPOLIS: LOCATION TBA

Friday, April 9, 7-9:30 p.m. Lecture/demonstration open to the public (\$25 if attended separately)

Workshop: Friday plus Saturday, April 10, 9:30 a.m.-5 p.m.

Whole Workshop Fee: \$140 if registered by March 12 (\$160 after Mar 12, evening program only \$25)

For questions or to register for Minneapolis 612 817 5777

To register in Rochester call 507 281 2791

SPONSORED BY HERMITAGE FARM CENTER FOR HEALING, INTEGRATED WELLNESS CENTER AND THESE ROSEN METHOD PRACTITIONERS

Louisa Castner 612.201.7887 Marjorie Huebner 612.338.5353 Sheri Krall 507.288.4995

Dorothea Hrossowyc 612.817.5777 Kileen Smyth 507.261.8875

Call to schedule a session, or for more information.

Or visit www.rosenmethodmn.org or www.hermitagefarm.org for more!

INTRODUCTION TO ROSEN METHOD BODYWORK Registration Form

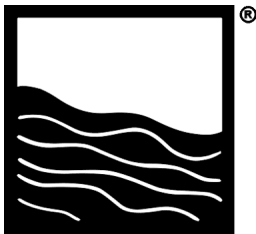
Name _____

Address _____

Phone _____ Email _____

\$160 — Full payment enclosed. (Early bird cost is \$140 before Mar 12.)

Please send registration form and payment for Rochester (made out to Hermitage Farm Center for Healing 6415 West River Rd. NW Rochester, MN 55901.) For Minneapolis to Dorothea Hrossowyc, 8620 Wallstreet Rd. Northfield, MN 55057 Questions, call 612 817 5777 or visit www.RosenMethodMN.org.



Rosen Method Workshop
C/O Hrossowyc
8620 Wallstreet Rd.
Northfield, MN 55057

Address correction requested

“This work is about *transformation*
from the person you think you are to the
one you truly are.”
—Marion Rosen