



ROSEN METHOD GLOBAL CONGRESS IV

Heythrop Hall, Oxfordshire, United Kingdom

October 12-16 2010



The Rosen Institute and Rosen Method Training and Therapy Ltd would like to warmly welcome participants from the worldwide Rosen Method community to participate in

‘NEW INITIATIVES’

‘Let the past inform us - Then open to new possibilities’

Global Congress IV is a gathering of Rosen Method students, practitioners, teachers, school owners and administrators from all the countries around the World where Rosen Method is taught or practised. By participating in this Bi-annual event first hosted by the German School of Rosen Method and Director Juliane Knoop in 2004, we are helping to build on the foundations created by the pioneers of Rosen Method - Marion and her first students and teachers.

The successive congresses, hosted by Finland and the United States, have continued the momentum we generate together when we pool our resources, ideas, questions, passion, interest, knowledge, and abilities. The congresses so far have helped to create new ways of problem solving, educated us in relevant scientific research, helped in understanding differences in approach to the application of Rosen Method, have contributed to helping new centres to receive support and advice, introduced new professional relationships, as well as delivering advice about practice building and marketing skills.

The role of continuing education, and developments in the world which impact how we deliver and market Rosen Method continue to evolve, and there is information about new training opportunities as well as suggestions for practitioners to make successful careers for themselves. The congress has been a melting pot of ideas from all our different cultures and histories as Rosen Centres and practitioners, as well as providing opportunities for updating our skills and informing us about new studies and groups

from within our own community which can assist the way we can present Rosen Method, and help us to find our niche within a changing Social and Health culture.

The congress provides ample opportunity for cross-cultural exchanges in all forms including new friendships, new enterprise, reciprocal sponsoring, and fresh ideas. The United Kingdom Centre has benefited from an eclectic mixture of Teachers from the United States, Germany, Finland, Sweden, Norway, and Denmark. We are particularly excited to host this event and enable a true integration of our different and vibrant cultural perspectives. We believe that each member of the wider Rosen Community has something unique to contribute to our collective 'body'. We look forward to greeting each one of you who come to create this Congress with us, and to use it not only as a platform for our combined voices to be heard and from which we can grow in understanding, knowledge and effectiveness; but also to use it as an opportunity to 'mix it up' creatively. Being open to the unknown, to the power of our collective energy and imagination as we bring out our gift/gifts. To surprise.

The Format

The format of the Congress will be similar to the past 3 Congresses and involve:

- keynote and plenary sessions about the major themes of the Congress
- discussions on specific topics
- panels presenting information and offering different perspectives
- RMPA exchanges
- All Teachers Group (ATG) meetings
- Student forums
- subject related discussions
- workshops and seminars
- roundtables
- sharing circles each morning in small groups
- movement classes

New this year we will offer externally provided training relevant to our work, and hands-on time to help bring out the best in us! In addition, there will be time to relax, unwind, and meet new and old friends and colleagues in the comfortable stately home setting of Heythrop Hall with its modern facilities set in beautiful parkland.

This Year's Theme

Our theme this year is ***New Initiatives***. Rosen Method was first conceived over decades of Marion Rosen's experience in life, and as a physical therapist. Marion's students drew her learning from her, in the way our students and clients draw us to continue to develop.

This is a time when as an organization our students and members are asking us also to evolve.

- What are the demands of delivering Rosen Method Training in 2010, can we learn from other methodologies, what is the way forward for us in the current economic marketplace?
- How can we continue to grow, thrive, and prosper - and what helps us to do that?

- What keeps the flame in us alive and strong? How do we best take care of ourselves, including our organizational structures'.
- How do we stay in touch with the essence of our work, whilst staying open to new input, and who or what do we turn to for inspiration?

The Venue

Heythrop Hall serves as an excellent venue for the Congress, well placed for several major airports and in an area of outstanding natural beauty. Heythrop Hall is a friendly yet well organised facility, ideal for conferences with a combination of modern facilities within impressive historic surroundings.

There are beautiful interior spaces for workshops, seminars, movement classes and Congress presentations, and a new state of the art swimming pool with steam room, sauna and treatment rooms. Outside there are formal gardens and a large park.

The accommodation is mainly in private bedrooms with your own shower, and there is a lovely restaurant with full length windows overlooking the gardens, with delicious choices for food. There are cosy places to chat over tea or coffee, and a bar.

We needed to find a venue that could take a lot of us, and not be too expensive. Then we had to add on the costs in organizing the Congress keeping these as low as possible yet enabling us to give you something worth travelling for, and which supports our going deep in the way a retreat might. We have been able to negotiate with Heythrop Hall to offer us the use of the meeting rooms, and full board and accommodation at under half its usual price, making the total cost for each participant less than an Intensive course. We think it is good value, and that the location will inspire us with uplifting views, walks, and comfortable interior spaces to support our work and rest.

It is possible to book extra days at the hotel if you wish to extend your stay either before or after the Congress, so you can visit some of the many beautiful sites in nearby Oxford, Stratford upon Avon - Shakespeare's birthplace, or Woodstock where you can visit Blenheim Palace, the home of Winston Churchill. Please book rooms for extra nights soon, as the hotel have a limited capacity and will let the rooms go if not booked in time.

See www.heythropark.co.uk to view pictures of bedrooms, leisure centre, hotel and for contact details.

Call for Presentations

We are inviting proposals from all of you concerning topics for presentation/discussion which you would like to be included at the congress.

Please email you thoughts and ideas, to info@rosenmethod.co.uk and put as your Subject - **Proposal for Congress Topics**.

If you would like to offer a presentation or workshop yourself please also email us at info@rosenmethod.co.uk and copy to johnclaphamuk@btinternet.com who will co-ordinating your submissions. See separate Document link – 'Call for Presentations', or which you can download from our website.

For topic ideas and themes we will be building on the submissions of previous congresses. A full programme will be announced after we've received your submissions.

This year we would also like to look at the way the 'shadow' shows up in therapeutic relationships and how to use this shadow aspect as a healthy resource to deepen our authenticity and safety as practitioners, teachers, and Schools.

Dr Asaf Rolef Ben Shahar

This year for the first time we will have a presentation by Dr Asaf Rolef Ben Shahar, an International Teacher and Trainer currently based in Israel. (You can visit his website www.imt.co.il). His work is based around his conviction that our organism strives for aliveness, integration, agility and expression. As well as offering training to the Leaders Conference and Congress designed for groups, he will be running some smaller workshops for those interested. Primarily he will be presenting experiential processes which explore the way we can use our somatic wisdom to keep our organization alive and healthy, as well as our individual practices - Big Bodies, Little Bodies.

Entertainment

We hope to offer a theatre and music night, where you are invited to perform either a music/song/dance piece, or an excerpt from a play. There will be other opportunities to play and relax throughout the Congress.

Silent Auction

There will be a silent auction – please bring something to auction if you can. Monies collected will go to the Marion Rosen Legacy Fund. Jewellery, art, anything welcome.

Poetry and Photographic Wall

We invite the submission of photographs, images and poems for a Poetry and Photographic Wall where we will display your contributions. There is a shortage of photographs that convey the essence of our work, and we look forward to exhibiting images that show the way Rosen Method encourages relaxation and increased aliveness. Perhaps you will wish to donate your favourite picture to the silent auction?

Private Sessions, Trades and Supervisions

There will be facilities for sessions in a shared group room. You will be able to reserve session times on the room time table.

'Three things cannot be hidden, the sun, the moon, and the truth'. -- Buddha

ORGANISATION



Main Event

The main event **Global Congress IV** starts with **arrivals from Tuesday 12th October afternoon** with allocation of bedrooms. You are free to explore the grounds or relax in the pool/sauna in the afternoon. Dinner and welcome drinks will be served in the early evening followed by an informal gathering where we can begin to share some of the themes we will be exploring, and possibly some hands-on work to help us 'land', so that we can make the most of the time we have together.

Arriving early for the Congress (but not participating in the Leaders Conference);

For anyone not belonging in the Leaders Conference category, you are welcome to **book two extra days** at Heythrop Hall and arrive on Sunday afternoon and stay there until the start of the global congress on the Tuesday evening. Special rate of £65 for a single room including breakfast, or £75 for a double or twin - contact hotel directly.



Partners are welcome: while you are attending the Congress they may wish to explore the stunning countryside, or visit places such as Shakespeare's Stratford upon Avon, historical Oxford, or some of the very pretty Cotswolds villages with pubs and tea shops where they can try a 'cream tea.'

For information on staying extra days at Heythrop Hall other than the 10th -12th October please also contact Heythrop Hall and specify that you are part of the Rosen Method Global Congress so that they can pass on the discount to you. See the telephone number on the registration document where you will find details of how to pay.

Leaders Conference

The **two-day Leaders Conference** starts **Sunday evening of 10th October** with dinner. You are asked to arrive Sunday afternoon to allow time for the allocation of bedrooms and so that you can rest a little before we meet in the early evening. The programme includes Leadership Training and discussion time on the future organisation and progress of Rosen Method worldwide. You are invited to take part in this if you are a RMPA chairperson/representative(s) in your country, belong to the ATG Rosen Method Bodywork, Movement Training Teacher, member of the Rosen Institute Board, a training centre director and representatives from emerging centres. Please indicate on

the reservation forms which category you are booking under. If you are uncertain about whether you are eligible to attend but would like to, please email us and we can advise you.

Booking & Online Registration

We are asking participants to book as early as possible to help us organise the event successfully, **no later than three months prior to the Congress, latest 10th July 2010.** This will ensure that we can keep as many rooms as possible dedicated exclusively for the Rosen Method Congress and that we will be able to accommodate everyone who wants to attend.

Please use the on-line registration at www.rosenmethod.co.uk and pay, or print out the PDF, fill it in by hand and then to send to us by post. Alternatively email us and ask for the registration document to be sent to you by email. Full details of prices and how to pay will be found on the Congress Registration Page (Document C Registration Form).

Congress participants are welcome to bring their non-delegate partners/spouses. Please book for them on your own reservation form for administrative purposes. A few Family Rooms are available upon request (a double and a single bed) . If your partner is a conference delegate the full fee applies.

What is Included in the Congress Fee

- All conference/congress activities during the day with mineral waters
- Accommodation
- Full Board (breakfast, 2 course buffet style lunch, teas/coffees, 3 course dinner.)
- Use of meeting rooms
- Use of leisure facilities with swimming pool/sauna/steam room and gymnasium.

The Accommodation

Standard rooms with TV with private shower for single use (contains double bed and can be shared with partner/spouse).

Twin rooms. Twin bedded rooms with TV and private shower. Limited number available. In the event of them becoming sold out participants will automatically be placed in the standard single room in the different price category. Price difference will then be payable.

Upgraded twin or double rooms. A limited number of superior individually designed rooms in the main house with large private bathrooms, most with stunning views. These rooms come at an **additional cost of £50 per night per room, plus tax.** See registration document for details about how to pay the upgrade. A nice treat!

Room adapted for disability needs. One room, but other bedrooms available on the ground floor. Please enquire for availability.

Family rooms. Please enquire for details. Early booking advised.

For all accommodation enquires; please email annabelleapsion@yahoo.co.uk

Pre-congress Rosen Method Intensive

Finally - many people have said that they would have welcomed the opportunity to experience some Rosen work before attending a Congress. We have scheduled an intensive at the end of September, giving a week to rest before the Congress.

"Let the beauty we love be what we do." -- Sufi

Sept 25 - Oct 2 (Wednesday off), Hampstead, London NW3 5PQ England



We warmly invite international students as well as practitioners wishing to review their skills to join us at Pax Lodge (see www.paxlodge.org) for 7 days of Rosen Bodywork, and daily movement classes.

We use a lovely workshop space which also offers accommodation with some self catering facilities . (Book a room there now if you're thinking of coming and staying onsite). We can also recommend other places to stay locally.

Hampstead is a fun part of London, with lovely architecture and many cute cafés, shops and restaurants and a famous park called Hampstead Heath with its own stately home and tea shop, tennis courts and year round swimming pond!

Taught by Senior Teacher Gloria Hessellund, Director of Training for the U.K ,with an International team of assistants Maybe you? Reviewers rate £340. Student fee £530 (early-bird price) if payment received two months prior to the course, thereafter £580. If you wish to assist at this intensive please contact us at info@rosenmethod.co.uk. You can register as a participant on our webpage booking form www.rosenmethod.co.uk

"Only those who risk going too far can possibly find out how far one can go." - T.S. Eliot