

"When we dare to express what we have not allowed ourselves to feel, when we express the truth, healing occurs." Marion Rosen

THE
ROSEN
METHOD

Rosen Method **INTRODUCTORY WEEKEND WORKSHOP**

February 18th & 19th 2017 **CHELTENHAM | GL51 0TW**

This workshop will explore how the emotions, memories and experiences of our lives can be seen and felt in our bodies.

By contacting muscle tension and observing the breath we can become aware of why we have learnt to hold ourselves in a certain way in response to stress and trauma and how it has impacted our potential, our expression and our capacity to live a full and satisfying life.

The gentle touch, sensitive words and supportive presence of Rosen Method helps us let go of limiting holding patterns and as we relax we reconnect with our natural vitality and ease.

This experiential weekend will include demonstrations, practice in pairs, sharing and time for questions and enquiry.

This course is for people who would like to connect with themselves at a deeper level, become clearer about what they want or don't want in their lives and for those who would like to rediscover their creativity and joy of life.

It is also suitable for health professionals wanting to explore a natural way to support clients to let go of unconscious habits that limit their physical and emotional well-being.

"Rosen Method helps us us find ourselves, access the unconscious and become aware of what is residing in our bodies that we have not acknowledged. From there, there is nothing else to do but follow the moment because the healing process inherent in each of us unfolds by itself. Our minds do not know how to do it, our bodies do." Anais Salibian

**To book please contact
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Cost: £150 | Early-Bird Price £135*
*valid until 16th December 2016

This two day workshop will introduce:

Increasing the capacity to stay with ourselves without judgement

Feeling our response to kindness

Experiencing ourselves in relationship with another

Finding our authentic voice

Exploring how touch and words that are respectful and undemanding and practitioner's presence that is supportive and safe, can impact body/mind awareness and stimulate the growth of new nerve pathways (literally re-wiring old habitual responses to life.)

**February 18th-19th at
The Tree of Life Centre
Staverton, near J11 M5**



To find out more about this unique approach please click the link below
https://www.youtube.com/watch?v=OrwvSF2Bp_k