

*"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**

January 27th & 28th 2018 **BRISTOL | BS2 9TJ**

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.

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)**

*'With touch, there is an awareness in the cells of the body that bypasses the intellectual knowing. When people discuss their difficulties intellectually, they do not seem to get to the depth of knowing in the way they do when they are physically touched. Touch seems to be like a sword cutting through the red tape, finding the core of the barrier, of the suffering of the hold' - Marion Rosen*

**St. Werburghs  
Community Centre BS2 9TJ**  
January 27th-28th

**Cost: £160 | Early-Bird Price £145\***  
\*valid until 30<sup>th</sup> November 2017

To book please contact  
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