

***Please come! You are invited to a lecture/demonstration  
being presented on:***

## **Rosen Method Bodywork & Movement**

**Presented by Patricia Angelina, L.M.T.**

***Choose the date and location most convenient for you! Two  
locations to choose from:***

**Wednesday, April 9, 2008**

**7:00 – 9:30 p.m.**

**CenterPoint -- Room #2**

**1920 Hollister Drive**

**Houston, TX 77080**

**Wednesday, April 16, 2008**

**7:00 – 9:30 p.m.**

**Nia Moves Studio**

**3221 Houston Ave.**

**Houston, TX 77009**



Rosen Method is subtle, yet very profound and powerful. Our focus is on ***presence, being, awareness, breath, letting go, allowing, and accepting***. This method enhances relaxation, movement and aliveness through increasing our awareness of the connection between our physical and emotional selves.

Rosen Method is intended to benefit those from all walks of life who want greater physical and emotional aliveness, and a sense of ease in ***being*** who you are.

Come participate in a Rosen Method mini-class -- experience Rosen Method Movement and Bodywork.

***Curious? Come join us – all are welcome!***

*Patricia Angelina, L.M.T., an experienced bodyworker since 1990, has a private practice in the Heights, in Houston. She is currently the only Rosen Method Bodywork Practitioner and Movement Teacher in Texas. She would love to introduce you to this mind/body approach to healing. Please come join us and explore more about Rosen Method.*

**PLEASE VISIT:** [www.healingheartsbodywork.com](http://www.healingheartsbodywork.com) or call Patricia at 713-426-3577