



Rosen Method Bodywork & Movement Introductory Workshop

May 2 - 4, 2008 Houston, TX

Experience the simplicity of this deep inner work

Lecture/Demo: Friday evening, May 2, 6:30 – 8:30 p.m.

Open to public, donations appreciated if not attending workshop

Workshop: Friday evening plus Saturday & Sunday 10 a.m. – 4 p.m.

Register Early: \$220 if registered by April 16; \$250 after

Location: Nia Moves studio, 3221 Houston Ave., Houston, TX 77009

Rosen Method, a hands-on form of bodywork (not massage), uses touch to contact unconscious tension in the body and words to deepen the experience. Benefits include deep relaxation and greater physical and emotional ease.

Our bodies are like libraries where past experiences are recorded and stored. Hunched shoulders, tight lower back, persistent neck pain – symptoms without a physical cause – may be indications of feelings not fully expressed. It is this locked up library which **Rosen Method** bodywork addresses and opens.

The workshop will provide an opportunity to both give and receive **Rosen Method** bodywork. We teach through demonstrations, practice, sharing experiences, and discussion of theory. There will also be time for **Rosen Method** movement.

Designed for newcomers and recommended for:

- All people seeking personal growth and exploration of body mind connection and integration
- Individuals who suffer physical pain and discomfort and are in need of deep relaxation and healing in a safe, nurturing environment
- Individuals looking for a complementary modality which will enhance their psychotherapy or other therapeutic modalities
- Individuals needing Continuing Education Units for their profession

No previous experience with bodywork necessary – all are welcome!

EARN 12 CEUs!

The course is approved by the CA Board of Registered Nursing (Provider #5763) and the CA Board of Behavioral Sciences (Provider 1267) for 12 contact hours for RN's, MFCC's, LCSW's and LPCs. Massage therapists earn 12 CEU's as approved by NCBTMB (Provider 053966-00). CEU's are pending approval for physical therapists. (Attendance on all three days required for CEU's)

FOR MORE INFORMATION AND TO REGISTER

Contact Patricia Angelina (713) 426-3577 or patricia@healingheartsbodwork.com

Visit: www.HealingHeartsBodywork.com