



Rosen Method Bodywork Intensive

Registered Training Program and Personal Growth Workshop

May 15th – 22th 2010
Cascadia Centre - Roberts Creek, BC

ROSEN METHOD is conscious touch. A gentle, respectful, hands-on form of bodywork. Working with chronically tight muscles, Rosen Method Bodywork encourages physical and emotional awareness. In moments of deep relaxation, long held feelings and memories may surface and be spoken. Clients often become aware of choices they made early in life around which they have shaped their lives. When this awareness happens, they discover new possibilities for regaining freedom of movement and more authentic self-expression.



Karen Roeper - Senior Teacher & Founder of Essential Motion

Karen is the Founder of Essential Motion, a somatic-based coaching process. She maintains a private practice in California and she holds a Masters Degree in Counseling and Dance Therapy. Karen leads workshops in the U.S. and Europe in addition to doing training, counseling and coaching. A student of Vipassana meditation, Karen's primary focus is to empower people to inhabit their bodies with more grace, vitality and power.



**Mariette Berinstein - Teacher & Director Rosen Method
Cascadia Centre**

Mariette came to Rosen Method in 1989 as a part of her personal journey, and discovered her passion for life and this work which has led her on an incredible journey. Mariette first trained with Elaine Mayland and Marion Rosen. She brings to her practice and teaching a deep respect for believing in the individual. Also, a strong belief in the sacredness of a circle and the group as a whole; she creates an allowing, safe place for the individual to reconnect with their wholeness. She has a private practice in Roberts Creek and West Vancouver BC.

This workshop is designed to provide an opportunity for self-discovery by giving participants an opportunity to really explore this work through demonstrations, movement, hands-on experience, witnessing, discussion and personal sharing in a retreat-like setting. The support of the group enriches and deepens the process.

Tuition: \$960(Cdn) pay to "Rosen Method Cascadia Centre"

Lodging & Meals: \$488(Cdn incl GST) pay to "RM Studio"

Pay by: April 26 (includes non-refundable deposit of \$225)

**Info. or Registration call Deanne or Mariette toll free US/Canada 1-877-885-0179
or 604-885-0179**

visit or register on line: our website www.rosenmethod-canada.com

Information and Registration

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Course Information

Where: Rosen Method Cascadia Centre, Roberts Creek BC.

We are located on a beautiful ³/₄ acre property within walking distance to hiking trails in old growth forest, beautiful beaches and stores in the heart of Roberts Creek.

Check In: Friday May 14th after 4:00pm

Course Starts: Saturday May 15th - 9:30am
Saturday thru Friday - 9:30am - 4:30pm;
Wednesday is a day off (no meals)
Saturday May 22 - 9:00am - 1:00pm

Transportation from Vancouver Int'l Airport:

We will assist participants who are arriving/departing by air to arrange transportation to/from Cascadia Centre. There is a relaxing & scenic 40 minute ferry ride that is part of your journey to Cascadia Centre on the Sunshine Coast. Travel time from the airport to the Horseshoe Bay Ferry Terminal is approx 1 hour in light traffic.

Note: It's important that you give yourself time to complete the whole intensive, including closure and saying farewell to the others in this unique group. On the last day of the intensive, we close at 1:00pm to allow plenty of time to catch the 2:20 ferry back to Vancouver. You can expect to arrive at the airport, without rushing it, at approximately 4:30pm. Please take this into consideration when booking your return ticket.

REGISTRATION

Please **Register ON LINE** on our website: www.rosenmethod-canada.com

Cascadia Centre and RM Studio both accept credit card payment by
MasterCard or **VISA**

or cheques payable to: "Rosen Method Cascadia Centre" for Tuition and "RM Studio" for Lodging and Meals. Mail cheques to:

Rosen Method Cascadia Centre, 3311 Beach Ave.,
Roberts Creek BC CANADA V0N 2W2

Phone 604-885-0179 or **toll free** US/Canada 1-877-885-0179

email: cascadia_centre@dccnet.com