



## **Rosen Method Bodywork Intensive** Registered Training Program and Personal Self-Discovery Workshop

**May 14<sup>th</sup> - 21<sup>th</sup> , 2011**  
**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 – Senior Teacher & Director of 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 themselves. She has a private practice in Roberts Creek and West Vancouver BC.

**These Intensives are for professional training, and for personal self-discovery.** They give participants an opportunity to 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) due April 14, payable to “Rosen Method Cascadia Centre”**

**Lodging & Meals: \$598.40(Cdn) includes HST payable to “RM Studio”**

**Pay by: April 14 (includes non-refundable deposit of \$250)**

**After - April 14 - pay \$673.40**

**For information call Deanne or Mariette at the Rosen Method Cascadia Centre  
Toll-free Canada/US 1-877-885-0179 or 604-885-0179**

**Register on line: [www.rosenmethod-canada.com](http://www.rosenmethod-canada.com)**

# **Rosen Method Bodywork Intensive**

## **May 14 – 21 , 2011**

### **Information and Registration**

**Where:** 1249 Roberts Creek Rd. Roberts Creek, BC at the Rosen Method Cascadia Centre. We are located on a beautiful half-acre property within walking distance to hiking trails, old growth forest, beautiful beaches and stores in the heart of Roberts Creek.

**Check In:** **Friday, May 13 after 4:00pm** for those arriving from off the Sunshine Coast.

**Course Starts:** Saturday, May 14 – 9:00 am – 4:00pm;  
Sunday through Friday, 9:00am - 4:00pm;  
Wednesday is a day off (no lunch or supper provided)

**Course Ends:** Saturday, February 19<sup>th</sup> 9:00am – 1 pm

#### **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.**

**Please take this into consideration when booking your return ticket: 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, at approximately 4:30pm.**

**Register ON LINE on our website: [www.rosenmethod-canada.com](http://www.rosenmethod-canada.com)**

We accept credit card payment by VISA or MasterCard or cheque/money order.

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\*Mail to: Rosen Method Cascadia Centre, 3311 Beach Ave.

Roberts Creek BC CANADA V0N 2W2

Information contact Deanne or Mariette at 604-885-0179 or

toll-free US/Canada 1-877-885-0179

**e-mail:** [cascadia\\_centre@dccnet.com](mailto:cascadia_centre@dccnet.com) **Website** [www.rosenmethod-canada.com](http://www.rosenmethod-canada.com)