



Learn to move wholeheartedly
toward your vision, goals,
and dreams

May 11 – 13th, 2011

Join us for a somatic movement workshop:

Karen Roeper's Essential Motion

In her original and inspiring work, Karen reconnects us with the body as our source of aliveness, creativity, and wisdom. Watching us move, Karen's compassionate eyes observe where our bodies are stuck and where they are free. By guiding our bodies to a place of internal listening, she helps us discover and remember how we long to move.



Karen Roeper is the founder of *Essential Motion*. Karen's lifelong focus has been to explore the relationships between body and emotions, the mind, and Spirit. She has conducted seminars both nationally and internationally for over twenty years. Karen holds a Masters in Counseling and Dance Therapy is a Rosen Method Bodywork Senior Teacher and is an adjunct faculty member at JFK University. She has maintained a private practice in bodywork and movement for twenty-five years. Karen is currently conducting Essential Motion Leadership Trainings in the United States, Sweden and Finland. Karen believes in curiosity, kindness and the transformative ability of each person.

Dates: **Wed.** May 11 & **Thurs.** May 12, 9:30am 4:30PM **Fri.** May 13, 9:30am – 12:30 pm

Location: Cascadia Centre, Roberts Creek, BC

Fee: **\$285** (lunch included on Wed. and Thurs. HST **\$50** non-refundable deposit)

Accommodation: **\$100.80** (includes 3 nights lodging, breakfast, HST)

Register: by April 10, 2011 Contacts: Mariette Berinstein 604-885-0179

Toll Free 1-877-885-0179 Email: csacadia_centre@dccnet.com

"There is a power that comes from contacting the self on a visceral level—a power that leads to an opening of the heart and a return to who we truly are. I facilitate this transformation through movement—the forgotten language of the soul." — Karen Roeper

www.essential-motion.com