



# Moving Body, Mind and Heart Rosen Method Spring Movement Intensive

*Come for self-care in a caring environment · Come for learning about your body through movement · Come for teacher training in Rosen Movement*

Co-led by Senior Rosen Movement Training Teachers  
**Adrienne Stone and Marjorie Huebner**

Adrienne Stone and Marjorie Huebner are excited to collaborate with each other and share their broad movement experience and knowledge with you. We both appreciate how Rosen Method Movement is deceptively simple and its effect on the body is profound. The movements are purposeful and thorough, moving all the joints and all the major muscles, with ease and awareness.

**April 12–16, 2019**

(Begins after lunch Friday–lunch Tuesday)

**The Mariandale Center  
Ossining, NY**



## **Marjorie Huebner**

Senior Rosen Method Movement Teacher, Rosen Method Bodywork practitioner, and Authentic Movement facilitator. I have been moving and practicing touch for over 30 years. I have a background in dance, yoga, Qigong and love to study human anatomy. Movement is how I stay connected and alive in my body and Rosen Movement makes me smile!



## **Adrienne Stone**

Senior Rosen Movement Teacher, Rosen Method Bodywork practitioner, Physical Therapist, Trager Practitioner and Teacher, Specialist in Bone Health. Trained by Marion Rosen, the joy of Rosen Movement was my inspiration to learn to teach this work so I would always have it for myself. My own yoga, Qigong and meditation practice nourish me as well.

## **COST**

\$650 Early bird (before 3/1)

\$700 (3/2–3/25 when registration closes)

\$450 for reviewers (Movement Teachers before 3/25)

## **ROOM AND BOARD**

\$387 (includes 12 meals) payable upon arrival

## **CONTACT**

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Or register at:  
**RosenMethodOpenCenter.org**

*"Our goal is to make people feel happy and motivated to dance rather than drag themselves around. We would like them to feel physically well when their bodies move...and this is built on a very deep knowledge of anatomy and how people can move."  
— Marion Rosen*