

To get in touch with your nearest
Rosen Method® Professional
please contact:

‘Through listening to the truth
of the body, it is possible to
discover what we can do,
who we can be, what we can
experience, how we can love’.

Marion Rosen



Member of the Rosen Institute
www.roseninstitute.net

**Rosen Method
Bodywork**



Explore the 'more' that you have available to you by experiencing Rosen Method's approach to the mind body relationship.



Tensions created over time can become 'stuck' and may be reflected in our bodies in the way we clench our jaw, hunch our shoulders or simply can't relax.

We may not even notice this as it has become so habitual and familiar. When we have to fit in, need to feel in control of life or keep our feelings at bay, we instinctually keep ourselves together by muscle tension and restricted breath. Marion Rosen, Founder, called this 'unconscious barriers against living'.

By slowing down and listening inward, Rosen Method's gentle touch makes it possible to locate and release tension and in this way find the real person that has become hidden over time behind his or her muscular armouring, pain or other symptoms. As physical changes occur, our emotional anatomy also shifts, often leading to greater self-acceptance, rebalancing of the nervous system and an integration of body and mind.

Why have a session?

- To explore physical/emotional discomfort that may benefit from deep relaxation
- As an adjunct to psychotherapy, to bring the body's intelligence to awareness where it is available for discussion, processing and integration
- To uncover both conscious and unconscious habitual responses to stress and difficulty
- To support recovery from a traumatic experience by developing tolerance, resilience and acceptance
- As a way of listening inwards for guidance during times of transitions and self-discovery
- To explore new possibilities about who you are without your defences in a safe environment