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*Growing Rosen Method Locally and Globally*

#NEEKADDESIGNS

Rosen Method  
Bodywork & Movement

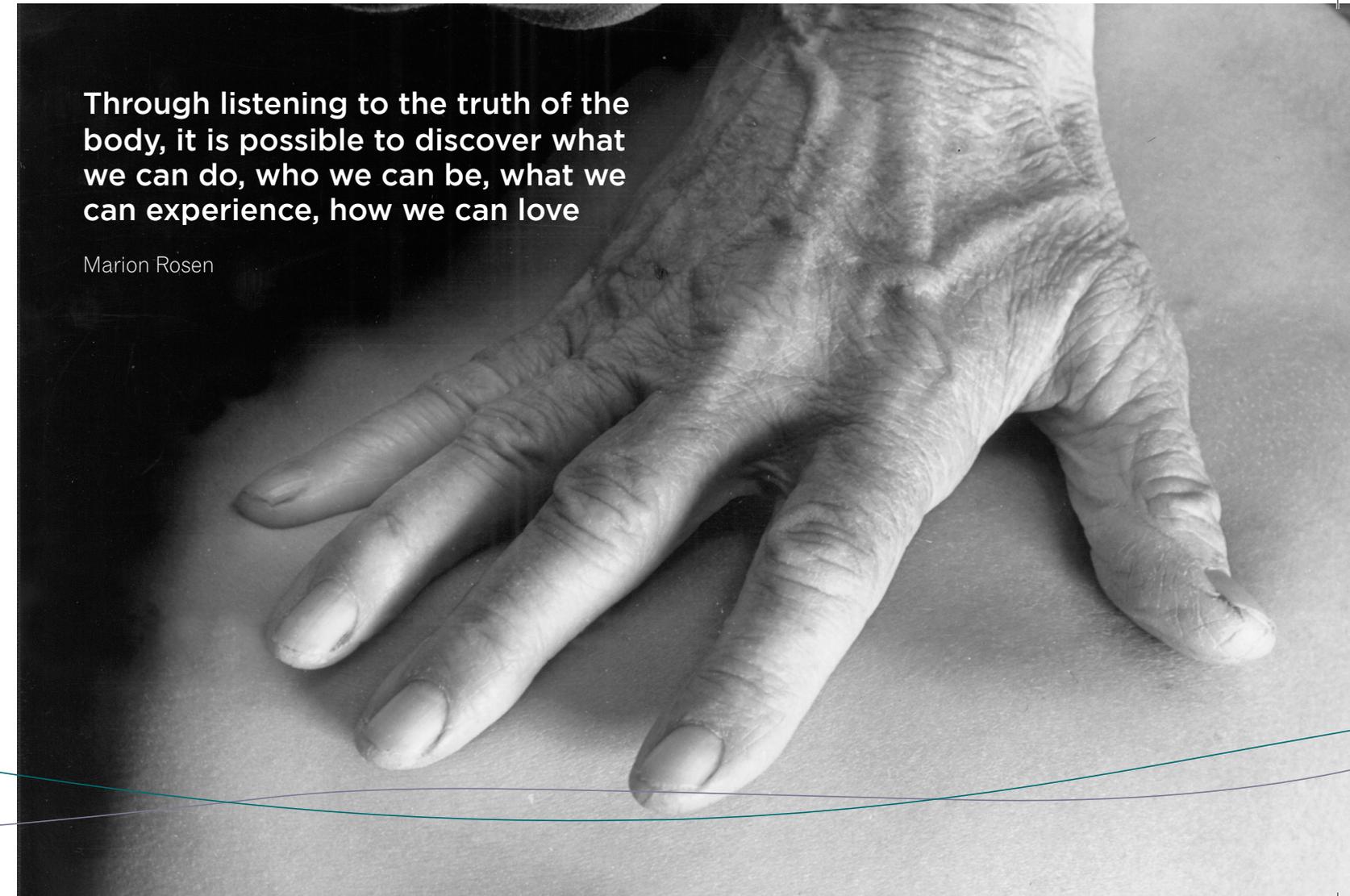


Transformation through Embodied Self-Awareness

**Rosen Method® is a complementary practice which promotes physical and emotional well-being by increasing body awareness; reducing feelings of depression, anxiety and stress; lowering perceived levels of pain and fatigue; supporting personal growth; and strengthening the ability to self-initiate life changes.**

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



## Rosen Method® Origins

Rosen Method Bodywork and Movement were created and developed by Marion Rosen, who had long been fascinated by the way human beings unconsciously limit their physical and emotional potential. These unique mind-body methods were designed to help individuals to regain their capacity for joy, ease, mobility, emotional resourcefulness and interpersonal connection.

Marion Rosen was trained in massage and breathwork by Lucy Heyer, a student of Elsa Gindler and the wife of Gustav Richard Heyer, a Jungian psychoanalyst and former student and colleague of C. G. Jung. Rosen had the opportunity to work directly with Heyer's psychotherapy clients and it became clear, through this unique combination of bodywork and psychotherapeutic intervention, that the duration of clients' psychoanalytic treatment was significantly reduced.

These early mind-body pioneers illuminated how physical relaxation, sensory awareness and attention to the breath would allow unrecognized emotional stress to become consciously felt, understood and integrated. The release from the grip of unconscious stress would in turn allow individuals to blossom into their full potential for aliveness, joy, competence and creativity.

Rosen left Germany in the 1930s, and went on to train in Sweden and the United States as a physiotherapist. Over many years in private practice, she integrated her mind-body training with her physical therapy knowledge, gaining a reputation among physicians and therapists for helping individuals who did not improve through traditional treatments. Asked by her physiotherapy clients how they could prevent aches and pains, in 1956 she was inspired to create her first movement classes. In 1980, also at the request of her clients, she began training practitioners in her bodywork method. The courses she created were also available to anyone interested in learning Rosen Method as a practice for their own personal growth.



Marion Rosen - Somatic Pioneer (1914-2012)

## Benefits of Rosen Method® Bodywork and Movement include:

- **Alleviating chronic pain and muscle tension;**
- **Developing a compassionate, mindful relationship with yourself through your body;**
- **Moving beyond unconscious limiting postures, beliefs and ways of being;**
- **Increasing well-being and vitality through physical, emotional and spiritual awareness;**
- **Expanding into more natural emotional expressiveness;**
- **Opening to fuller receptivity and transparency in relationships;**
- **Rediscovering your innate capacity for pleasure and joy in movement;**
- **Cultivating presence, inner peace, acceptance, connection and spaciousness through the body.**

## Rosen Method® Bodywork

Rosen Method® Bodywork promotes physical and emotional well-being by bringing felt awareness to constricting muscle tension and restricted breathing patterns which have developed over time. Initially a response to challenging situations and experiences, these self-protective patterns create unconscious barriers which can lead to fatigue, pain and other symptoms, and which limit access to positive states of self-assertion, pleasure, joy, and deep connection to others.

Using supportive, listening touch, and words that respond to subtle shifts in muscle tension and breathing patterns, RMB practitioners guide the client's awareness of their physical and emotional experience, including accompanying thoughts and beliefs. Being touched, seen, heard, and validated when resting securely on a massage table gradually allows muscles to soften their protective grip, breathing to deepen, and feelings, memories and sensations to be experienced safely and without judgement.

Within the security of the therapeutic relationship, clients gain greater self-compassion and self-awareness. At the same time, unconscious patterns become conscious; the mind-body is allowed to uncover and reclaim needs that have been ignored, and emotions that have been suppressed.

The nervous system is no longer protecting or defending, but is in a state of openness to experience. Into this openness may come what some describe as a sense of surrender, peace, and profound connection to something universal and greater than oneself. This restorative state of finding peace and safety within also develops the nervous system's resilience, allowing for an easier recovery from stress and encouraging the growth of neural connections that underlie increased self-awareness.



**Rosen Method  
is not about  
'fixing' someone  
or making them  
different. It is a  
process of gently  
showing people  
to themselves;  
reflecting their  
true being,  
recognising their  
integrity and their  
aliveness**

Sandra Wooten  
*Rosen Method Senior Teacher*

## Rosen Method® Movement

Rosen Method® Movement is deeply restorative and develops one's sense of being embodied. Unconscious emotions, attitudes and beliefs create muscle tension which restricts your full range of movement, reducing your body's capacity for enjoying a sense of freedom and presence in daily living. Put simply, how you move is an expression of how you feel; how you feel is also informed by how you move. Rosen Method Movement invites you to rediscover how the body is designed to move.

Using inviting and supportive music, RM Movement classes evoke the experience of relaxing into action, enabling participants to find new vitality, spaciousness and joy in their bodies through simple movements. RM Movement teachers encourage participants to move with self-awareness, intentionality and ease. The gentle exercises promote flexibility, joint lubrication and deeper breathing. As muscles relax into their natural length, body alignment and expressiveness improve. These benefits thoroughly prepare the body for ease in ordinary movements, as well as for more strenuous exercise.

Wonderful friendships and trust can form when participants move together in the same group over time, and newcomers are warmly welcomed. The sequence of movements encourages a sense of emotional freedom, calm and well-being. This opens you to a fuller connection with yourself, others and your environment. Originally designed to be preventative and rehabilitative, all Rosen Method® movements can be adapted for those who experience pain or have physical limitations.



**Rosen Movement is not just exercise; it is something that will make you feel different afterwards. The student starts to feel something internally. This is the difference between a work-in and a work-out**

Marion Rosen

## Rosen Method® Training in Bodywork and Movement

Courses for Personal Development or Professional Training.

Professional Certification Training and Courses for Personal Development are offered in both Bodywork and Movement in training centers around the world. Certification training is open to those seeking a new career path, as well as to those who wish to add another modality to their professional skills.

Rosen Method® Training worldwide offers a transformative personal development program, delivered by experienced Senior Training Teachers. The education facilitates embodied self-awareness and the integration of mind and body. The program is suitable both for open-ended participation for students wishing to achieve personal growth as well as for bodywork or movement trainees working towards certification.

All training centers are certified by The Rosen Institute (RI), founded in 1983. The RI is the governing international organization that protects and sustains the quality and standards of Rosen Method® worldwide. For a list of certified training centers, international training events, certified practitioners and interns (practitioners-in-training), please visit our website [www.roseninstitute.net](http://www.roseninstitute.net)



**It is important  
to take this  
experience of  
healing into  
the world – this  
experience of  
our true being**

Marion Rosen