



Rosen Method
GLOBAL CONGRESS
OCTOBER 5 - 8 | 2023

*Finding Peace
Across Inner & Outer Borders*



"Rosen work does transform people. People get in touch with their feelings, especially with the ones they have not expressed in a long time. Especially love. Then their lives change and their surroundings change. They have an impact on the people around them. Wherever they are, there is more communication, more understanding and more acceptance."

MARION ROSEN

OCT 05	Rosen Method Professionals: Men's Group		19:30
FRIDAY OCTOBER 06	Keynote A Pathway to Reconciliation		09:30
	Playful Rosen: Re-working The Trauma Treatment Model with Tend-&-Befriend Response to Stress & Threat		13:15
	Rosen Method from darkness to the light of a soul: The experiences of a visually impaired practitioner		13:15
	Storytelling in the Rosen Method		13: 15
	Ethics 4 Dummies		15:15
	Rosen Movements: Body knowledge by moving & touching the body at the same time		15:15
	Discover the resonance in your voice		15:15
	Building Connections in Rosen, Locally and Globally		17:00
	Screening: Intimately Linked (Intimement Liés)		19:00
SATURDAY OCTOBER 07	Therapeutic Process in Rosen Method or What Happens in the Long Term		09:30
	Moving with the Rosen Method Movement Collaborative (RMMC)		09:30
	Rosen and the Art of Listening		09:30
	Tend and Befriend: The Role of the Vagus Nerve in Rosen Method Bodywork		13:15
	Anatomy of peace: Muscle tension as the embodied place of making peace		13:15
	Contact Improvisation meets Rosen Method. A laboratory in touch and movement.		13:15
	Keynote Peace in us Creates Peace around us		15:15
SUN OCT 08	Free your Inner Writer! Contribute to the Rosen Journal		09:30
	Dancing with Diversity		09:30
	The Richness of Silence - from Silence to Peace		09:30

Keynote

A Pathway to Reconciliation: Nurturing Peace Across Inner and Outer Borders with the Rosen Method

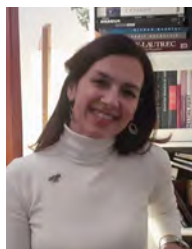
Yllka SOBA

This keynote address takes the participants on an inner journey, exploring the possibilities, resources and constraints within ourselves to perceive, find and cultivate inner peace. Moreover, it will invite all to reflect on the existing, or lack of peace in our surroundings, communities and societies.

As we convene in the Global Congress to address the “Peace Across Inner and Outer Borders”, including the complexity of human relations, inner and outer conflicts and wounds of the past, we aim to build a future of understanding, togetherness and unity across individuals, communities, and specifically, people being affected by conflict in the Balkans and around the world.

Thus, in the heart of our journey lies the Rosen Method – a practice that transcends words, cultures, and boundaries and fosters deep connection. Through the language and power of touch, Rosen Method gatherings have, over the years, offered a pathway to release physical and emotional tension, creating a safe space for the exploration of shared vulnerabilities and collective experiences among us coming from the Balkans and beyond. It became a tool not only for individual healing but a bridge that extended across communities and national borders.

Moreover, the Rosen Method’s emphasis on self-awareness and mindfulness offered an opportunity for us as individuals to connect with our own emotions, thoughts, and stories. This is confirmed by the stories of participants from Bosnia and Herzegovina, Kosovo and Serbia, which will be shared during the workshop. By healing ourselves within, we become better equipped to facilitate healing beyond ourselves. As we learned to listen deeply to our own bodies, we also learned to listen to the stories of those who have suffered on all sides of the conflicts. Through this process, we build bridges of understanding that become a foundation for reconciliation, a testament to the fact that the desire for peace unites us all. By bringing this practice to communities across the Balkans, and across the world we can facilitate dialogue, bridge divides, and foster connections that transcend history and promote a shared vision of peace – peace across inner and outer borders.



Yllka SOBA is a feminist peace activist from Prishtina, Kosovo. She has been engaged in community trust-building and reconciliation processes in Kosovo, as well as within the wider feminist movement promoting peace-building across the Western Balkans since 2004. She joined the Rosen Method community in Sarajevo in 2017 and has been an active member ever since. She is currently in her internship year, on her way to becoming a Rosen Method practitioner.

SATURDAY 7TH OCTOBER 15:15

Keynote

Peace in us creates peace around us

Tenzila Hujdur, Edin Srabović and Irena Jočunčić

Dances of universal peace were one of the first activities conducted by the Association Amica Educa Tuzla in 1996. The leaders of these dances (Tenzila Hujdur, Edin Srabović and Irena Jočunčić) give workshops and seminars on this topic. Since

2007, Dances of Universal Peace have been implemented in the Curriculum and Program for Religious Culture for students in primary schools. Since then, the Amica Educa Association has held seminars for teachers of religious culture, who then pass on that knowledge to their students, all of which is supported by the Tuzla Pedagogical Institute and the Ministry of Education and Science of Canton Tuzla.

Dances of universal peace, through their simple form, movement, melody and singing encourage a better flow of energy and the participants feel relaxed and revitalized after the dance. Dances of universal peace are not classified as therapy, but they have therapeutic effects.

This will be an interactive presentation so please come prepared to join together and move together with your colleagues and friends. Remember to wear clothing you can dance in!



THURSDAY 5TH OCTOBER 19:30

Rosen Method Professionals: Men's Group

Martial Duvoisin, *Senior Rosen Method Bodywork Teacher*,
Nermin Samić, *Rosen Method Introductory Workshop Teacher*

Men represent a minority in Rosen Method practice. This is a space where we can come together to support each other and nurture our professional growth and the growth of Rosen Method, especially among men.

FRIDAY 6TH OCTOBER 13:15

Playful Rosen: Re-working The Trauma Treatment Model with Tend-&-Befriend Response to Stress & Threat

Alok Srivastava, *Philosopher, Historian and Sociologist of Science & Medicine*
Deborah Marks, *Senior Rosen Method Bodywork & Movement Teacher*

Somehow, over the last 50 years the principles and lore of trauma care has been developed in separation from the creativity and play aspects of human vitality and flourishing. And the trauma recovery work has been organized under the fight, flight, and freeze narrative frame of response to stress and threat and not the tend and befriend response discovered in the late 1990s by the group of Shelley Taylor at UCLA. However, many women pioneers of body based personal care, like Marion have developed traditions where people either in pairs or in circles engage in tend and befriend behavior – they make and cultivate relationships rather than stay separate and alone.

Alok has developed an integrative model of the ways of tracking and working with both these responses to stress and threat. We at the Playful RoZen Discussion group have been discussing this model for two years and are excited to present the details of this model and illustrate its potential with current practices in a circle of discussion with you.

Rosen Method from darkness to the light of a soul: The experiences of a visually impaired practitioner

Vehbija Peksin, *Rosen Method Bodywork Practitioner*,
Lidija Pehar, *PhD focused in preschool pedagogy, developmental psychology,
special pedagogy, psychotherapy, social psychology, pedagogical psychology*.

As a blind person, Vehbija Peksin belongs to a minority group in the Rosen community and would like to bring his experiences from the perspective of a blind person to his colleagues who have preserved healthy physical vision. He would also like to help others to understand misconceptions about visually impaired people and encourage everyone to include more people with impaired vision to attend RM courses for practitioners, as well as clients who can benefit from such therapy.

The workshop will help RM professionals to develop and expand their practice and be more inclusive to their potential clients.

Storytelling in the Rosen Method

Maud Guettler, *Senior Rosen Method Bodywork Teacher*

How can we use storytelling in the Rosen Method? If we read the book about the Rosen Method or if we listen to Marion, we see how much she used storytelling.

So how can we use it to awaken interest in the public, in the teaching or even in sessions?

After a short presentation, we will open the discussion and try to define and find the storyteller in ourselves.

FRIDAY 6TH OCTOBER 15:15

Ethics 4 Dummies

The Rosen Institute Ethical Council (Louisa Turner, Certified Rosen Method Bodywork Teacher, Gail Bourque, Rosen Method Introductory Workshop Teacher, Sari Ceder, Rosen Method Introductory Workshop Teacher)

Have you ever thought about how Rosen Ethics applies to your practice/school/center? Do you want to learn how to file a complaint or know what to do when you receive one?

In this workshop we will interactively explore the day to day importance of Rosen Ethics as laid out in the Code.

We will also explain the complaint pathway and help answer and discuss questions you have.

FRIDAY 6TH OCTOBER 15:15

Rosen Movements: Body knowledge by moving and touching the body at the same time

Karen Vinding, Senior Rosen Method Movement Teacher Trainer, Certified Bodywork Teacher

How can we, through movements, get a deeper awareness of what it is we really are moving. The Rosen Method uses both movements and touch to create possibilities for a deeper knowledge of our body - of our life. In the movements there are many forms of partner work, where 2 or more students work together. One is moving while others hold their hands on the moving body. That way everybody gets a sensation of where the movement goes in the body. What is really being moved.

Karen is very interested in what happens when the students move and at the same time put their own hands on the body. What she has experienced up to now is students being surprised of how clear their body knowledge becomes. Marion always said that Rosen Bodywork and Rosen movements are supporting each other. That's why they in the beginning of Rosen always were taught together.

FRIDAY 6TH OCTOBER 15:15

Discover the resonance in your voice

Jarmo Nykyri, *Rosen Method Bodywork Practitioner*

The voice doesn't lie, it tells how you feel. Often there is an evaluation in how our voice sounds when we talk or sing. What does my voice say about myself? Through listening for the resonance and the vibration in the body, we can go beyond judging and evaluation. The listening for resonance is neutral. It doesn't judge and doesn't have an agenda. With help the of Tuning of Vocals we can turn away from achievement and reach more acceptance and let the voice lead us to the authentic part inside ourselves. We can listen and allow the vibration and resonance of life to spread in the body.

The only thing needed is to breath and let the tones rest in every breath, allowing them to return to the source of love. In the tuning we all have the same language!

FRIDAY 6TH OCTOBER 17:00

Building Connections in Rosen, Locally and Globally

Jetta van Hemert, *Rosen Method Movement Teacher*

Luke Frey, *Rosen Method Bodywork Practitioner*

We get something more from our Rosen communities than we get from the world at large. What is it? Join long-time Rosen Method bodywork practitioners Jetta Van Hemert and Luke Frey as they discuss the importance of building community in our vastly divergent world of Rosen-folk.

With photos and conversation, Jetta and Luke will discuss the joys and challenges of creating an annual Rosen Peer Gathering. By working together, they and their team created a peer gathering 10 years' strong where Rosen colleagues and friends come together to share ideas, learn from each other, experience joy, trust, intimacy, comaraderie, and simply be.

FRIDAY 6TH OCTOBER 19:00

Screening: Intimately Linked (Intimement Liés)

Anne Closset, *Rosen Method Bodywork Practitioner*

Anne Closset, filmmaker, will screen her new film which plunges the audience into the sensory world of the body. A timeless journey that opens a door to intimacy and show hands that know where to go. With a deft, precise touch, a Rosen Method teacher sets off on an exploration.

Anne will answer questions about the film and lead a discussion around how the film can be distributed to share more information about the Rosen Method.

SATURDAY 7TH OCTOBER 09:30

Therapeutic Process in Rosen Method or What Happens in the Long Term

Maud Guettler, *Senior Rosen Method Bodywork Teacher*
Anna Söderlind, *Senior Rosen Method Bodywork Teacher*

An Interactive workshop on the therapeutic process of the Rosen Method. Anna and Maud will guide and hold the frame of the workshop and share their long experience as practitioners having followed many clients over the long term. What was their own process in the Rosen Method and what elements of the work make it work?

There is little written about that in the Rosen literature and we would like to collect information we have found out together in order to write something about the long-term effects of Rosen Method.

Moving with the Rosen Method Movement Collaborative (RMMC)

Alok Srivastava, *Philosopher, Historian and Sociologist of Science & Medicine*

Deborah Marks, *Senior Rosen Method Bodywork & Movement Teacher*

Madeline Martin, *Rosen Method Movement Teacher*

Jetta van Hemert, *Rosen Method Movement Teacher*

At the RMMC we are tapping into the collective experience of more than 30 years of teaching Rosen Method Movement (RMM). Our focus is to cultivate the next generation of RMM Writers and Voices to share and teach about how RMM is moving and flourishing in our worldwide communities. We will present the three year history of our collaborative - an organization and community of peers hosting and serving each other.

We will describe the design of the coordination and collaboration cycles we have built and actualized into monthly practice. We will focus on our tapestry of multiple threads of writing-works with our community of movement teachers who have been bringing RMM to diverse communities, discovering and inventing Rosen Movement in the bodies of their movement participants. We will describe and share our process, our calendar and pipeline of writing activities, and the voices and writings of our Rosen Writers through the recordings made along the way.

We will also share our website and its pages with a dynamic presentation of Movement Practices. Please come, move with us, and help us greet the coming generations.

SATURDAY 7TH OCTOBER 09:30

Rosen and the Art of Listening

Anna Mattsson, *Rosen Method Introductory Workshop Teacher*

Most of us were born with two ears and one mouth. Maybe that gives us a hint of how the proportion between listening and talking is meant to be for peaceful communication. The art of listening in Rosen Method bodywork goes beyond simply hearing the words being spoken. It involves being present, fully engaged and receptive to the client's experience in the present moment. In this workshop we will explore different qualities of listening. How can we listen with our ears, hands and whole being so that the other person really feel seen, heard and understood?

The workshop is experiential and participatory and we will do some practical exercises to dive into the art of listening.

SATURDAY 7TH OCTOBER 13:15

Tend and Befriend: The Role of the Vagus Nerve in Rosen Method Bodywork

Ivy Green, *Senior Rosen Method Bodywork Teacher*

We have all become familiar with the role of Oxytocin in RMB, which is stimulated and released by the Rosen touch, and helps us trust, bond, relax and cooperate during sessions. The Vagus nerve delivers oxytocin to muscles and organs all over our body, organizing a "social engagement" response which lets our RMB clients reach out and accept our help when they are stressed or frightened during sessions.

Your clients, students and colleagues may ask you about how the Vagus nerve contributes to RMB sessions, and this workshop will give you these basics.

SATURDAY 7TH OCTOBER 13:15

Anatomy of peace:

Muscle tension as the embodied place of making peace

Roni Mosenson, *Senior Rosen Method Bodywork Teacher*,
Maja Skau-Olsen, *Senior Rosen Method Bodywork Teacher*

"The word 'Shalom' in Hebrew is used as an everyday greeting that means 'Wholeness' as well as 'Peace'; peace as a whole that includes all parts.

Muscle tension is where parts of myself are being split away from my awareness. Parts of myself that I'm not in peace with, that are overwhelming or I have experienced they are not accepted or appreciated by others. By splitting, they become strange and foreign, 'not me', 'enemies' that I need to protect myself from feeling... I hold them down because it feels safer, but is it really? And what is the price? Am I ready to stay for a moment on the boundary of muscle tension and consider making peace with those split parts? What are the conditions I need for that? And how does it affect my interactions with other people, when I make peace with my own parts?"

In the workshop Roni and Maja will lead the participants into an experience, exploration and sharing of the idea of muscle tension as an embodied place of peace making, and how the touch, connection, and quality of safety helps us to include more of our lost parts, bringing wholeness, Shalom, in our awareness and surrounding.

SATURDAY 7TH OCTOBER 13:15

Contact Improvisation meets Rosen Method. A laboratory in touch and movement.

Tair Lewin *Rosen Method Bodywork Intern*

A meaningful approach that both Rosen Method and Contact Improvisation share, is the exploration of the state of deep presence and connection with yourself and with the body you are in touch with.

In this lab, we will explore the intersection of Rosen Method's touch and authentic movement. We will delve into what can be expressed, felt, and conveyed when the starting point is Rosen touch and the language and expression is the moving body.

SUNDAY 8TH OCTOBER 09:30

Free your Inner Writer! Contribute to the Rosen Journal

Ivy Green, *Senior Rosen Method Bodywork Teacher*

There are so many ways to write for the Rosen International Journal! Interviews, book reviews, case studies, research studies, historical perspectives and personal accounts. Join Ivy and colleagues to fire up your inner writer and have your creativity flow out onto the page. It is exciting to explore ways to share your passion for Rosen Method with a larger audience.

Group writing exercises will get our writing energy up and then we will be brainstorming together about potential Journal articles.

SUNDAY 8TH OCTOBER 09:30

Dancing with Diversity

Sandra Ljubinkovic, *Rosen Method Bodywork Practitioner*, Gail Bourque, *Introductory Workshop Teacher*, Louise Murray, *Rosen Method Bodywork Practitioner* and Deborah Marks, *Senior Bodywork Teacher*

Dancing With Diversity is a current Rosen Method Group which explores proximity to our power and privilege as Rosen practitioners, holding space within the global Rosen community through various sessions and workshops, to explore and expand beyond biases, gender, race, class, ethnicity, disability, ablism, sexual orientation..etc.

This workshop will be dynamic and interactive, and it will offer space for participants to get "proximate" with each other and dive deeper into (self) exploration on how different 'isms' affect their life and Rosen practice. When talking about racism, sexism, classism, ableism, heterosexism and other forms of oppression or "isms," it may be difficult to see these issues as an interlocking system operating at the personal, interpersonal, institutional and cultural levels.

The Richness of Silence - from Silence to Peace

Anja Živković, *Psychologist, Rosen Method Bodywork Practitioner,*
Peter Hess Method sound massage and bath, Pranik Healing and Aguahara

Silence allows us to focus on our inner voice, so that we can hear our thoughts and emotions more clearly. This way we better recognize the challenges we face in everyday life, understand our needs and get in touch with our inner being. When we are in silence, we shut out the negative aspects of the outside world, full of noise, stress and distractions. The longing for silence can be vital to our mental, emotional and physical well-being. Only in silence can we really calm down, relax and reduce the level of stress, and thus its negative impact on our health.

Experiencing silence leads us to being in peace with ourselves. Being in peace with ourselves leads us to being in peace with the environment and wishing to create and support peace around us. This interactive workshop will include breathing techniques, elements of the Rosen Method, sound therapy and body psychotherapy. We will give ourselves the opportunity to feel the silence, even for a moment, which will lead us to a better contact with ourselves, balance and peace.

