

Rosen Method Movement Intensive

Teacher :

Aurelia Priotto St. John from Italy

October 9-13, 2019

Charousse, Gigors (Drôme) – France at the “Maison d’accueil”



« We can expand, we can take space.
It can be joy, it can be ease.
Each movement can be a dance. »

Marion Rosen

Come to move and dance with us !

Rosen Movements are done without effort, allowing the release of chronic tension and the relaxation of physical and emotional postures.

They improve the flexibility of articulation, encourage the natural breath and invite a deeper experience of ourselves.



Aurelia Priotto St. John is responsible for the Movement Training in France. She is a senior movement training Teacher and senior bodywork Teacher. Trained and formed by Marion Rosen, she has worked for many years in California, New Mexico and Canada where she was responsible for the Movement Training program.

In 2010 she returned to her native land Italy where she is bringing and sharing her passion for Rosen Method.

With joy we welcome you !

Aurelia and Lene (organizer)

Lene Espensen • Tél. : 06 82 37 68 41 • lene@espensen.com
<https://methoderosen.com>



Further information

How do the Rosen movements work ?

What happens when the body relaxes and lets go ?

The muscles relax, lengthen, widen and the emotions can surface.

Body movements become free and a new person, a more complete person appears.

The breath moves and circulates more freely in the whole body.

Rosen movements are joyful, simple and effortless.

They gradually allow the release of muscular tension as well as chronic tension in an effective way.

The opening of the chest and the heart invites the breath to move more easily. It brings a better sensation of oneself and more open feelings towards others.

What is a Rosen Method Movement Intensive ?

The five-day workshop is open to anyone who would like to re-learn how to move without effort, with joy, lightness and trust.

You will learn:

1. Warming up the body to open and lubricate the joints.
2. Slow stretching to invite natural breathing.
3. Working with a partner to find a wider attention and a rhythm together.
4. Working on the floor on the spine, and also having time to integrate what you've experienced.

This workshop is also part of the training to become a Rosen Movements teacher. You will learn theory about the movements and how to give and prepare a class.

You'll be encouraged to give a short demonstration in front of the group and to explore different musical styles that correspond to different parts of a movement class.

Sharing circles will be part of the learning process. They offer an opportunity to exchange experiences, to acknowledge the inner process through which everyone goes. There are also circles for asking didactic questions.



Rosen Method Movement Intensive

With Aurelia Priotto St. John (in french and english)

October 9-13, 2019, Charousse, Gigors (Drôme) - France

Bring : a mat, comfortable clothing, scarf, your music and music player.

Hours : 9:00 am to 4 pm (the course starts the 9th of October at 10 am – ends on the 13th at 1 pm)

Arriving by train: You can reserve a Taxi if you arrive at the train station at Crest. Calling this number +33 (0)4 75 81 23 25 minimum 48 hours ahead. The cost is 5 €. The taxi is not available after 8 pm and on Sundays.

For further informations contact : Thierry +33 6 51 38 34 82 - thierry.francois.4@gmail.com
or Lene +33 6 82 37 68 41 - lene@espensen.com

Course price and accommodation included : 625 € (full-board accomodation from lunch Saturday 9th to Wednesday 13th breakfast included). It is possible to arrive on Friday night (22 € for the night in double room and 30 € for a single room). With supper on Tuesday night and breakfast Wednesday : 44 €. Please inform Lene or Thierry about your day of arrival and your choice of room.

Registration form – Rosen Movement Intensive Charousse, October 9-13, 2019

First name : Last name :
Adress.....
Phone : E-mail :

Send this form to Nathalie Landy, 84A route des Romains 67200 Strasbourg, with a deposit of 120 € (to the order of “Institut Rosen”). For a bank transfer, please contact Nathalie Landy, methoderosen@gmail.com

If you have to cancel your participation in the course, the deposit will be refunded until two weeks before the beginning of the course. If there is a lack of participants, we have until two weeks before the beginning of the course to cancel and your deposit will be refunded.

Registration form and questionnaire for a Rosen Method course

The following questions are confidential
Only teachers and their assistants will have access to them.

Rosen Movement Intensive Charousse, October 9-13, 2019

First name :Last name :

Street address :

City

Phone number : Email :

Date of birth :

How did you get to know the Rosen Method ?.....

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Have you already attended a Rosen class or workshop ? If so, where and when and with
which teacher ?

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Have you ever received Rosen sessions? If so, how many?.....

Have you attended weekly Rosen movement classes? If so, where, and for how long?

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Have you ever attended other movement or bodywork training courses ?.....If so, which ones ?

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Have you done any other personal development work ?
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Are you currently under physical or psychiatric medical treatment ?
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Is there any other information concerning your physical and psychic health we should know ? (alcohol dependence or other).....
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Who to call in case of emergency ?

- 1. Phone :
- 2. Phone :

This work requires a personal commitment on the part of the participants. By registering in this course, I declare I will be responsible for myself, for my physical and psychic health.

Date : Signature :

Commitment

1. Confidentiality agreement

I understand that Rosen Method is a private and personal experience for every participant. I am committed to respect all information, words and acts of the participants as strictly confidential and private.

Date : Signature :

2. Brand use

I know that «Rosen Method»'s brand and logo are protected and that they can't be reproduced, copied or duplicated without a special written permission from the «Centre Rosen».
Only practitioners who have graduated from the Rosen Institute, and 3rd level students can use the name and the logo «Rosen Method».
Furthermore, I am committed not to film or take photographs without prior consent.

Date : Signature :