

# Rosen Method Movement Intensive

Teacher: Aurelia Priotto St. John from Italy

Co-teacher: Lene Espensen

**June 5<sup>th</sup> - 9<sup>th</sup>, 2024**

**Centre de Partage, Avioth (55) – France**



“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!

<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

in french and english

**With Aurelia Priotto St. John and Lene Espensen**

**Wednesday June 5 to Sunday June 9, 2024 inclusive**

**Hours:** 9am to 4pm (the course starts the 5<sup>th</sup> of June at 10am – ends on the 9<sup>th</sup> at 2pm)

**Location:** Centre de Partage 1 Rue du Moulin, 55600 Avioth, France - [website](#)

**Course price:** 500 euros

**Price of full board in shared room:** 215 euros, from Wednesday June 5 at midday to Sunday June 9 after lunch. If you arrive the day before, dinner, overnight stay and breakfast: 35 euros.

**For all practical details:** shared room, stewardship, and your arrival (train, arrival the day before), please contact Pierre Ramlot: tel. +32 (0)471 91 09 70 and e-mail: [pierre.ramlot@gmail.com](mailto:pierre.ramlot@gmail.com).

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

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## Registration form – Rosen Movement Intensive Centre de Partage, from June 5 to 9, 2024

First name:..... Last name:.....

Adress: .....

Phone: ..... E-mail:.....

Send this form to Rosen Institute France by email: [methoderosen@gmail.com](mailto:methoderosen@gmail.com), and make a deposit transfer of 120 euros to our bank account: IBAN code: FR7610278060310002056190193 • BIC code: CMCIFR2A.

*If you have to cancel your participation in the course, the deposit will be refunded until two weeks before the beginning of the course.*

# Registration form and questionnaire for a Rosen Method course

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

## Intensive movement course at the Centre de Partage in Avioth (Meuse), near Belgium, from June 5 to 9, 2024

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 ? .....  
.....

Is there any other information concerning your physical and psychic health we should know ? (alcohol dependence or other).....  
.....  
.....

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 3<sup>rd</sup> 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 :