

Rosen Method Movement Intensive

Teacher: Aurelia Priotto St. John

December 28th, 2024 – January 1st, 2025

Cappella Merli - Bricherasio (Torino) – Italy



”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

With Aurelia Priotto St. John

December 28th, 2024 – January 1st, 2025, Cappella Merli, Bricherasio (Torino) - Italy

Langues: French, Italian, English

Hours: 9:15 am to 3:45pm (the course starts the 28th of December at 9:15am – ends on the 1st of January at 1pm)

Location: "Cascine Marie", Via Avaro, 4 - Cappella Merli - Bricherasio (Turin) - Italy

Accommodation: At "Cascine Marie", Cappella Merli (course venue), room and breakfast at 20 euros, 6 places available. It is possible to arrive the day before (please specify when registering). Kitchen available throughout the week. Bed linen and towels are included. For reservations, contact Maria Baffert by e-mail: mariabaffert@yahoo.it (please specify that you are a Rosen Method student).

Other accommodation options: B&B Agrialpi (Strada Roncaglia in Bricherasio), <https://www.agrialpi.com/agrialloggio/> - email: info@agrialpi.com, suites in Val Pellice

Lunch on site: Catering service available.

For all practical aspects, and a list of other accommodation options: contact Aurelia Priotto St John, email: aure@synjyn.com or mobile +39 331-525-6469.

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

Course price (excluding accommodation): 500 euros

Registration form – Rosen Movement Intensive

December 28th, 2024 – January 1st, 2025, Cappella Merli, Bricherasio (Torino) - Italy

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

Address:

Phone: E-mail:.....

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

Please specify "your first and last name - December 2024 movement" in the subject line of your transfer.

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.

Rosen Movement Intensive - Cappella Merli, Bricherasio (Torino) - Italy December 28th, 2024 – January 1st, 2025

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 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 :