



Rosen-Method
Österreich

OCTOBER
20 – 26, 2018

ROSEN RESIDENTIAL RETREAT
NEAR VIENNA, AUSTRIA

ADDRESSING TRAUMA IN ROSEN METHOD BODYWORK

A RESIDENTIAL INTENSIVE WITH SARAH DANDRIDGE AND MAJA SKAU-OLSEN



This Rosen Method bodywork intensive will focus on the qualities of Rosen Method bodywork that support a client when working with traumatic material. What is trauma? How do we recognize if someone is traumatized? What do Rosen students need to know to work with clients who have trauma? Is Rosen Method appropriate for all kinds of trauma and for all people with trauma? Together we will explore these questions.

This intensive will provide a basic understanding of trauma and ways that Rosen Method can address trauma. Participants will explore states of the nervous system that indicate trauma, such as dissociation, freeze, hyperarousal, hypervigilance. We will observe and experience these states in our bodies and how we can work with them as a Rosen Method practitioner. We will focus on the skill of “tracking”: the ability to follow a client’s process and address what is happening in the moment. As in all Rosen Method intensives, there will be sharing circles, exercises, teaching and table work.

Sarah Dandridge and Maja Skau-Olsen have extensive personal and professional experience with trauma. They are looking forward to sharing their knowledge and experience from a Rosen Method perspective.

Deborah Marks, certified trainer of Rosen movement teachers and senior bodywork teacher, will support participants to become more embodied, more relaxed, and more alive. She brings an integrated embodiment of the link between movement and bodywork, illustrating how both of them enhance consciousness and self-awareness.

Please join us at our 6-day residential retreat at Hotel Payerbacherhof outside of Vienna in lush hillside and mountain scenery. Our training is easily accessed by trains from downtown Vienna. Our hotel (www.payerbacherhof.at) offers first class accommodation and meals at reduced rates (EUR 65 to 70 full board), a spa with sauna and other amenities, relaxing gardens and more.

OUR INTENSIVE IS OPEN TO ALL ROSEN METHOD BODYWORK STUDENTS WORLDWIDE INCLUDING THOSE WHO HAVE RECENTLY COMPLETED AN INTRODUCTORY WORKSHOP. THE COURSE MAY BE TAKEN BY ROSEN INTERNS, AS WELL AS BODYWORK PRACTITIONERS, AND MOVEMENT TEACHERS FOR ROSEN INSTITUTE CONTINUING EDUCATION CREDIT (CEU).

Our intensives are taught in English with translation into German by Zelma Millard, a certified bilingual Rosen practitioner.

THE TEACHING TEAM



SARAH DANDRIDGE, USA

Senior Teacher, Co-Director of Teaching, Rosen Method in Austria

Sarah is a senior teacher and practitioner trained by Marion Rosen. She has had a private practice in Oakland for 35 years and is on the Rosen Method faculty of the Canadian and Russian Rosen Method schools. Her continuing exploration of Rosen Method enlivens her life and reaffirms her commitment to Rosen Method as a path to embody awareness. For 16 years, Sarah has been a dedicated practitioner of Somatic Experiencing, the technique developed by Peter Levine to resolve trauma in the body. Through her work with SE, Sarah has developed a deeper awareness and understanding of how trauma can affect not only a person's physiology, but also all aspects of a person's inner and outer life....



MAJA SKAU-OLSEN, DENMARK

Senior Teacher, Co-Owner of the Danish Rosen Method School

Maja has a background as a registered nurse and anatomy teacher, before she was trained in Rosen Method and has a profound interest in how our bodies are physically shaped by our suppressed emotions and memories. She has taught Rosen Method Bodywork and Emotional Anatomy to Rosen students and Rosen practitioners in many countries and is part of the Austrian, Danish and Russian Rosen faculties. She has a full time practice in Skanderborg, Denmark.



DEBORAH MARKS, USA

Rosen Movement Teacher Trainer and Senior Bodywork Teacher

Deborah was trained in the early 80s by Marion Rosen in Berkeley. Her special gift is the tremendous ease within and in moving, her connection with herself and being connected with others. Her Rosen Movement is influenced and shaped by her long experience as a dancer and studies of Feldenkrais, Gerda Alexander's Eutonie, Qi Gong and more. Deborah also teaches Rosen movement in Russia and is the Director of Training for Rosen Movement at the Austrian School. Deborah lives and works in Berkeley, California.



This intensive will be assisted by **ALEXANDRA DOLNYKOVA**, practitioner and workshop teacher from Moscow. Sasha is a psychologist as well. Also assisting will be **GABRIELE KUMLIN**, founder and Managing Director of Rosen Method in Austria. Gabriele was trained by Marion Rosen in Berkeley, California, 22 years ago and works as a practitioner, supervisor, and workshop teacher in Vienna and in Berlin. Co-assisting will be **HELGA BLASCHKE**, a certified bodywork practitioner by the Austrian Rosen Method School. Translator **ZELMA MILLARD**, a certified Rosen practitioner by the German Rosen Method School lives and practices in Mainz, Germany. She is also a singer and performer.

Photos left to right: Sasha, Gabriele, Helga, Zelma



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www.rosenmethode.at

Course fee is €800, €600 for CEU enrollment
€160 down payment is required when registering

Please register with Gabriele Kumlin
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