

ROSEN METHOD MOVEMENT INTENSIVE IN VIENNA / AUSTRIA

WITH DEBORAH MARKS



APRIL 27 TO
MAY 1, 2019

VIENNA

HOW WE MOVE MATTERS!

The essence of Rosen Movement is to encourage freedom of movement by gently and playfully getting us to move beyond unconscious attitudes and beliefs. When we move in accordance with our natural structure, we cultivate the experience of joy and vitality.

Rosen Movement is deeply restorative because it cultivates body awareness and reconnects us with ourselves, with those around us, and with our environment. It is also helpful in preventing injuries and reducing chronic tension.

Each day will include movement classes, sharing circles, anatomy, partner work, and lots of new discoveries.

Deborah Marks trained by Marion Rosen in bodywork and movement, has been teaching Rosen Movement classes for over

30 years and has been successfully engaged in training teachers for over 6 years. A longtime dancer, she rejoices in the power of ordinary movement to inspire and transform our lives. This intensive inaugurates the movement training program of Rosen Method Austria.

This intensive can be taken for personal growth or as the first step on a track toward becoming a certified teacher of Rosen Movement classes.

Daily class from 10.00h to 16.30h (incl. lunch break) at Seminarhaus Wien-West, Aichholzgasse 39, 1120 Wien
www.seminarhaus-wienwest.com

Course language is English with translation in German.



Rosen-Method
Österreich

www.rosenmethode.at

Register online at www.rosenmethode.at,
or KumlinGabriele@aol.com,
tuition fee is EUR 600 if paid until February 15,
afterwards EUR 650.

