

ROSEN METHOD BODYWORK — AND — MOVEMENT

PRESENTATION AND DEMONSTRATION

Contact: Patricia Angelina 408-624-6167 or patricia@healingheartsbodywork.com



Come and participate in a presentation & demonstration to introduce you to this transformative method of bodywork - Rosen Method.



If you've ever wondered what the Rosen Method is all about - this is your chance to find out.

ROSEN METHOD

Rosen Method Bodywork is a gentle form of therapeutic healing touch that accesses the unresolved feelings and emotions that get held within the body through muscle tension. Our shape, form and body posture tell the story of our lives. Tightly held muscles literally hold us back in life. The effort it takes to hold our muscles in protective or guarded ways takes an enormous amount of energy. This bodywork addresses the unconscious muscular holdings in the body allowing the release of muscular tension and creating the opportunity to heal. By relaxing chronic muscle tension and holding patterns, the breath becomes free to move and expand. Through this body/mind approach to healing we unlock our personal potential, acknowledge our authentic selves and reclaim our dreams.

ALL ARE WELCOME!

DATES, TIMES AND LOCATIONS:

FREE!
WEDNESDAY, OCTOBER 8TH
12:30 - 2:00 PM

TIMPANY CENTER (click for map)
730 Empey Way
San Jose, CA 95128

FREE!
THURSDAY, OCTOBER 9TH
7:30 - 9:30 PM

Special Class — Featuring Bill Samsel
PACIFIC CULTURAL CENTER (click for map)
1307 Seabright Avenue
Santa Cruz, CA 95062

FREE!
FRIDAY, OCTOBER 17TH
6:30 - 8:00 PM

CONNECTIONS CEU INSTITUTE (click for map)
405 Alberto Way, Suite A
Los Gatos, CA 95032

FREE!
SATURDAY, OCTOBER 18TH
10:00 - 11:30 AM

CENTER FOR SPIRITUAL LIVING (click for map)
Mandela Room
1195 Clark Avenue
San Jose, CA 95125

For more information visit: www.HealingHeartsBodywork.com

Please come join us and explore more about Rosen Method. Bring a friend and enjoy refreshments.