



FREE
ROSEN METHOD
 INTRODUCTORY CLASS

SUN, AUG 21
& SEP 18

SAN JOSE, CA

FREE 2-HOUR ROSEN METHOD PRESENTATION & DEMONSTRATION

If you've ever wondered what the *Rosen Method* is -- this is your chance to find out. Come join us for a FREE 2-hour presentation & demonstration to introduce you to this transformative method of bodywork.

Discover and learn through discussion, experiential exercises and a demonstration. We will talk about the history and theory of Rosen Method. You will have the opportunity to participate in and experience Rosen Method movement.

In the bodywork demonstration you will see how we use listening touch, body-based words and attention to breath. Our shape, form and body posture tell the story of our lives. This method of bodywork addresses the unconscious muscular holdings in the body allowing the release of muscular tension and creating the opportunity to heal emotional and physical pain. Through this body/mind approach to healing we unlock our personal potential, acknowledge our authentic selves and reclaim our dreams.

DATES & LOCATION:
 Sunday, August 21 and September 18
 2:00pm - 4:00pm
Legato Music School
 5173 Moorpark Ave.
 San Jose, CA 95129
 (Note: Between Lawrence Expwy & Williams)

All are welcome! Bring a friend, enjoy refreshments, meet new people, explore and experience Rosen Method bodywork and movement.

Please call or email to RSVP:
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