

# ROSEN METHOD

## EMBODIED SELF-AWARENESS THROUGH TOUCH, DEEP LISTENING & PRESENCE



"THIS WORK IS ABOUT TRANSFORMATION - FROM THE PERSON WE THINK WE ARE TO THE PERSON WE REALLY ARE."

MARION ROSEN, FOUNDER OF ROSEN METHOD

Rosen Method is a holistic approach to deep body-mind-spirit exploration. Both aspects of Rosen Method, bodywork and movement invite you to reconnect and become more aware of body sensations and emotions. By learning to listen deeply to your body, you can give space and voice to what is held within. Awareness of your body in the present moment can allow unconscious feelings, attitudes and beliefs to shift. This leads to a deeper connection with authenticity and vitality, and often releases both physical and emotional pain. Rosen is a great complement to other therapeutic modalities and psycho-spiritual disciplines. Patricia Angelina invites you to join them at JFK University for a weekend of exploration into the wisdom of the body.



Patricia Angelina

[www.healingheartsbodywork.com](http://www.healingheartsbodywork.com)

Saturday, October 1st

9:00am - 4:00pm

JFK University

San Jose Campus

\$159; Earn 6 CEUs



Elyze Stewart

To register: 800-557-1384 | [conted@jfk.edu](mailto:conted@jfk.edu) | [jfk.edu/ce](http://jfk.edu/ce)