



Centro de Educación Corporal

ROSEN METHOD OF MOVEMENT

Intensive Workshop from June 25th to 29th, from 10 to 5 pm
(counts towards certification)

Explore the deep experience of moving from within and reconnecting with who you really are underneath your chronic tension. Enjoy the spaciousness in your body and mind.

Rosen Movement offers:

- **Ease and freedom of expression**
- **Vitality through non-efforted movement**
- **Reconnection with yourself and others through sense-perception and body awareness**
- **Well being of relaxation**
- **A simple, practical and deep method that respects the natural structure of the body, stimulating and aligning it**

It is offered to people:

- **With chronic pain and postural problems**
- **Who want to experience the ease and joy of natural movement**
- **Who want to deepen the body-mind connections**
- **Who are professionals in different disciplines of bodywork who want to enrich their work**
- **Who want to be trained and certified as Rosen Method movement teachers**

**Taught by: Senior Teacher Theresa García,
who has the highest level certifications in Rosen Method Movement and Bodywork.
The intensive workshop follows the international standards of the Rosen Institute
for training and certification, once program is completed.**

Requirements: previous interview

Cost: \$ 350.00 dollars

Veredas Patriotismo 767, tower 2, third floor, Mixcoac

iWELCOME!

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Método Rosen

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