



Centro de Educación Corporal

ROSEN METHOD OF MOVEMENT

Intensive Workshop from November 12th to 16th
from 10 to 5 pm. (counts towards certification)

**Explore the limits created by chronic tension and restore your body's
natural capacity for breathing, moving, relaxing and expressing**

ROSEN Method Movement is based on physiotherapy

- It is simple, practical and profound.
- Gives back the complete range of movement that you are meant to have through ease, rhythm, sense-awareness and relaxation.
- Clarifies your inner perception, revealing your patterns of chronic tension.
- Prevents and rehabilitates injuries.
- Reawakens joy, well being and health.

Come if you are interested in:

- Releasing chronic tension and improving your posture.
- Experiencing the vitality of non-efforted movement.
- Furthering your self-knowledge and body-mind integration.
- Enriching your professional bodywork or movement practice.
- Being trained and certified as a Rosen Method Movement Teacher.

**The Workshops will be led by Theresa García, an experienced Senior Teacher in
Rosen Method Movement and Bodywork, and Lourdes Nicolau specialist in Body Consciousness.
The intensive follows the International standards of the Rosen Institute for training and certification.**

Previous interview for new participants
Cost \$ 350 US dls.

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Lourdes Nicolau - Yoya Argüelles
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Método Rosen

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