



Rosen-Methode
Österreich

OCTOBER
19 - 25, 2019

ROSEN RESIDENTIAL
NEAR VIENNA, AUSTRIA

THE POWER OF WORDS:

DEVELOPING THE SKILL AND ART OF USING WORDS IN ROSEN METHOD

A RESIDENTIAL INTENSIVE WITH MARY KAY WRIGHT, SARAH DANDRIDGE AND DEBORAH MARKS



Rosen Method is unique among all forms of somatic therapies because of the combination of touch and verbal processing. Rather than working in silence or with casual conversation, Rosen Method practitioners learn to work with consciousness through the relaxation of muscle tension combined with words that facilitate access to memories, feelings, and deepened states of awareness. Rosen words are invitational, open-ended, and non-judgmental. Learning how to use words in Rosen Method is often the most challenging component of a trainee's skill development.

This intensive will focus on where our words come from and how we use them. The words come from a variety of sources during the bodywork session, including:

- Observing the client's body
- Listening carefully to the client's words
- Attuning to the emotional tone in the client's voice and body
- Feeling the textures and nuances of the client's body through the contact of our hands
- Noticing our own thoughts, images, impressions, and emotions during the bodywork session and how they may relate to the client's process
- Tracking the progress of the session, to understand the context and framework of the experiences the client shares.

Marion Rosen described the words as her "third hand". Using words is an essential part of Rosen, through:

- Speaking simply
- Using a tone of voice that matches the state the client is in
- Finding ways to speak to what underlies the conscious mind, to help the client access deeper awareness and internal observation of their own experience
- Staying curious and open to what unfolds in the session
- Finding words to acknowledge the truth of the client's experience
- Staying connected to the flow of the session to sustain safety.

Please join us at our 6-day residential retreat at Hotel Payerbacherhof outside of Vienna in lush hillside and mountain scenery. Our training is easily accessed by trains from downtown Vienna. Our hotel (www.payerbacherhof.at) offers first class accommodation and meals at reduced rates (EUR 65 to 70 full board), a spa with sauna and other amenities, relaxing gardens and more.

OUR INTENSIVE IS OPEN TO ALL ROSEN METHOD BODYWORK STUDENTS WORLDWIDE INCLUDING THOSE WHO HAVE RECENTLY COMPLETED AN INTRODUCTORY WORKSHOP. THE COURSE MAY BE TAKEN BY ROSEN INTERNS, AS WELL AS BODYWORK PRACTITIONERS, AND MOVEMENT TEACHERS FOR ROSEN INSTITUTE CONTINUING EDUCATION CREDIT (CEU).

Our intensives are taught in English with translation into German by Zelma Millard, a certified Rosen practitioner.

THE TEACHING TEAM



MARY KAY WRIGHT, USA

Senior Teacher, Co-Director of Teaching, Rosen Method in Austria

As a member of Marion Rosen's first training group, Mary Kay has been a practitioner and teacher for more than 35 years. She has taught Rosen Method in North America, Europe, Israel and Russia and is the Director of Teaching of the Russian Rosen Method School. As one of the founders of the Rosen Institute, she served as president 2001–2013. She currently works as a private wealth advisor and financial planner in Walnut Creek, CA.



SARAH DANDRIDGE, USA

Senior Teacher, Co-Director of Teaching, Rosen Method in Austria

Sarah is a senior teacher and practitioner trained by Marion Rosen. She has had a private practice in Oakland for 35 years and is on the Rosen Method faculty of the Canadian and Russian Rosen Method schools. Her continuing exploration of Rosen Method enlivens her life and re-affirms her commitment to Rosen Method as a path to embody awareness. For 16 years, Sarah has been a dedicated practitioner of Somatic Experiencing, the technique developed by Peter Levine to resolve trauma in the body. Through her work with SE, Sarah has developed a deeper awareness and understanding of how trauma can affect not only a person's physiology, but also all aspects of a person's inner and outer life.



DEBORAH MARKS, USA

Rosen Movement Teacher Trainer and Senior Bodywork Teacher

Deborah was trained in the early 80s by Marion Rosen in Berkeley. Her special gift is the tremendous ease within and in moving, her connection with herself and being connected with others. Her Rosen Movement is influenced and shaped by her long experience as a dancer and studies of Feldenkrais, Gerda Alexander's Eutonie, Qi Gong and more. Deborah also teaches Rosen movement in Russia and is the Director of Training for Rosen Movement at the Austrian School. Deborah lives and works in Berkeley, California.



The intensive will be assisted by **ALEXANDRA DOLNYKOVA**, practitioner and workshop teacher from Moscow. Alexandra is also a psychologist. Also assisting will be **GABRIELE KUMLIN**, founder and Managing Director of Rosen Method in Austria. Gabriele was trained by Marion Rosen in Berkeley, California, 24 years ago and works as a practitioner, supervisor, and workshop teacher in Vienna and in Berlin. Co-assisting will be **MARIKA LICHTENBERG** from Vienna, Austria who was trained as a certified bodywork practitioner at the Rosen Method School in Austria. **ZELMA MILLARD**, a Rosen practitioner from Germany will be translating. Photos left to right: Alexandra, Gabriele, Marika, Zelma



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www.rosenmethode.at

Course Fee is € 850, (Early Bird Registration by August 5: € 800), € 650 for CEU enrollment.
€ 200 down payment is required when registering.

Please register with Gabriele Kumlin
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