

## Rosen Movement at a Treatment Center in New Mexico

This past November, 2010, I was given the opportunity to teach Rosen Movement at an alcohol and drug treatment facility in Taos, New Mexico. I work there as Administrative Assistant to the Executive Director. I decided to give it a try, even though I was somewhat concerned whether the young patients would be open to Rosen Movement, and I was unsure if it would help patients in recovery.

Well, the class is a big hit with the patients! The treatment center is residential and there are many rules. The patients are not allowed to listen to music so they love coming to my class to move and dance to music. It has been a challenge teaching this group. Most come in with a defiant and rebellious attitude, a lot of them have been abused (sexually and physically), some have lived on the streets, and some have a history of stealing. Many have complex legal issues that are pending.

One of the first things I noticed in the group was how difficult it was for them to be in their bodies. When I ask them to be aware of what is moving in their bodies and they allow themselves to slow down, I see the breath come in so naturally. It is really beautiful to see.

As I was leading the “On the floor” section of the class one patient in class got very teary. He stuck with it, finished the class and shared with me that no one had ever told him to bring his awareness to the movement of his breath. For some reason, he said, that had touched him deeply. The next day he told his therapist how well he had slept.

One woman came to class for the first time feeling really angry. As I was leading the “Upper body warm up” section of class, she stopped and told me she didn’t want to participate. I told her that was fine and that she was welcomed to sit and watch. When we got to “Circle” section of class, she saw how much fun everyone was having so she re-joined the class. She later told me she was really happy she changed her mind and finished the class with us. Now she comes every Tuesday and is always the first one there.

One of my most touching comments came from a patient who, at the end of my class, said, “I had an amazing time in your class. I realized I was able to have fun without being high.”

The feedback I receive from the patients gives me so much satisfaction and fills me with so much joy. I believe that Rosen Movement offers a unique spirit of presence that allows the patients to bring out the best in each of them. They relax, have fun, and can be themselves in a way that their lives don’t always allow.

The counselors and therapists who work with the patients have shared with me how much the patients talk about my class in their therapy groups. They say how uplifting and fun my class is. The therapists also tell me they see changes in some of the patients the next day after my class. There is a softening and often patients who are usually quiet in the group are willing to open up and share.

I have recently become a Rosen Movement Teacher and teaching this class has truly awakened the teacher within me. It's allowed me to come in contact with my true confidence. I used to imagine teaching a class and no one would listen, and I would not be able to control the class. Instead I have found that I have a gentle authority and I am able to contain and lead my class just the way I want. Rosen Movement has certainly brought me joy and added something that has been missing from my life.

I want to acknowledge my Rosen Movement teachers, Julia Martin, Marjorie Huebner, Susie Verkamp and Antoinette Gwinn, for guiding me and teaching me. They believed in me and helped me come into my own. They have all played a very important role in helping me get to where I am now. And truly, whenever I start my class, I remember each of my teachers. I remember their radiance, their confidence, and their love of Rosen Movement. I become aware that I too have my own radiance, my own confidence, my own respect and true love for Rosen Movement. I shine! With these qualities, every class has been a success and so much fun. Thank you so very much for all you have given me.

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