

Join us for a gentle and unique somatic experience!

Bodywork & Movement Workshop

Introduction to The Rosen Method



March 16, 2019 from 9:30am-4:30pm

Walker Church, 3104 16th Avenue South, Minneapolis

Come learn from two amazing practitioners. In this day-long workshop you will experience and practice Rosen Method Bodywork and Movement—

- Explore what makes Rosen Method Bodywork unique
- Practice and receive gentle hands-on bodywork in a safe and supportive setting
- Enjoy Rosen Movement exercises to loosen joints and connect with your body
- Share potluck lunch with the local Rosen community

For those new and experienced with Rosen Method Bodywork and/or Movement. Dress in layers, loose clothing; bring a dish to share, water bottle, yoga mat, and blanket.

Cost: \$85 (please RSVP with payment to Kris or Marjorie)

Instructors

Kris Nourse, krisnourse.com, (651) 659-0452

Marjorie Huebner, marjoriehuebner.com, (612) 242-6646

About The Rosen Method

In **Rosen Method Bodywork** (RMB) we use touch and sensation to listen to and track meaningful inner experiences and to remember how to learn from our inner-knowing and our bodies so that our whole being—heart and head—is working together!

In **Rosen Movement** we explore a series of enjoyable, light-hearted movements that are both preventative and rehabilitative, and work to support connection to yourself and to others.