

# Rosen Method Movement Intensive

Teacher : Aurelia Priotto St. John

October 18 -22 ,2017, L'Éterlou , Plan de Baix (Drôme) France



« We can expand, we can take space.  
It can be joy, it can be ease.  
Each movement can be a dance.»

MARION ROSEN

***Come to move and dance with us !***

**Rosen Movements** are done without effort, allowing the release of chronic tension and the relaxation of physical and emotional postures. They improve the flexibility of articulation, encourage the natural breath and invite a deeper experience of ourselves.

**Aurelia Priotto St. John** is a senior movement training Teacher, bodywork Practitioner and Teacher. Trained and formed by Marion Rosen in Berkely, she has worked for many years in California, New Mexico and Canada where she was responsible for the Movement Training program. In 2010 she returned to her native land Italy where she is bringing and sharing her passion for Rosen Method. Today she is responsible for the Movement Training in France.



With joy we welcome you !

Aurelia and Lene (organizer)

Lene Espensen • Tél. : 06 82 37 68 41 • [lene@espensen.com](mailto:lene@espensen.com)  
<http://methode.rosen.free.fr>



## Further Informations :

### How do the Rosen movements work ?

What happen when the body relaxes and lets it go?

The muscles relax, lengthen, widen and the emotions can surface.

Body movements become free and a new person, more complete person appears.

The breath moves and circulates more freely in the whole body.

Rosen movements are joyful, simple and without effort .

They gradually allow the release of muscular tension as well as chronic tension in an effective way.

The opening of the chest and the heart invites the breath to move more easily. It brings a better sensation of oneself and more open feelings towards others.

### What is a Rosen Method Movement Intensive?

The five-day workshop is open to anyone who would like to re-learn how to move without effort, with joy, lightness and trust. You will learn:

- 1 – Warm up the body to open and lubricate the joints.
- 2 – Slow stretch inviting the natural breathe.
- 3 – Work with a partner to find a wider attention and a rhythm together.
- 4 – On the floor working on the spine, also time to integrate what you've experienced.

This workshop is also part of the training to become Rosen Movements teacher. You will learn theory about the movements and how to give and prepare a class.

You'll be encouraged to give short demonstration in front of the group and to explore different musical styles that correspond to different parts of a movement class.

Sharing circles will be part of the learning process. They offer an opportunity to exchange experiences, to acknowledge the inner process through which everyone goes. There are also circles for asking didactic questions.

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### Rosen Method Movement Intensive

With Aurelia Priotto St. John (in french and italian)

April 18-22, 2017, L'éterlou 26400 Plan de Baix , France

**Bring :** a mat, comfortable clothing , scarf, your music and music player.

**Hours :** 9:30 am to 4 pm (the course starts the 18<sup>th</sup> of October at 10:00 am – ends on the 22<sup>nd</sup> at 1 pm)

**Access:**

**By car :** A7 (or RN7), exit "Valence Sud" or "Loriol" follow the direction "Gap", pass through Crest, Mirabel et Blacons, Beaufort-sur-Gervanne and Plan de Baix.

**By train:** Until Valence, then Crest. Take the bus number 25 (phone number: 0033-4 75 05 26 26) or taxi (book in advance: 0033-4 75 22 03 03 ( Cost 4€ )

**Price :** ( course + boarding )550 € ( board from lunch on the 18<sup>th</sup> of October till the 22<sup>nd</sup> October breakfast included).

**To register :** send this form to *Lene Espensen with à deposit of 120€ (to the order of "institut rosen france")*.

For a bank transfer, please contact Lene.

# Registration form and questionnaire for a Rosen Method course

The following questions are confidential  
Only teachers and their assistants will have knowledge of them.

Course at ...Eterlou, Paln de Baix..... Date ...18<sup>th</sup>-22<sup>nd</sup> of October.....

First name : ..... Last name : .....

Street address : .....

City .....

Phone number : ..... Email : .....

Date of birth : .....

Will you arrive the 17<sup>th</sup> of October? ..... Night and breakfast = 20€

And for your departure on the 22<sup>th</sup> do you wish a picnic for lunch (16€) ?

How did you get to know the Rosen Method ? .....

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Have you already attended a Rosen class or workshop ? ..... If yes where and when and with which teacher ?

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Have you ever received Rosen sessions ? ..... If yes,how many ?.....

Have you attended weekly Rosen movement classes? .....

If so, where, and for how long ? .....

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Have you ever attended other movement or bodywork training courses ? .....If yes, which ones ?

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Have you done any other personal development work ? .....

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Are you currently under physical - or psychiatric medical treatment ? .....

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Are there other informations concerning your physical and psychic health we should know ? ( alcohol dependence or anything else)

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Who to call in case of emergency ?

1. .... Phone : .....

2. .... Phone : .....

**This work requires a personal commitment of the participants. By registering on this course, I declare I will be responsible for myself, for my physical and psychic health.**

Date : ..... Signature : .....

# COMMITMENT

## **1/ Confidentiality agreement**

I understand that Rosen Method is a private and personal experience for every participant. I am committed to respect all informations, words and acts of the participants as strictly confidential and private.

Date:

Signature:

## **2/ Brand's use**

I know that «Rosen Method»'s brand and logo are protected and that they can't be reproduced, copied or duplicated without a special written permission of the «Centre Rosen».

Only practitioners who have graduated from the Rosen Institute, and the students on the 3<sup>rd</sup> level can use the name and the logo «Rosen Method».

Furthermore, I am committed not to film or take photography's without prior consent.

Date:

Signature: