

EMOTIONAL ANATOMY II – SUPPORTED BY ROSEN METHOD MOVEMENT WITH MAJA SKAU-OLSEN AND DEBORAH MARKS

“This work is about finding ourselves again - the transformation from the person we think we are to the person we really are.”
Marion Rosen, 2003



**MARCH 15 - 21 2024
LOWER AUSTRIA,
PAYERBACH**



In Emotional Anatomy, which is a required part of the Training to become a Rosen Method Bodywork Practitioner and a Rosen Method Movement Teacher, you learn about the body's musculoskeletal system, especially the muscles - through images, words, touch and movement.

There will be daily Rosen Method Movement, where you feel your own body through guided movements to music.

You will learn:

- Names of selected bones and muscles in Latin, so you can study further in other anatomy literature.
- Where in your own body the muscles are located?
- How it feels from the inside and outside when the muscle is tense?
- What movements the muscle can do?
- What is difficult to do when the muscle is tense due to unconscious muscle tension?
- How the inhibited movement can mirror one or more emotions?
- How the body's repressed emotions can be "read" in the muscle tension?
- How metaphors about the body can be used in Rosen treatments to give the client an understanding of themselves.

In Anatomy II in March 2024, the focus is on the back, lower body and legs.

Anatomy I focuses on the upper body, breathing and shoulder/arm. In both courses, we start with an overview and a general understanding of the functions of the musculoskeletal system, both physically and emotionally.

Therefore, it doesn't matter which of the two courses you attend first.

Time table

Friday March 15th - Thursday March 21st 2024,
Hotel Payerbacherhof, A-2650 Payerbach

March 15th, 6pm: Welcome and dinner
7- 9pm: Start of course

March 16th - 20th, 9am - 5pm: Daily course
including coffee and lunch breaks

March 21st, 9am - 2pm: End of course after lunch

Tuition fee is € 950, for Interns € 850. The hotel room must be booked by the participants themselves.

Language of instruction is English with translation into German. This intensive can be taken for personal growth or as a first step of becoming a certified Rosen Method Bodywork Practitioner.

We are looking forward to welcoming you!

THE TEACHING TEAM



MAJA SKAU-OLSEN

Maja Skau-Olsen is a Senior Teacher and co-owner of the Rosen Method School in Denmark, has been practising and teaching the Rosen Method Bodywork for several years in Europe, Russia and the USA. She has specialised in particular in the Emotional Anatomy developed specifically for the Rosen Method Bodywork and teaches it at the Austrian school.



DEBORAH MARKS

Deborah Marks, Director of Rosen-Method Movement Austria, trained by Marion Rosen in bodywork and movement, has been teaching Rosen-Method Movement classes for 40 years and has been successfully engaged in training teachers for 10 years. A longtime dancer, she rejoices in the power of ordinary movement to inspire and transform our lives.

TRANSLATOR



ZELMA MILLARD

Zelma Millard is of German-Irish origin, a Rosen Method Bodywork Practitioner in Germany and since 2022 teacher-in-training for Rosen Method bodywork. The trained opera singer also works as a vocal coach and translator.

“The mindfulness of the Rosen Touch enabled me to find my true self, so i can meet others in an authentic way.”

ASSISTANT



OLIVIA HELMER-WOLLINGER

Olivia Helmer-Wollinger is a Rosen Method Bodywork Practitioner with her own practice in Vienna, author of the book „Essanfälle Adé/Goodbye, Binge Eating“ and since 2022 teacher-in-training. *“The Rosen Touch nourished me in a wonderful way and thereby gave me more liveliness and inner freedom - and this is an ongoing process.”*

Fotocredits: Manfred Helmer und Ruth Marion Rybarski



Rosen-Method
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