



ROSEN METHOD MOVEMENT INTENSIVE

SEPTEMBER 4 - 8, 2024

WITH DEBORAH MARKS
AND
KAREN ZOEPPRITZ-KARLE



Daily class from 10 - 17h at Werkstatt Krähe,
Westbahnstraße 7, 1070 Wien.

Course Language is English with translation in
German by Zelma Millard, Rosen Method Bodywork
Practitioner and Teacher-in-training.

Early Bird Fee is € 750 until July 5th, afterwards
regular tuition fee is € 800.

HOW WE MOVE MATTERS!

The essence of Rosen Method Movement is to encourage freedom of movement by gently and playfully getting us to move beyond unconscious attitudes and beliefs. When we move in accordance with our natural structure, we cultivate the experience of joy and vitality.

Rosen Method Movement is deeply restorative because it cultivates body awareness and reconnects us with ourselves, with those around us and with our environment. It is also helpful in preventing injuries and reducing chronic tension.

Each day will include movement classes, sharing circles, anatomy, partner work and lots of new discoveries.



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.



Co-Teacher **Karen Zoeppritz-Karle** brings 35 years of experience as a Physiotherapist to her Rosen Method Movement teaching. She has been practicing bodywork since 2012 and is also a supervisor and works hop teacher. Karen is currently on her way to becoming a Senior Teacher in Movement.

„For me, every movement class is like an invitation to experience our movements as light and effortless. Movement is life and life can be light and full of joy.“

This intensive can be taken for personal growth or as the first step on a track towards becoming a certified Teacher of Rosen Method Movement classes.

We are looking forward to welcoming you!
Please register online at www.rosenmethode.at

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Rosen-Method
Österreich