

THE FUNDAMENTALS OF ROSEN METHOD BODYWORK

A DEEP DIVE INTO EASING MUSCLE TENSION, TRACKING THE BREATH, AND WORKING WITH WORDS

WITH MARY KAY WRIGHT AND ZELMA MILLARD
MOVEMENT LED BY CLAUDIA KROISENBRUNNER



**JUNE 21-27, 2024
VIENNA, AUSTRIA**

SEMINARZENTRUM FOKUS
NEUBAUGASSE 44, 1070



Rosen Method is a somatic approach which features several core principles that are experienced and learned over time. This Intensive will work with each of the primary components of Rosen Method to:

- Help trainees develop familiarity and ability in working with their hands.
- Build awareness about the importance of the diaphragm and how the breath moves.
- Form ways to interact verbally with a client to facilitate the process of accessing unconscious memories and life events related to muscle tension.
- Explore how Rosen Movement is deceptively simple, informal, and enjoyable. It lubricates every joint and encourages stamina and vitality by freeing the breath.
- Strengthen knowledge and confidence in the integration of the fundamentals.
- Improve participants' capacity to support themselves and their clients fully in the journey of self-discovery, personal growth, and healing.

Our goal is to provide a strong base for trainees who are in their initial stages of learning while also providing more insight and expanded awareness for participants who have been studying for some time or are already in the Internship with regular supervision. The Intensive is also continuing education for certified practitioners.

Course Timetable at Fokus

Friday June 21, 2024 6:30 – 9:00 pm: Lecture/Demo

Saturday June 22 – Wednesday 26, 9:30 am – 5:30 pm
except Monday June 24 ends at 4:15 pm:
Daily course includes coffee and lunch breaks

Monday June 24, 4:30 – 6:30 pm: Marion Rosen
110th Birthday Celebration at Caffè Latte

Thursday June 27, 9:30 am – 1:30 pm: End of course
before lunch

Tuition fee is € 950, for Interns € 850.

Prerequisite - participation in Introductory Workshop.

Instruction in English with German translation.

The intensive can be taken for personal growth, towards training to become a certified Practitioner, or as Continuing Education for Practitioners and Movement Teachers.

We are looking forward to welcoming you!

Lecture/Demo Friday Evening, June 21 at Fokus

The Intensive starts with a Lecture/Demonstration which is also open to the public. It includes a short explanation of Rosen Method for newcomers, a brief exercise of Rosen touch, and a demonstration of a bodywork session, followed by questions and discussion. **You are encouraged to invite friends, colleagues, family - anyone you think may be interested.**

Celebration of Marion Rosen's 110th Birthday!

All members of the Austrian Rosen Method community are welcome to a party to honor Marion's 110th birthday on Monday, June 24 at 16:30, at Caffè Latte, Neubaugasse 39, 1070 Wien. We will toast Marion's unique life and contribution to the field of somatic therapies, with appreciation for the impact of her original and creative work in our own lives and careers. **Please save this date and join us to pay tribute to Marion.**

SENIOR TEACHER



MARY KAY WRIGHT

As a member of Marion Rosen's first training group, Mary Kay has been a practitioner and teacher for more than 43 years. She has taught Rosen Method in North America, Europe, Israel and Russia and is the Co-Director of Teaching of the Austrian Rosen Method school. As one of the founders of the Rosen Institute, she served as president 2001-2013. She currently works as a private wealth advisor and financial planner in Walnut Creek, CA.

CO-TEACHER-IN-TRAINING



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.

MOVEMENT TEACHER



CLAUDIA KROISENBRUNNER

Claudia is the first fully certified Rosen Method Movement Teacher in Austria and will be leading the Movement component of the Intensive. She is also an Intern in the Bodywork Training program and has worked for decades with other people in the fields of healthcare, art and social affairs.

ASSISTENT



JOHANNES FRITSCH

Johannes Fritsch is a Rosen Method Bodywork Practitioner and works with clients in and around Vienna. He is also a self-employed garden designer and swimming pond builder.

Fotocredits: Manfred Helmer



Rosen-Methode
Österreich

Contact: Mag. Claudia Dorfmeister
kontakt@rosenmethode.at | +43 699 11053668

Please register online at www.rosenmethode.at

Association bank account number:
AT93 2011 1844 5961 5300