



# ROSEN METHOD MOVEMENT INTENSIVE

SEPTEMBER 3 - 7, 2025

WITH DEBORAH MARKS  
AND  
KAREN ZOEPPLITZ-KARLE



Photo: Manfred Helmer

Daily class from 10am – 5pm at Werkstatt Krähe,  
Westbahnstraße 7, 1070 Vienna.

Course Language is English with translation in  
German by Kathrin Polzer, Rosen Method Movement  
Teacher.

Early Bird Fee is € 850 until July 30th,  
afterwards regular tuition fee is € 900.

We are looking forward to welcoming you!

## FEELING AT HOME IN YOUR BODY

Experience the powerful effects of Rosen Method Movement

In a mindful and loving atmosphere we invite you to perceive your body in a new way and explore movements from a place of deep inner calm.

The Rosen Method Movement is based on effortless movements that release tension, deepen breathing, strengthen body awareness and trust in your own body and give a feeling of lightness and vitality.

Together we create space for more freedom of movement and connection to ourselves. The simple, playful but profound exercises support you in letting go of old patterns and rediscovering a natural way of being.

### What you can expect during this Intensive:

- Gentle, easy, flowing movement sequences to music
- A supportive group atmosphere free of any pressure to perform
- Exploring the elements of the method: music, rhythm, anatomy, body reading, movement vocabulary
- Joy and pleasure!
- Integration of body, mind and emotions
- Opportunities to lead the group
- Time for sharing-circles

In this seminar, we take time to listen to the body - and to follow what it shows us. It is for anyone who is curious to discover their body in a sensitive and respectful way - regardless of age and previous experiences.



**Deborah Marks**, Senior Teacher Bodywork and Movement, is Director of Rosen Method Movement Training in Austria.

She was trained by Marion Rosen and has been teaching 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.



Senior Movement 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 Workshop Teacher.

*„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.

**Requirements:** Movement Weekend or Bodywork Introductory or Interview with Deborah Marks.

**Please register online** at [www.rosenmethode.at](http://www.rosenmethode.at)

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