



Rosen-Methode
Österreich

*How we move is not separate
from how we live our lives*

A TASTE OF ROSEN METHOD MOVEMENT

Saturday May 24 - Sunday May 25
daily 10am - 5pm, 1090 Vienna



*Come enjoy a weekend of self-discovery, in community,
through Rosen Movement!*

What it is: simple, accessible movements to ease the joints; lengthen tight muscles; increase capacity for deep breathing and vitality - all to a variety of interesting music

What it's not: repetitions to the point of muscle fatigue; working up a sweat; "no pain no gain"

What it feels like: fun; creative; spontaneous; connecting; centering

Who it's for: anyone wishing for greater freedom of movement, self-awareness, self-acceptance, and connection

Activities will include daily Rosen Movement classes, opportunities to share our experiences, sensory awareness, breathing exploration, and rhythm games.

With Deborah Marks, USA based Rosen Movement Training Teacher and Senior Bodywork Teacher for over 40 years.

Teaching Language: English with translation to German as needed

Course venue: Maitri Bildungszentrum, Berggasse 13, 1090 Vienna

Course fee: € 325, **Early Bird Price:** € 295, valid until April 24

OPEN CLASS: Friday May 23rd, 6.30 - 8pm. Based on free donation.
Free for participants of the Weekend Course.

Registration open: kontakt@rosenmethode.at