

Moving Body, Mind and Heart Rosen Method Spring Movement Intensive

*This Residential Movement Intensive is **the** place to be if you would like to experience connection in a safe, supported, and caring environment. Come for self care, exploration, and deepening body awareness through movement. Come for Teacher Training in Rosen Movement.*

Co-led by Senior Rosen Movement Training Teachers
Adrienne Stone and Marjorie Huebner

Senior Teachers Marjorie Huebner and Adrienne Stone have combined movement experience of 70 years+. They love teaching together and want to bring their love of and the joy of Rosen Movement to you.

April 1–5, 2020

(Begins after lunch Wednesday—ends after lunch Sunday)

**The Mariandale Center
Ossining, NY**



Marjorie Huebner

Senior Rosen Method Movement Teacher, Rosen Method Bodywork practitioner, and Authentic Movement facilitator. I have been moving and practicing touch for over 30 years. I have a background in dance, yoga, Qigong and love to study human anatomy. Movement is how I stay connected and alive in my body and Rosen Movement makes me smile!



Adrienne Stone

Senior Rosen Movement Teacher, Rosen Method Bodywork practitioner, Physical Therapist, Trager Practitioner and Teacher, Specialist in Bone Health. Trained by Marion Rosen, the joy of Rosen Movement was my inspiration to learn to teach this work so I would always have it for myself. My own yoga, Qigong and meditation practice nourish me as well.

COST

\$650 Early bird (before 2/12)
\$750 (2/13–3/11 when registration closes)
\$450 for reviewers (Movement Teachers before 2/12)

ROOM AND BOARD

\$387 (includes 12 meals) payable upon arrival

Local commuter fee option available (see Open Center website)

CONTACT

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Or register at:

RosenMethodOpenCenter.org

"Our goal is to make people feel happy and motivated to dance rather than drag themselves around. We would like them to feel physically well when their bodies move...and this is built on a very deep knowledge of anatomy and how people can move."

— Marion Rosen