

# Rosen Method Bodywork

## One Day Workshop

Co-taught by Gloria Hesselund and Meg Butler

We live in a time when many of us are seeking a deeper meaning in life and connection to self. As we look for what we value most, touch and body awareness can be powerful agents of change.

Rosen Method uses gentle, direct touch that focuses on chronic (or habitual) muscle tension. As relaxation occurs and the breath deepens, unconscious feelings, attitudes, and memories may emerge. The results of Rosen Method bodywork frequently include a lessening of pain and tension, and an increase in vitality and aliveness. Many individuals experience a new sense of clarity about their life direction and goals.

*This work is about transformation - from the person we think we are to the person we really are."*

*Marion Rosen P.T., Founder*



*Gloria Hesselund M.A.* is an articulate spokesperson for what happens in the space where the body and emotions meet. She is one of Marion Rosen's early students, a senior teacher of Rosen Method, the Director of Teaching for Rosen Method in Sweden, England, Norway, Australia and the founding Center in Berkeley.



*Meg Butler* has been practicing in the field of bodywork for 20 years in Santa Barbara. She began her training with Marion Rosen P.T. in 1995 and became a Rosen Method Practitioner in the Spring of 2001. She has continued her education in Rosen Method since her certification qualifying as a Primary Supervisor Apprentice and Teacher in Training. Meg thoroughly enjoys Rosen Method and how this work encourages us to live more openly and fully.

## One Day Introductory Workshop

Sunday, April 11, 2010 . 10:00am - 4:30pm

Gibian Wellness Center . 1522 State Street, Santa Barbara

For information contact Meg Butler at 805.684.0356 or [info@megbutler.com](mailto:info@megbutler.com)

Workshop Fee: \$140 or \$115 if paid by March 24, 2010 . Space is limited to eight participants

Can be taken for personal growth or interest in Rosen Method Body Work Training



*Certified Rosen Method Practitioner*

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