



ROSEN METHOD MOVEMENT

5 DAY WORKSHOP

Saturday 1 to Wednesday 5 September 2012

SYDNEY



Rosen Movement Teacher, Theresa Garcia, from San Francisco, California invites you to join her.

"Simple movements engage your core, improve range of motion in your joints, and free the diaphragm to allow natural breathing.

The class structure, the sequencing of movements, and the use of music create an environment for deep relaxation and connection. Rosen Movement is grounded in the body and in the present moment: it is simple, practical, and profound."

Teaching this work is important to me because it provides a container, a structure, a method from which to explore and come back to the present moment - in ways that speak to me and feel natural. It feeds me to do what I love, using the skills of Rosen Method to invite others into more fullness. TG

9am to 4pm daily

The Centre, 14 Frances St, Randwick (NSW) Accommodation is available at the venue - 02 9398 2211 to book direct.

Please note the opportunity may be available for individual Rosen Bodywork sessions @\$90.

For further information OR if this is your first experience of a Rosen Method Movement Workshop, please contact Lynda Napier on 0408 825 168 prior to registering. Or text that you are interested and Lynda will call you back.

Registration for Rosen Method Intensive in Sydney, 1- 5 September 2012

Name

Address

Email

Phone

Mobile

Register for:

- | | | |
|--------------------------|--|-----------------|
| <input type="checkbox"/> | Early Bird by 27 July | Price: \$790.00 |
| <input type="checkbox"/> | Full Price Movement Intensive | \$880.00 |
| <input type="checkbox"/> | Join RMAA as a member for the first time | \$50.00 |
| <input type="checkbox"/> | Renew RMAA membership | \$40.00 |

Method of Payment

- Cheque enclosed
- Direct Deposit

Deposit Date

Account Name:

Rosen Method Association
BSB: 033 209 A/C: 145180
(Please provide name in description)

**Less member discount*
(if applicable)**

Sub Total _____

TOTAL _____

