

Rosen

Frees you and your body



Rosen sessions with Lynda Napier of *clear day*.

Call me on 0408 825 168
to arrange a session next
time I'm in Sydney. Dates:
Sun 30 May, Sat 19 June,
& Sat 24 July. Location:
The Centre, Randwick



Stressed? Always tired? Discover what Rosen can do for you.

During your first Rosen session you'll become aware of how and why you hold tension in your body.

Rosen therapy can help change old patterns through inviting relaxation.

You'll discover how Rosen uses touch, awareness of your breath, and verbal expression to help you really slow down and find what's important.

You could think of it as 'mindfulness massage'. I look forward to spending time with you.

To book

Please call 0408 825168

Our fees

\$85 per 1 hour session

To find out more visit the Rosen Method Australia website at www.rosenmethod.com.au

Lynda Napier is a Rosen practitioner and massage therapist (AMI member) working in Sydney, Canberra and the Far South Coast NSW.