



® THE BERKELEY CENTER  
ROSEN METHOD

ROSEN METHOD: AN INVITATION TO

BLOOM

Articulating things that are inherently experiential is a challenge, to say the least.

To get closer to the experience of what participating in Rosen Method immersions with the Berkeley Center is like, we talked with our students, practitioners and faculty to hear about it in their own words.

You can think of this as being like a flip book about the experiences and effects of our immersions.

# Welcome.


*\*For a deep dive into Rosen Method Movement, Rosen Method Bodywork, training, personal immersions, and the Berkeley Center, please do visit our website at [rosenmethod.com](https://rosenmethod.com).*

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# TOUCH

with intention to listen  
and receive rather than to  
manipulate and fix others.

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Through my Rosen training **I have learned what it feels like, at a deep level, to be safely held, nurtured, and accepted without needing to be fixed.** I have slowed down internally as a result as well as continuing to develop more presence and noticing abilities to serve my clients as I hold safe space for them in bodywork and the other therapeutic modalities I provide. Rosen is powerful medicine!

Paul A.

Through Rosen Method Training

**I found a depth within  
me and a new capacity  
to speak of it.**

The training  
helped deepen my ability to stay  
centered and to observe dynamics  
within the body and between people.

Kathryn VanBoskirk

The teachers/ practitioners shared decades of skill from a deep well of kindness, presence and understanding. Our sharing circle had clear, safe boundaries, again, with kindness. Consequently, it appeared, as much as we participants were able, we got down to it. This includes the leaders. There was/is something available for all levels of lifelong learning within the Rosen Method. **I was engaged, satisfied and humbled by my experience. It all came with JOY as the shining star!**

Liv Eskola,  
bodywork student

# PERCEIVE

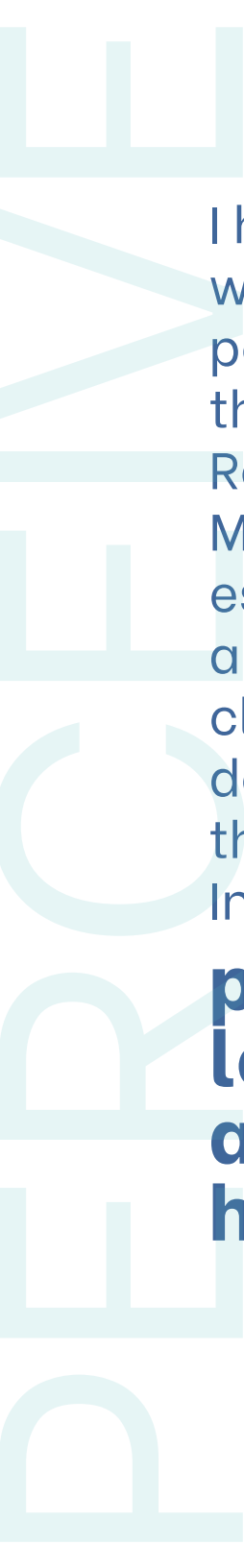
muscle tension and realize  
the underlying meaning of it.

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With every intensive I participate in, **I am filled with awe at what transpires and how I feel afterwards** – so full with all the caring that showers us. My heart is more open, and softened and my body more loose and flexible. Full. With love. Magic.

Etsuko Yoshifuku





I have been a physical therapist for over 40 years. I have studied with some amazing osteopathic physicians as well as with powerful physical therapists and MDs and several somatic therapies. I have to say that, after taking one Monday evening Rosen Method Class and one Intensive, I find Marion Rosen's Method to be just as powerful, if not more so, for certain clients, especially for clients where the emotional holding patterns play a larger role in their symptomatology. Taking Rosen Method classes is also very different from taking any other professional development classes I have taken, in that I got to experience the work myself in a deep way too, from being worked on by the Instructors and students. **It helps me to be more present in a profound way and helps me let go of long-held emotional burdens and body postures, even as I am learning how to do this for my patients.**

Leia Ambra, RPT


My Rosen Method Bodywork practice aided many of my clients **to release old traumas, visibly relax, and to understand themselves better.**

Kathryn VanBoskirk

# DEVELOP


ease in movement, self-expression and simply being with yourself.

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Through the Rosen Method training I have allowed the places in myself that I've always kept hidden to be seen. With the group there is nowhere to hide, in the best sense. **Being continually met with curiosity, presence and acceptance by my classmates and teachers has brought deep trust and a sense of safety into my life.** From this place I have begun to know parts of me that have been unknown, and to become more fully myself.

Maria Hurwitz

A decorative vertical element on the left side of the page, consisting of the word "ROSEN" in a light teal, stylized, outlined font, oriented vertically.

**Vital. I have come to know that Rosen can improve my life, my body, my posture, my balance,** through these all-important essential movements, and through sharing with others who are like-minded.

Julie Brandt Anderson



**When I began accepting myself, I was able to connect with others as myself and feel loved for the first time in my life. I also learned to love and listen (not fix) to the people I care about, deepening all my relationships.** Learning to listen to the messages my body and feelings were sending me helped guide my life toward what was important to me and helped me build a meaningful life. Rosen Method has helped me successfully express the human being that is uniquely me.

Meg Butler

Bodywork and Movement practitioner and teacher

# INTEGRATE

touch and verbal  
dialogue while meeting  
the whole person.

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**Rosen Method Bodywork delivers what so many healing modalities promise: A true change to the things I struggle with in my life.**

The combination of voicing my difficulties with feeling it in my body at the same moment brings direct release and integration in my mind, body and feelings. Rosen Method Bodywork is a true gold mine, to healing our trauma and changing our lives at the deepest levels.

Ewa Maris,  
Rosen Method Bodywork Practitioner and Client



Rosen Method teachers embody their work in ways that create safety and community. There's a richness, inspired from this wisdom, that provides a fertile ground for self exploration during an intensive. I'm astounded by how these experiences have allowed me to learn about myself and how this learning continues to unfold in my life. **Rosen has helped me to become a braver, fuller version of myself.**

Sessely McDaniel,  
M.A., R.N.


I found a community of truth-tellers—people who value being fully who they are, and telling the full truth about how they are feeling. The Rosen Method, the trainings I took, my sessions with a Rosen Method Bodyworker, and my own experience now teaching movement, all of these things have helped me live inside my own body, and tell the truth of my experience. I have had myriad positive outcomes from my training that I wasn't expecting, mainly because much of what emerges from this work involves bringing the unconscious to the surface, and uncovering parts of myself that have been buried or squelched for a long time. **This is life changing and life giving, over and over again.**

Karen Peters,  
Senior Movement Teacher

# WELCOME


the unknown as an access  
to presence and creativity.

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In 2005, As a newly trained massage therapist, I was looking to deepen my work to intentionally include the psyche and emotions. The training was often challenging and the practice continues to be a call to presence, curiosity and acknowledgement every day. Can't imagine where I'd be without it. **I got three very precious things from my journey. One; the recognition that I have, in me, a voice worth listening to, and a body to help me do it. Two, a couple of friends I will love, share and listen with for the rest of my life. And, three; work that feels like mine – work that feels like the best way to be with people.** The training was often challenging and the practice continues to be a call to presence, curiosity and acknowledgement every day. Can't imagine where I'd be without it.

Sarah Simmons



**The most beneficial thing I have gotten out of my training with Marion Rosen is a lifetime of immersion in the realm of the “right brain”, the hemisphere associated with relationship and connection, with feelings and sensation, creativity and the “unknowable.”** I was very young – just 22 years old – when I first found Marion Rosen as my teacher. As a result, I have had the benefit of Rosen Method presence and of a philosophy of welcoming all emotions and messages from the body throughout my adult life. I work hands-on with clients every day and still receive Rosen sessions myself, and this is a kind of healing grace that I would never have dreamed of.

Sara Webb,  
Co-Founder and Senior Teacherr

The way I find myself showing up in the world is a continual surprise. **Rosen Method really did allow me to become my own best surprise by giving me the experience of knowing when I am holding back and the choice to do so or not.** Life has turned out better than I could have planned it.

Gloria Hessellund,  
Director of Teaching, Senior Teacher

# RECOGNIZE

subtle changes in muscle  
tension and breath,  
reflecting changes in  
states of consciousness.

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**The degree of presence to another person's body deepens and bodywork starts to be experienced like a dance - not only on the part of a person on a table, but also on the part of a giver.** The two trainings I participated in were led by very experienced and dedicated instructors and attended to by a community of extremely sensible and fun individuals. The sharing circles were among the best I have ever attended.

Bella L., Rosen student



I treasure the understanding of human nature that I have gained through Rosen Method Bodywork training. **I am in awe and humbled by the way in which the body reveals how we have managed our lives and how, with relaxation, we set ourselves free to continue growing more deeply who we truly are.** It is a privilege to have work that opens my heart every time I engage in it.

Gloria Hessellund,  
 Director of Teaching, Senior Teacher

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The most beneficial thing I got out of training in the Rosen Method was/is in learning to listen to, allow, accept, and trust my own feelings. The modeling of **allowing one's most deeply held fears/beliefs to have space, which gives them room to change and catch up with the reality of the present moment instead of the time in which they were developed.** As my intern supervisor told me, 'this works touches our foundations'. Indeed it does and did.

Theresa Garcia,  
Senior Teacher

# CULTIVATE

a depth of understanding  
the body's wisdom  
through experiential  
anatomy.

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Generous is the perfect word to describe the Berkeley Center Rosen Movement teaching team. These dedicated professionals are generous with their warmth and care, generous with sharing their expertise and experience, and generous with their passion for Rosen Movement. My experience with Rosen Movement and the teacher training program has been **transformative and profoundly fun.**

Julie S, student

I came to Rosen Movement training from a dance background. At first, I thought the movements were too simple and easy (though they were also a lot of fun). However, with every intensive, the teacher brought me deeper and deeper into myself, helping me stop performing the movements, and instead learning to move from the inside out. This capacity in me continues to grow, to be **deeply satisfying and so freeing.**

Karen Peters,  
Senior Rosen Movement Teacher


My life changed dramatically for the better in multiple dimensions as I went through my three years of training at the Berkeley School. **These years of Rosen training and being with the Rosen Community transformed my own psychological health, my capacity to be a healthy and generative father and husband, and reoriented my work** as a Philosopher, Historian and Sociologist of Science, Technology and Medicine. I owe much of my life's current generativity to the Berkeley School.

Alok Srivastava,  
life-long Rosen student, Co-founder of The  
Rosen Method Movement Collaborative (RMMC)

# ENLIVEN

connection with yourself  
and others with  
authenticity and attuned  
presence.

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After just two Rosen Method intensives, people are noticing that there's something different about me. My energy has shifted. I've learned how to slow down, listen, and let go of agendas. I've developed more compassion for myself and my fellow humans—and more courage to surf uncomfortable emotions.


**This work gives you permission to be the person you were fully meant to become—it's an invitation to bloom.**

Lisa W.,  
Rosen Method student



My body and my demeanor were protective and shielded, aloof, and others said I was an enigma and ‘secretive’ which felt shaming. There was such a huge gap between what was going on inside and what I was able to show. **This simple, mindful touching of my body in a Rosen way was all that was needed to connect the inner me with the outer world and let me know that I am really OK just as I am.** But it is more than just the touch – it is how the touch comes through the practitioner’s soul into her or his hands to find what is inside my body. It is the depth and breadth of the person touching which gives space for my own full and unique humanity.

Jane Pittsinger



My Rosen Method Bodywork and movement training has exposed my unbridled vitality in all its glory! I learned, and continue to learn daily, that so much of my energy has been used to deflect and hide my authentic nature instead of living from my individual, treasured and authentic core. **I now move through the world with honesty and integrity, and I assure you it is a trip through flowering meadows.**

Jeanie W., Santa Fe, NM  
Rosen Method bodywork practitioner and movement student

[rosenmethod.com](http://rosenmethod.com)