

Awareness Heals



Are you tired of being in pain even after your doctors/therapists have done all they could?

Do you suspect that your emotional and physical pain are related?

Are you searching for a complementary approach to healing based on scientific understanding of the mind/body connection?

Do you yearn for a deeper connection to yourself, to others, to something larger?

Do you wish your external life matched your inner self more fully?

You know “the answer is within,” but how do you find it?

You're invited to a FREE Introductory Lecture-Demonstration

Rosen Method Bodywork: Empathetic Bodywork for Deep Healing

Monday, April 20, 2015, 7:00-9:00 p.m.

Call Anais Salibian at (585) 586-1590 to register



Two-Day Introductory Workshop

presented through the Rosen Method Open Center

May 15-17, 2015 Friday evening 7-9, Saturday and Sunday 10-5, Cost: \$250

for anyone interested in personal growth and self-awareness.

As the founder, Marion Rosen said, *This work is about transformation—from the person we think we are to the person we really are.*

You will be introduced to and practice the principles of Rosen Method Bodywork: *touch* which is non-manipulative, grounding, gentle, powerful, *talk* that comes from your actual experience in the moment rather than stories in your head, *truth* as it is revealed by the body's responses.

Workshop activities include discussion, deep sharing met with deep listening, demonstration, hands-on practice, and guided movement to music.

The Rosen Method Open Center is approved by the NCBTMB as a Continuing Education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal for massage therapists and bodyworkers (12 credits available)

for more information and to register, go to

awareness-heals.com

or contact Anais Salibian at (585) 586-1590, anais@awareness-heals.com