

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

*In the end,
we can't be anyone else”*

-Marion Rosen

Rosen Method Bodywork

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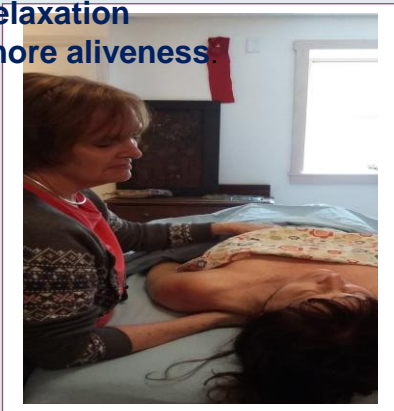
Rosen Method Bodywork is unique in its use of sensitive gentle touch and words to meet chronic muscle tension and allow deep relaxation. Chronic tension is the physical manifestation of protective adaptations learned in childhood. This chronic tension often becomes a barrier and limitation to the full expression of our aliveness as adults. In moments of deep relaxation, long held feelings and memories may surface and be spoken. This allows us to understand how our lives are shaped around early life experiences. As our awareness increases, we discover new possibilities, directions and a freedom of movement and self-expression.

The Rosen Method practitioner is trained to recognize and connect with the barriers that are unconsciously held in the body. The practitioner follows subtle changes in the client's breath and muscle tension, helping to deepen the process of relaxation. This brings awareness to the connection between experience and tension allowing for the possibility of letting go. Discovery of the authentic self can occur in these moments. Even the most subtle change can be a doorway to the discovery of vast potential.



You can benefit from Rosen Method if you:

- **Have chronic pain or muscle tension**
- **Feel overly stressed**
- **Seek personal growth**
- **Use your body for self-expression: athletes, public speakers, and performers**
- **Want to regain freedom of movement**
- **Want to establish deeper connections with self and others**
- **Seek physical, emotional, spiritual, spiritual awareness**
- **Want relaxation**
- **Want more aliveness**



Rosen Method is an effective complement to psychotherapy, medical treatment and alternative treatment modalities.

It is simple and direct. Rosen Method can be a powerful tool for re-establishing our mind, body and spiritual connections.

Rosen Method supports your journey into the depths of who you are and the discovery of new possibilities.

Marion Rosen was born in Nuremberg Germany on June 24, 1914 and passed away peacefully at home in Berkley, California on January 18, 2012.

In the late 1930s Marion trained with Lucy Heyer a student of Elsa Gindler who trained in relaxation, breath work and body-psychotherapy. Elsa Gindler was a pioneer in the and had a profound influence on the field of Somatics. Marion then studied physical therapy in Stockholm Sweden and at the Mayo Clinic in Rochester Minnesota. She was fascinated with interconnection of the psyche and soma. Marion had over 60 years of experience working with the mind body connection. Her unique experience developed into the Rosen Method Bodywork and Movement. She is a leader and originator of body-orientated therapies.

Rebecca Wigg-Ninham, MSW, SAC was introduced to Somatics after a fall in 2005. She had injured her tail bone and found immediate relief through an awareness of the holding in the muscles around the psoas and emotional release. She was introduced to Rosen Method that same year at an Introductory Session in Mankato Minnesota. She has been studying Rosen Method for more than 10 years and is a Rosen Method Bodywork Intern and Movement Teacher. Rebecca has over 40 years of experience working with the mind body connection has been on a spiritual quest since birth. Rebecca combines her knowledge of western, indigenous and eastern thought in her work with her clients. She believes that Rosen Method is a Somatic healing modality that embraces integration of the mind body and spirit through relaxation, awareness and resiliency.

Rebecca meets with clients in Madison and Green Bay, Wisconsin. She can be contacted at: **1-920-360-0452**
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