



Annabelle Apsion: From Self Awareness Out To Sensitivity and Authenticity Into the World, Through the Rosen Method.



Annabelle Apsion is a Senior Rosen Method Bodywork Practitioner and Teacher. Annabelle's successful acting career had her realize the potential of the mind to transform our perception of reality and therefore, our physical response to perceived reality. Discover her thoughts and experiences on the Rosen Method (RM) and try out some suggested exercises.

TOP EMBODIMENT TIP: You Are Love.

Acting Career: Ideas

- An actor can be anyone at any time or in any life circumstance; actors can cry even when they know it's not true.
- Actors are accustomed to imagining an experience that's not theirs and can also take on trauma that is not theirs.
- An actor is trained to use his/ her body like an instrument.
- Actors are encouraged to enjoy their bodies and are taught to be aware of many aspects of their being, at one time.

Rosen Method: A Journey Through the Body & Mind and Exploration of What We Notice and What We Don't Notice

- The RM is not a massage. Normally one would disrobe to your underwear and be under a blanket, but for RM you don't have to. The therapist contact with the body is first through the blanket, then on bare skin.
- We are like trees, containing layer after layer after layer - living masterpieces and constantly evolving more layers.
- When we experience things physically, emotionally, or spiritually, each aspect is a completely different moment.

Annabelle's First Experience with Rosen Method: Unlike Any Other Thing in Her Life

- Anika, Annabelle's therapist, found Annabelle's 'me' by Anika's touch. Annabelle experienced 'being held'.
- 'Rosentouch' is rather different from other touches we usually know. It allows the therapist to find the person.
- "This is where I am now and what's underneath that, and what's underneath that, and ..." - uncovering the layers.

Us Humans:

- Us humans are sensitive and caring, and can cry, even seeing movies. We love to connect.
- Think of kids and how they get hurt. For example, someone says "Stop showing off!". Creates shame of being visible.
- Human beings store trauma and unconscious memories in their bodies as muscle tension. That tension is a wonderful survival technique that supports us! The Rosen Method does not take away trauma or memories that the person may still need; rather, it tests out what an old trauma or memory feels like now.

Resources:

- ❖ **Courses:** Roseninstitute.net
- ❖ **Website:** rosenmethod.co.uk
- ❖ **References:** Marion Rosen, Alan Fogel, Ivy Green, Anika Lindbergh



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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