



The Rosen Method of Movement

Marion ROSEN

While working as a physical therapist in Oakland in the fifties, Marion Rosen was asked by several clients how they could prevent aches and pains and avoid physical therapy treatments. This question inspired Rosen to begin teaching movement classes in 1956. The Rosen Method of Movement describes these preventative exercises in detail. Marion Rosen continued in the next four decades to become, alongside Moshe Feldenkrais, Milton Trager, Ida Rolf, and Alfred Lowen, one of the major progenitors of a system of bodywork, which connects breathing, emotional responses and body functioning.