

"I think it is very helpful me (or anyone) dealing with trauma to be more in touch with my body and to ground myself from the anxious thoughts and spinning of my mind. I remember the kindness, gentleness and the subtlety of working with you. It's also the space of having patience and no expectations. It's a gift. It's not one I can extend to myself on my own. You also could just put your finger on what I needed to hear. Rosen Bodywork is kind and gentle and subtle and direct at the same time. I think it takes some openness and curiosity. And like "shifts happen" it is about letting go of control and not something I can do at the same time. It's about the space to let myself be and not try to defend myself. It's about getting closer to my own truth."

