

BEYOND *Valentine's*

Find the way to your own heart with
Rosen Method bodywork and movement.

Feb. 14, 7-9 p.m. – Whether Valentine's Day finds you alone or coupled, light- or heavy-hearted, Rosen Method offers a path that builds self-love, deep happiness and better relationships. Introduction to Rosen Method bodywork and movement with Sara Webb and Donna Meehan. \$10.
825 Bancroft Way, Berkeley, CA.

Feb. 14-March 14 – A Month with Heart. \$25 Rosen Method bodywork sessions available for new clients. Proceeds benefit the Heart of Rosen Fund, which supports Rosen Method outreach to promote healing and reconciliation.

Feb. 27, 1-5:15 p.m. – Rosen Method Open House features \$25 bodywork sessions, free movement class, information about Rosen Method training.
825 Bancroft Way, Berkeley, CA.

*R*osen Method bodywork helps people let go of tension, stress, chronic pain and emotions that get lodged in the body. People then find the ease and empowerment to deal with difficult issues in their lives more effectively.

Rosen Method movement is gentle, fun and refreshing. It helps people feel better and deepen their body awareness.

Space is limited. Registration is suggested to hold your place for Feb. 14th Beyond Valentine's event and for Feb. 27th Open House bodywork sessions. For more information, see www.rosenmethod.com or call **510-845-6606**.

To make an appointment for a bodywork session in your area, e-mail your name, phone number and city to beyondvalentines@gmail.com. For a list of cities where sessions are available, click on the "Latest News" link at www.rosenmethod.com.