

Monterey Bay Rosen Method Center



Friday
May 31, 2019
6:30 - 8:00 PM

FREE EVENING

PG
Acupuncture
150 15th Street,
Pacific Grove, CA
93950

RosenWest.org
831-647-8039

Rosen Method Bodywork & Movement

Accessing the Unconscious through Touch and Moving with ease...

Explore Rosen Method:
with Jane Malek, Center Director &
Melina Wates, Certified Practitioner

In this free lecture you will learn about Rosen Method, a transformative pathway to relaxation that has the unique qualities of gentle touch and unhurried movements. Experienced as powerful tools for stress reduction and accessing the body/mind connection, physicians, psychotherapists and chiropractors often recommend Rosen Method either as adjunct to their treatment or on its own.

During the free lecture there will be opportunities to:

- Understand Rosen Method basic theory and practice
- Explore subtle touch with receptive hands
- Watch and discuss a demonstration session
- Participate in a Rosen Movement class

Instructors: Jane Malek, the director of the Monterey Bay Rosen Method Center. & Melina Wates, Rosen Method co-teacher. Together they bring years of wisdom, which is complemented by a close relationship to each other and the heart of the method.

Jane Malek began training with Marion Rosen in 1980, and is a master teacher of Rosen Method Bodywork and Movement. She established the Monterey Bay Rosen Method Center for certification in both modalities. She practices in Monterey, California, providing weekly movement classes and private bodywork sessions.

Melina Wates is a certified Rosen Method Bodywork practitioner who trained with Marion and Jane. She is currently becoming an introductory workshop teacher. She is also a massage therapist in Pacific Grove at PG Acupuncture.