

Monterey Bay Rosen Method Center

665 Terry St., Monterey, CA 93940

831- 647-8039

Email: rosenwest@gmail.com

Welcome class participants!

Instructor: Jane Malek & Kate O'Shea

Assistant: Melina Wates

November 3, 4 & , 2018

Thank you to all of you who are participating. I am very excited to teach another mini-bodywork intensive in beautiful Carmel Valley. We have found that people go very deep in a short time. Kate integrates her experience of Rosen with Physical Therapy which she has practiced for over 30 years. Melina is a certified practitioner, and an introductory workshop teacher. We have enjoyed collaborating together, giving free talks and one day introductory workshops. Melina has a broad experience with Rosen and other modalities.

The 18-hour mini-intensive counts for certification toward Rosen Method Bodywork Training. I am offering this opportunity to accommodate those with busy schedules. It is open to all who want to come for personal growth and for practitioners and interns who are interested in continuing education.

On a personal note, I am exploring the power of becoming more aware of how Rosen Method has a life and strength of its own. I am looking forward to exploring the ever ending deepening with self and the impact that has in the world. Sharing, trading sessions with partners and lots of support is available to help each of you open up to bringing new directions into your daily life. Each day will include Rosen Movement to help with integration and to learn how the movements complement the bodywork. We will look at specific parts of anatomy and explore the emotional component of muscular holding, and how to observe the body, known as body readings.

WHERE & WHEN TO MEET: We will meet at Los Laureles Lodge in the Boronda Room, 313 West Carmel Valley Road, Carmel Valley, CA, 93924. Phone: 831-659-2233. Class starts promptly at 9:30AM on Saturday. The Monterey Peninsula is a semi-urban environment, which means that public transportation is limited. On the arrival and departure days it is important to leave two hours between the beginning and ending of class to reach the bus and airport in Monterey. If you are driving from the Bay Area on Saturday morning, please leave enough time. The traffic on 101 can be congested around San Jose by 9:00AM. Allow about 2-½ hours to drive.

CLASS STRUCTURE: Around mid- morning we will take a break and a light snack with coffee and tea will be provided. There will be an hour lunch break starting between 12:30 and 1:00. Many good restaurants are close by in Carmel Valley Village. I will bring a list of local restaurants on the first day of class. There is also a microwave oven, a toaster and a large refrigerator. If you bring your lunch, or go to a near-by deli, you can find a nice spot at Los Laureles or in a nearby park to relax. The room is available after class until 8:00PM for sessions or your use.

CLASS HOURS: Saturday, November 3, 4 & 5 , 9:30AM - 4: 30 PM.

WHAT TO BRING: Please bring a sheet, cover sheet, a small light blanket and bed size pillow for the massage table. I have extra for those who are coming from out of town and cannot carry them. If you have a stool that you like to sit on when you are working, I have a few wooden ones that are not adjustable.

WHAT TO WEAR: The weather in November is sunny and it might rain. A raincoat may be needed. Layers are best. The room is heated. Some like to have a shawl for when we sit it can get cooler.

COST: \$500.00, \$450 with early registration (before October 20)
\$350.00 reviewer fee for Bodywork Interns and Practitioners
Make checks to: Jane Malek
Send to: 665 Terry Street, Monterey, CA, 93940

LODGING: There are some suggestions on the web site or:
Pacific Grove Chamber of Commerce, 831-373-3304
www.pacificgrove.org
Monterey Chamber of Commerce of the Monterey Peninsula, 831-6485360
www.mpcc.com
Carmel Chamber of Commerce, 831-624-2522
www.carmelcalifornia.org

AIRPORTS: San Jose Airport is about one hour by car and is often cheaper than flying into San Francisco. If you fly into San Francisco, consider a connecting flight to Monterey airport. You can take the airbus shuttle from both San Jose and San Francisco airports.

MONTEREY AIRBUS: 831-373-7777, www.montereyairbus.com

QUESTIONS: Jane Malek 831-647-8039. Email: rosenwest@gmail.com,
www.RosenWest.org

I am looking forward to welcoming all of you to the Monterey Peninsula. Carmel Valley is a pleasant place to be, close to nature and old oak trees. We are very lucky to have this time together! Please feel free to call me with any questions at 831- 647-8039.

I look forward to seeing you on November 3rd.
Sincerely,
Jane

