

1/10/2018
Rosen Method
Movement Class
Directory

	City	Class Location	Address	Day, Time	Teacher Contact Info.	Website
ARKANSAS	Fayetteville	St. Paul's Episcopal Church Parish Hall	224 N East Fayetteville, AR 72701	Thursdays 8:30 - 9:30 am	Sally Wimberly 479-442-0002 sallywimberly@gmail.com	www.sallywimberly.com
CALIFORNIA	Alameda	Source of Wholeness	1430 Everett Street Alameda, CA 94501	Tuesdays 1:30 - 2:30pm	Catherine MacGuiness 925-324-7337 catherinmacg@sbcglobal.net	www.bodytherapyforhealth.com
CALIFORNIA	Albany	Albany Senior Center	846 Masonic Avenue Albany, CA 94706	Wednesdays 12:15 pm	Deborah Marks 510-981-1188 deborahmarks@gmail.com and Helen Morgan 510-375-8774 clairehelen123@gmail.com	www.helenmorgan.us
CALIFORNIA	Albany	Albany Senior Center	846 Masonic Albany, CA, 94706	Fridays 9:00 - 10:00 am	Odile Atthalin 510 525 3805 odile@lmi.net	www.Rosenmethod-odile-atthalin.com
CALIFORNIA	Belmont	City of Belmont Senior & Community Center (Drop-in, No fee)	20 Twin Pines Lane Belmont, CA 94002	Thursdays 9:15 to 10: 15AM Until April 14	(Drop-in, No fee) Rosemary Field 650-654-9966 Rosemary2939@comcast.net	
CALIFORNIA	Berkeley	North Berkeley Senior Center Hearst and Martin Luther King	1901 Hearst Avenue, Berkeley, CA 94709.	Thursdays, - 11 a.m. to noon	Helen Morgan 510-375-8774	http://helenmorgan.us
CALIFORNIA	Berkeley	Rudramandir Building, RM #114	830 Bancroft way Berkeley, CA 94710	Mondays 10 - 11 am	Robin Woodstock 510-684-4911 rbwoodstock@comcast.net	
CALIFORNIA	Costa Mesa	Myo Pain Center (RSVP with Carlos)	170 East 17th Street Suite 211 Costa Mesa, CA 92627	Fridays 9am	Carlos Messerschmidt contact@myopaincenteroc.com 949-413-1567	www.myopaincenteroc.com
CALIFORNIA	Davis	Massage Therapy Institute	424 F Street, Suite B Davis, CA, 95616	Tuesdays 6:30 - 7:30 pm	Sarah Simmons 530-902-9777 sarahparadox@earthlink.net Stephanie Peters	
CALIFORNIA	Emeryville	Emeryville Senior Center Open to anyone @ \$7/class ESC Members pay \$20/year	4321 Salem Street Emeryville, CA 94608	Thursdays 10:15-11:30am	sjandc@gmail.com	
CALIFORNIA	Half Moon Bay	(NEW) Senior Center	925 Main Street Half Moon Bay, CA 94019	Mondays 9:30 am Wednesdays 10:30 am	Jetta van Hemert 650-863-2451, jettapt@gmail.com	www.rosenonthecoast.com
CALIFORNIA	Half Moon Bay	(NEW) Senior Center	925 Main Street Half Moon Bay, CA 94019	Fridays 11 am	Kate O'Shea 650-728-7121 katept@aol.com	www.rosenonthecoast.com

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CALIFORNIA	Napa	Senior Center Annex	1500 Jefferson Napa, CA 94558	Mondays 9:30 - 10:30am	Karen Peters 707 342-0257 kmp1411@att.net	www.movewithease.us	
CALIFORNIA	Napa	Parks and Recreation	1500 Jefferson Napa, CA 94558	Wednesday 9:30 - 10:30am	Karen Peters 707-342-0257 kmp1411@att.net	www.movewithease.us	
CALIFORNIA	Novato	All Saints Lutheran Church	2 San Marin Drive Novato, CA 94945	Mondays 9:30-10:30am Fridays 4:30-5:30 pm	Madeline Martin, 415-269-5825 madeline.martin.mm@gmail.com	http://sites.google.com/site/novatorosenmovement/	
CALIFORNIA	Pacific Grove	Center for Spiritual Awakening	522 Central Avenue Pacific Grove, CA 93950	Tuesdays 9 - 10 am	Jane Malek 831-647-8039 rosenwest@gmail.com	www.RosenWest.org	
CALIFORNIA	Pleasant Hill	Pleasant Hill Co-housing	2254 Lisa Lane, Pleasant Hill, CA 94523	Thursdays 5 - 6 pm	Hursey Baker 510-295-8229		
CALIFORNIA	Ross	St John's Church Fireside Room	14 Lagunitas Rd. Ross CA	Tuesdays 9:30 - 10:30 am	Julia Martin 415-342-2082 juliamartin144@gmail.com		
CALIFORNIA	San Francisco	Sanchez Street Studios	1587/89 Sanchez St @ 29th San Francisco, CA 94131	Wednesdays 9am	Theresa Garcia 415-812-9917 tygarcia@aol.com	www.RosenMethodSF.com	
CALIFORNIA	San Jose	Cancer CAREpoint	2505 Samaritan Drive Suite 402 San Jose, CA 95124	Wednesdays 10:30 - 11:30	(Please call prior to first class.) Cheryl Reed 408-506-7172 rosenwork@comcast.net		
CALIFORNIA	San Jose	Akiyama Wellness Center	110 Jackson Street, San Jose, CA 95112	Fridays 1: 15pm	Vern Hills 408-261-3337 vern88-RosMov@yahoo.com		
CALIFORNIA	San Mateo	San Mateo Senior Center (fee call 650 522-7490)	2645 Alameda de las Pulgas, San Mateo, Ca.	Tuesday 11AM to Noon Until April 19	(Call first) 650 522-7490 Rosemary Field 650-654-9966 Rosemary2939@comcast.net		
CALIFORNIA	San Rafael	Maria B Freitas Senior Community	455 Freitas Parkway San Rafael, CA 94901	Fridays 10:30-11:30 am	Elizabeth Grace 415-456-0931 elizabethstgrace@yahoo.com	www.elizabethstgrace.com	
CALIFORNIA	Saratoga	City of Saratoga Recreation Dept. Joan Pisani Community Center	19655 Allendale Ave. Saratoga, CA 95070	Thursdays 10 - 11 am	Patricia Angelina 408-624-6167 patricia@healingheartsbodwork.com	www.HealingHeartsBodywork.com	
CALIFORNIA	Sausalito	Sausalito Recreation Center	420 Litho Street Sausalito, CA 94965	Mondays and Thursdays 8:30 - 9:30 am	Tina Kelly Green 415-606-7972 tinakellygreen@gmail.com		

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CALIFORNIA	Sebastopol	Sebastopol Center for the Arts (Veterans Memorial Bldg.) Parking and entrance at rear of building.	282 S. High Street Sebastopol, CA 95472	Tuesday 10:30 - 11:30 Friday 9:30 - 10:30	Elizabeth Brennan 707-591-0907 (H) 707-486-5305 (C) ebrennan@sonic.net	
CALIFORNIA	Walnut Creek	Indigo Yoga	1512B Palos Verdes Mall Walnut Creek, CA 94597	Class starts 9/13/14 Saturdays 12:45 - 1:45pm	Catherine MacGuiness catherinmacg@sbcglobal.net Call Indigo Yoga w/ questions. 925-988-9642	www.bodytherapyforhealth.com
CALIFORNIA	Watsonville	Senior Circle Watsonville Community Hospital	75 Nielson Street Watsonville, CA 95076	Tuesdays and Thursdays 9:30 - 10:30 am	Gael Roziere 831-246-1782 gaelroziere@baymoon.com	www.motionsinhealing.com
COLORADO	Littleton	Hosanna Lutheran Church	10304 W. Belleview Ave Littleton, CO 80127	Wednesdays 9:00 am	(Call first) Antoinette Gwinn 303-988-4426 (home) toni65@comcast.net	
ILLINOIS	Chicago	1250 West Bryn Mawr Apt 2 S	1250 West Bryn Mawr Apt 2 S Chicago IL 60660	Tuesdays 9 - 10 am	Ragnhild Stockenstrom 773-561-4365 rstockenstrom@att.net	
MINNESOTA	Minneapolis	Center for Performing Arts	3754 Pleasant Ave. South Minneapolis, MN 55408	Thursdays 9 - 10:15 am	Marjorie Huebner 612-242-6646 \$15 class fee marjorie@marjoriehuebner.com	www.marjoriehuebner.com
MINNESOTA	Minneapolis	Walker Church in Minneapolis	3104 16th. Ave. Minneapolis, MN	Wenesdays 9am - 10am	Phyllis Wiener 612-247-7070 wienerphyllis@gmail.com	
NEW MEXICO	Taos	Taos Jewish Center	1335 Gusdorf Road #R Taos, NM 87571	Tuesdays 9:30 am	Susie Verkamp 575-751-1058 susiev@cybermesa.com	
NEW YORK	Canandaigua	Unitarian Universalist Church of Canandaigua	UUCU (Unitarian Universalist Church of Canandaigua, NY)	Tuesdays 4:00	contact prior to attending. Scoby Beer 585-944-2407 cell 585-771-0814 scobybeer@gmail.com	
NEW YORK	Katonah	Katonah Healing Arts Alliance	15 Parkway Katonah, NY 10536	Tuesdays 9 - 10 am	Adrienne Stone, PT 914 232-5955 arstone@optonline.net	www.AdrienneStonePT.com
OREGON	Beaverton	Sage Center for Wholeness & Health	12555 SW 1st Street Beaverton, Oregon	Thursdays 4pm	(Call First) Teri Jaeger Certified Rosen Movement Teacher 702-335-6631	
OREGON	Portland	Q Center	4115 N Mississippi Ave. Portland OR 97217	Mondays 10:30 - 11:30	(Call First) John Swaner 206-264-1980 johnswaner@yahoo.com	
PENNSYLVANIA	Scranton	The Century Club	612 Jefferson Ave. Scranton ,PA	Tuesday 10:30-11:30am	Ann Hawk 570-342-7487 rosenpract@aol.com	www.Rosenmethod-odile-atthalin.co

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WASHINGTON	Seattle	Lifetime Learning Center (at the Lake City Presbyterian Church)	3841 NE 123rd Steet Seattle, WA 98125		Cameron Justam 206-723-4647 (Call first to find out current schedule.)		
WISCONSIN	Madison		5308 Severn Way Madison, WI 53714	Tuesday 5:30pm	Rebecca Wigg-Ninham (Call first) 920-360-0452		
Canada							
ALBERTA	Calgary	CKE Community Hall	1015 - 73 Ave. S.W. Calgary	Wednesdays 7:30 - 8:30 pm	Anita Alexander 403-252-3652 anita.alexander@telus.net		
BRITISH COLUMBIA	Gibson	Gibson's Parks & Recreation		Call teacher for date, time & address	Pat Hepper 604-886-0039 smtc001@telus.net	www.themassagetherapist.org	