

USA	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	Albany	Albany Senior Center	846 Masonic Avenue Albany, CA 94706	Wednesdays Noon - 1 pm	Regina Wells 510-919-1144 ireginawells@yahoo.com	
CALIFORNIA	Aptos	Aptos Knolls Mobile Home Park Community Room	600 Trout Gulch Rd Aptos, CA 95003	Fridays 10 - 11 am	Gael Roziere (831) 246-1782 gaelroziere@baymoon.com	www.motionsinhealing.com
CALIFORNIA	Berkeley	Berkeley Fellowship Unitarian Universalists	1606 Bonita Avenue Berkeley, CA 94709	Mondays 9:30 - 10:45 am	Lis-Lotte Mariscal 510 507 1907 7spirits@sbcglobal.net	
CALIFORNIA	Berkeley	Rosen Method: The Berkeley Center	825 Bancroft Way Berkeley, CA 94710	Tuesdays 8 - 9 am	Donna Meehan 510-524-3778 Godonnameehan@yahoo.com	Donnameehan.com
CALIFORNIA	Berkeley	Rosen Method: The Berkeley Center	825 Bancroft Way Berkeley, CA 94710	Thursdays 6 - 7:30 pm	Deborah Marks (510) 528-9852 deborahmarks@gmail.com Please call before coming the first time.	
CALIFORNIA	Berkeley	Rosen Method: The Berkeley Center	825 Bancroft Way Berkeley, CA, 94710	Fridays 8:30 - 9:30 am	Odile Atthalin 510 525 3805 odile@lmi.net  Stephanie Peters, Assistant & Sub. 510 653 1672 sjandc@gmail.com	www.rosenmethodopencenter. com
CALIFORNIA	Corona Del Mar	Please Register with: Oasis Senior Center 949-644-3244 oasiscenter@newportbeachca.gov www.newportbeachca. gov/recreation	801 Narcissus Ave. Corona Del Mar, CA 92625	Tuesdays 1 pm Not a drop-in class.	Carlos Messerschmidt 949-413-1567 Carlos@talkinghandsmassage.com	www.talkinghandsmassage.com
CALIFORNIA	Corte Madera	(Next to Gold's Gym)	(Next to Gold's Gym) 150 Nellen Drive Corte Madera, CA 94925	Tuesdays 9 - 10 am	Julia Martin 415-721-7149 juliamartin144@gmail.com	
CALIFORNIA	Davis	Atria at Covell Gardens	1111 Alvarado Avenue Davis, CA, 95616	Tuesdays 11 am - Noon	Sarah Simmons 530-902-9777 sarahparadox@earthlink.net	
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	
CALIFORNIA	Emeryville	Emeryville Senior Center	4321 Salem Street Emeryville, CA 94608-3399	Thursdays 10: 15-11:30 am	Lis-Lotte Mariscal 510-507-1907 7spirits@sbcglobal.net	
CALIFORNIA	Half Moon Bay	The Ted Adcock Senior Center #650 726 8297	535 Kelly Avenue, Half Moon Bay, CA 94019	Mondays 9 am Wednesdays 10 am	Jetta van Hemert 650-863-2451, jettapt@gmail.com	www.rosenonthecoast.com

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CALIFORNIA	Half Moon Bay	The Ted Adcock Senior Center #650 726 8297	535 Kelly Avenue, Half Moon Bay, CA 94019	Fridays 11 am	Kate O'Shea 650-728-7121 katept@aol.com	www.rosenonthecoast.com
CALIFORNIA	Napa	Senior Center Annex	1500 Jefferson Napa, CA 94558	Mondays 9:30-10:30 am	Karen Peters 707 342-0257 peterskm@earthlink.net	
CALIFORNIA	Newport Beach	Central Orange Coast YMCA	2300 University Drive Newport Beach, CA 92660	Fridays 9 am	Carlos Messerschmidt 949-413-1567 Carlos@talkinghandsmassage.com	www.talkinghandsmassage.com
CALIFORNIA	Novato	Front Street Yoga	951 Front Street at Elm Drive Novato, CA 94947	Fridays 4:30-5:30 pm	Madeline Martin, 415-269-5825	
CALIFORNIA	Oakland	Kaiser Permanente Oakland	3900 Broadway Bldg A Classroom B Oakland, CA 94611	Thursdays 9:30 - 10:30 am	Regina Wells 510-919-1144 ireginawells@yahoo.com	
CALIFORNIA	Pacific Grove	Pacific Coast Church	522 Central Avenue Pacific Grove, CA 93950	Tuesdays 9 - 10 am	Jane Malek 831-647-8039 rosenwest@gmail.com	www.RosenWest.org
CALIFORNIA	Palo Alto	Pathways to Self Healing	4153 El Camino Way Palo Alto, CA 94306	Thursdays 12: 15 pm	Theresa Garcia 415-812-9917 ttygarcia@aol.com	www.RosenMethodSF.com
CALIFORNIA	Pleasant Hill	Pleasant Hill Co-housing	2254 Lisa Lane, Pleasant Hill, CA 94523	Thursdays 5 - 6 pm	Hursey Baker 510-295-8229	
CALIFORNIA	San Francisco	Mobu Dance Studio	1605 Church Street San Francisco, CA 94131	Fridays 8:15 am	Theresa Garcia 415-812-9917 ttygarcia@aol.com	www.RosenMethodSF.com
CALIFORNIA	San Jose	Akiyama Wellness Center	110 Jackson Street, San Jose, CA 95112	Thursdays 10: 30-11:30 am	Kumi Fuchigami 650-918-6145 kf.indigoleaf@gmail.com	
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	Santa Rosa	Bennett Valley Senior Center	704 Bennett Valley Road Santa Rosa, CA 95405	Wednesdays 8:30-9:30 am	Elizabeth Brennan 707-591-0907 ebrennan@sonic.net	
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@healingheartsbodywork.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	
CALIFORNIA	Sebastopol		463 Florence Ave. (Behind #439 which fronts on Florence Ave.) Sebastopol, CA 95472	Tuesdays 11am - Noon  Thursdays 9 - 10 am	Elizabeth Brennan 707-591-0907 ebrennan@sonic.net	

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CALIFORNIA	Watsonville	Senior Circle Watsonville Community Hospital	75 Nielson Street Watsonville, CA 95076	Tuesdays and Thursdays 9:15 - 10:15 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 8:30 am	Antoinette Gwinn 303/988-4426 (home) 720/480-6003 (cell) 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 am	Marjorie Huebner 612-242-6646 612-338-5353 wren@mm.com	www.rosenmethodmn.org
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	Katonah	Katonah Healing Arts Alliance	15 Parkway Katonah, NY 10536	Tuesdays 9 - 10 am	Adrienne Stone, PT 914 232-5955 arstone@optonline.net	AdrienneStonePT.com
OREGON	Portland	Oregon School of Massage	9500 SW Barbur Blvd. Suite 100 Portland, OR	Mondays 6:30 - 7:30 pm	Cathy Petersen LMT 503-806-6363 Please call to confirm. abodyinbalancemassage@gmail.com	(In progress)
PENNSYLVANIA	Scranton	Everhart Museum	Nay Aug Park Scranton Pa. 18510	Thursdays 2 pm	Ann Hawk 341-7941 rosenpract@aol.com John Swaner, teacher 206 329-3953 johnswaner@yahoo.com	
WASHINGTON	Seattle	The Summit at Frist Hill Summit Senior Residence Class open to all at no charge.	1200 University St. Seattle WA 98101 (Corner of Summit and University, on First Hill)	Tuesdays 11 am	Movement Intern and Rosen Bodyworker: Cameron Justam 206 723-4647 Please call teacher to confirm.	
<b>Canada</b>						
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	
ALBERTA	Calgary	St. Andrew's Presbyterian Church	703 Heritage Drive S.W. Calgary	Mondays 10:30-11:30 am	Anita Alexander 403-252-3652 anita.alexander@telus.net	
BRITISH COLUMBIA	Surrey	Ocean Park Community Hall	1577 128th street, Surrey B.C. Canada V4A 3T7	Wednesdays 12:30 - 1:30 pm	Pat Hepper 604-535-3685 smtc001@telus.net	www.themassagetherapist.org