

BEYOND *Valentine's*

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

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.

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hether 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.

Rosen 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.

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**.