

INTRODUCTION TO ESALEN® MASSAGE; CULTIVATING PRESENCE

WITH DAPHNE JENSEN AND
JENNIFER BUCKLAND
FEBRUARY 15 & 16, 2025
BIG SUR GRANGE, CA



Join our workshop for a transformative introduction to Esalen massage, where the art of touch meets holistic healing. This workshop offers participants an opportunity to learn and practice the world renowned Esalen massage- a nurturing blend of long flowing strokes and gentle presence. In addition to learning physical techniques, we will practice movement and mindfulness to further cultivate presence and healing. The workshop also emphasizes the importance of self-care, body mechanics, and creating a safe, healing environment for both the giver and receiver. No prior massage experience is necessary. Bring your curiosity, an open heart and a willingness to explore the power of touch.

Schedule: Saturday 9-1pm and 2-6pm, Sunday 1-5pm
12 hours of continuing education available

Cost: \$200 includes oil. Extra charge if renting sheets

Contact Daphne for more information and to register:
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