

Self-Breema Instructor Certificate Program Requirements

All Self-Breema Instructors work in close association with the Breema Center. The instructor's connection with the Breema Center is necessary to support an alive and growing relationship to Breema.

Prerequisites

- Hold a Breema Practitioner Certificate in good standing for at least six months.
- The next step is to write a short letter to Jon Schreiber, Director of The Breema Center, answering the following questions. Please send that letter by email to Roxanne Caswell, Instructor Liaison (at roxanne@breema.com):
 - Why do you wish to instruct Self-Breema?
 - What is your relationship to practicing Self-Breema and to Breema's principles and philosophy?
- You will then receive a letter from the Breema Center outlining the next steps for you. Once you have been accepted into the Self-Breema Instructor Certificate Program, the requirements shown below need to be fulfilled. You will fulfill some requirements during a Breema Intensive, some before that, and some after the Intensive.

There are six Breema Intensives each year (three at the Breema Center in the US and three in Europe), where Self-Breema Instructor Program orientations, meetings, classes to fulfill Program requirements and continuing education hours for annual renewal take place:

Breema Center Winter Intensive, US
Bühl Breema Intensive, Germany
Barcelona Breema Intensive, Spain
Breema Center Summer Intensive, US
Graz Breema Intensive, Austria
Breema Center Fall Intensive, US

Before the Intensive

- At least four months in advance, send email to Roxanne Caswell (roxanne@breema.com) to notify the Breema Center which Intensive you'll attend to fulfill your requirements.
- You will be contacted to schedule a phone or in-person orientation meeting with Breema Center Instructor Liaison Roxanne Caswell prior to the Intensive.

During the Intensive

In addition to attending the regular Intensive classes,

- *If fulfilling your requirements at an EU Intensive:*
 - Attend three or more of the daily Instructor Meetings.
 - Attend the Practitioner Day (which includes supportive material about Self-Breema).
- *If fulfilling your requirements at a US Intensive:*
 - Attend the Instructor Day.

During or After the Intensive

- You will be scheduled for two or more Self-Breema support meetings (in person or via Skype) with Breema Center Director Jon Schreiber, Assistant Director Gretchen Brandt, Assistant Director Marian Clark, or another Breema Center Staff Instructor.

After the Intensive

- After successful completion of the above Program requirements, Instructor Liaison Roxanne Caswell will meet with you to review teaching materials and provide background about the relationship of a Self-Breema Instructor with the Breema Center.

Please note that acceptance into the Program does not guarantee certification. You will be notified if additional study or other requirements are deemed necessary.

After Successful Completion of All Program Requirements

You will receive your Provisional Self-Breema Instructor Certificate.

You will then have two years to gain experience teaching Self-Breema and complete the requirements to receive full Self-Breema Instructor certification, which are as follows:

- Attend a second EU Practitioner Day or US Instructor Day at one of the above Intensives.
- Complete the annual renewal requirements for all Self-Breema and Breema Instructors by:
 - Attending 10 hours of classes at one of the above Intensives for your continuing education requirement.
 - Maintaining ongoing communication with Instructor Liaison Roxanne Caswell about your teaching activities.