

APRIL 27 to MAY 4

A WEEK OF FREE CLASSES

BREEMA

4/27 Saturday 10-11:30 AM
The Art of Being Present
with Jon Schreiber, Director

4/28 Sunday 10-noon
Real Health Is Harmony with Existence
with Jon Schreiber, Director,
Angela Porter, LMFT,
Alexandra Johnson, MD

4/29 Monday 7-8:30 PM
Nine Principles of Harmony

5/1 Wednesday 7-8 PM*
Introduction to Breema
with Jon Schreiber, Director
*Mini-sessions before/after class

5/4 Saturday 10-11:30 AM
The Art of Being Present

SELF-BREEMA

M/W/TH 8:15-9 AM
Celebrating the Morning
Monday, April 29
Wednesday, May 1
Thursday, May 2

4/30 Tuesday, 5-6 PM
Gateway to Being Present

SAVE THE DATE! SUMMER INTENSIVE JULY 13-19

The Breema Center • 510/428-0937 • breema.com
6076 Claremont Avenue, Oakland, CA 94618

Continuing Education

is available for **massage therapists** and **bodyworkers, nurses,** and **LMFTs, LCSWs,** and **LPCCs.**

The Breema Center is approved to offer continuing education for

- Massage Practitioners and Bodyworkers by the NCBTMB (#145251-00)
 - Registered Nurses by the California BRN (#3852)
 - LMFTs, LCSWs, and LPCCs by the CAMFT (#128568)

Please contact us to find out which of our courses are approved for the CE you are interested in.
Please note: To receive credit you will need to fill out an evaluation form and pay a \$10 processing fee.

Breema is a service mark of the Breema Center.

APRIL / MAY

AT THE BREEMA CENTER

All classes are open to all levels. Please be comfortable sitting on a padded floor.

Breema – The Art of Being Present

Breema® offers a practical means of becoming present and a common-sense approach to physical, mental, and emotional health. The more you are present, the more you can connect with others, and with all life. In this class you will practice Breema bodywork and Self-Breema exercises, living expressions of a profound understanding of the unity of all life.

Saturdays 10-11:30 am • April 6, 13, 20, 27* & May 4*, 11, 18
\$10 drop in or use a 10-class card**

Breema – Supporting Life Always and Everywhere

By bringing the principles of Breema to the normal interactions and activities of daily life, we support a more openhearted and harmonious relationship with ourselves, other people, and our surroundings. Practicing Breema bodywork and Self-Breema cuts through habitual tension in body, mind, and feelings, freeing our energy for a more balanced posture towards life.

This series of classes will explore how we can increase our availability to support and be supported by working with the tools Breema offers us—in class and in life.

Mondays 7-8:30 pm

April 1, 8, 15, 22, 29* & May 6, 13, 20
\$10 drop in or use a 10-class card**

Self-Breema – Celebrating the Morning

8:15-9:00 am Mon/Weds/Thurs
April 8, 10, 11, 15, 17, 18, 22,
24, 25, 29* & May 1*, 2*

Start your day with renewed energy!
Practicing Self-Breema unifies mind, feelings, and body. The energy that becomes available when those three centers work in harmony can cleanse, balance, and energize every cell in the body.

*** Free (celebrating Bay Area Dance Week)**

**Card can be used for any weekly Breema class. Cost is \$75 & includes 2 sessions at the Breema Clinic. Expires 3 months from date of purchase.



FREE INTRO EVE

WEDNESDAY, MAY 1

at the Breema Center

Introduction to Breema Class

Breema bodywork and Self-Breema movements are ideal for practicing body-mind connection and the art of being present. Come experience how these natural movements support body, mind, and feelings to work together in the direction of increasing receptivity.

7-8 pm with Jon Schreiber



Receive an Introductory Breema Session

Revitalize your body, calm your mind, and balance your emotions. Receive a 20-minute session of Breema bodywork in a group setting. Sessions are profoundly relaxing and energizing and can transform your day.

Call to schedule for before or after the class (6:30 or 8 pm)



WORKSHOP

May 19 at the Breema Center



Body-Mind Connection Anchors You

a workshop with Denise Berezonsky & Alexandra Johnson, MD

Sunday, May 19 • 10 am-1 pm

Breema offers us the possibility of having a new posture toward life, one in which we see that **it's possible to meet the constantly changing events of life with a balanced and supportive atmosphere within ourselves.**

We experience worry, anxiety, and tension when we are not connected to this inner atmosphere.

Experiencing Breema's **Nine Principles of Harmony** through practicing nurturing Breema bodywork and Self-Breema movement exercises in a class gives us a foundation for tasting balance and harmony outside of the classroom, in our daily lives.

Join us for an energizing and unifying workshop!

Open to all levels. No bodywork experience needed.

\$30 (\$25 pre-payment discount if paid by May 13)

3 CE available

SANTA CRUZ WORKSHOP

Come Out of the Mind Into This Moment

with Jon Schreiber, Director, & Denise Berezonsky

Our life is this moment. The past is a memory, the future is theoretical. Each moment, we have an opportunity to truly say yes to life, and do our part in making it harmonious and fulfilling.

Saturday, April 13 • 10 am-1 pm

The Subud Center

3800 Old San Jose Rd, Soquel, CA 95073

\$40 (\$30 if paid by 4/5) • CE available

