



About Studying Breema



Breema's philosophy is a clear and comprehensive expression of the underlying unity of all existence. You will be introduced to the Nine Principles of Harmony, which are a concise expression of Breema's philosophy.

Breema bodywork & Self-Breema exercises allow us to establish a direct, experiential relationship to the Nine Principles. Breema opens a new and natural way of relating to yourself and to other people. Studying Breema is nurturing, relaxing and energizing.

No prior bodywork experience is necessary. However, participants need to be able to sit, move and lie down on a well-padded floor to practice and receive Breema.

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

The Breema Center has been helping students actualize Breema's practical approach to Self-understanding and purposeful living since 1980. People all over the world are discovering how Breema can help them bring greater harmony, presence, and meaning to their lives.

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 (#03852)
 - 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

Weekly Breema® Classes

Mondays 7-8:30 pm

April 2, 9, 16, 23, 30*

May 7, 14, 21

Presence Supports a Meaningful Life

Working with Breema bodywork, Self-Breema exercises, and the Nine Principles of Harmony in this class series allows us to become familiar with the taste of being present. Practicing Breema supports the possibility of becoming present in any activity.

"You do Breema to register your body's weight and breath—in order to become present, and by remaining present, to have presence, which is to receive the emanation of what is. In that, your Being participates. Understanding is a property of Being, and Being is in harmony with what is."

—from *Real Health Means Harmony with Existence*

Saturdays 10-11:30 am

April 7, 14, 21, 28*

May 5*, 12, 19, 26

Breema: The Art of Being Present

Breema supports vitality, health, and wholeness through moving from complication towards simplicity and from separation towards unity, with the aim of being present. 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.

*** No charge for these classes, as part of Bay Area Dance Week**

Classes are open to all levels. \$10 per class or use a 10-class card.

The 10-class card can be used for any weekly Breema class. Cost is \$75, which includes 2 sessions at the Breema Clinic. Expires 3 months from date of purchase.



Monthly Self-Breema

April 11

May 9

**Wednesday
6:00-7:00pm**

\$5 drop-in



The simple, natural movements of Self-Breema exercises support body, mind, and feelings to work together to increase receptivity, balance, and openness to life. This class features instruction and practice of Self-Breema exercises.

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Come Out of the Mind, Into This Moment

~ April 14 Workshop in Santa Cruz ~

with Jon Schreiber, Director of the Breema Center

Saturday, April 14 • 10:00am - 1:00pm

\$40 (\$30 pre-paid by April 9) • 3 CE hours available

Learning and practicing Self-Breema exercises, Breema bodywork and the Nine Principles of Harmony, we learn to move, think, and feel in a new, yet totally natural way. Breema helps your mind to be clearer, your feelings to be calmer and more supportive, and your body to be more relaxed, flexible, and vital. Breema is about coming to a tangible and direct experience of your essential self. It's a practical, down-to-earth approach to being present that can bring more meaning and understanding to your life.

The Subud Center, 3800 Old San Jose Rd., Soquel, CA 95073



Breema Workshop in San Rafael

~ May 6 ~

with Arlie Mischeaux & Alexis Mulhauser

Sunday, May 6 • 1:00-4:00 pm

\$40 (\$30 pre-paid by April 30)

3 CE hours available

MoveMe Studio, 1320 4th St, San Rafael, CA 94901



Summer Intensive at the Breema Center July 14-21, 2018

Many enrollment options!
Register online by May 31
with promo code EARLYBIRD
for 10% discount.

Community Breema at the Breema Clinic and Greeting Health Open House

Friday, April 13 — 3-6:30 pm

3-5 pm—COMPLIMENTARY SESSIONS: Revitalize your body, calm your mind and balance your emotions by receiving a complete 20-minute session of Breema bodywork in group setting. Sessions are profoundly relaxing and energizing and can transform your day!

5-6:30 pm—ENJOY music, hors d'oeuvres, and an introduction to our integrative collaboration and expanded services—including somatic counseling/psychotherapy, integrative medical consultation, hypnosis, Touch of Heart massage, and private yoga instruction, all based in the Principles and practice of Breema.

Next Community Breema dates:

May 11 & June 8



Also at the Breema Clinic:

Individual Breema Sessions

Monday thru Thursday by appointment

Self-Breema classes

Tuesdays, 1:00-1:45 pm

\$5



The Breema Clinic • 510/428-1234

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