

SUMMER BREEMA INTENSIVE

A Breema Intensive is an opportunity to support our wish to be present and to deepen our relationship to the Nine Principles of Harmony as we learn and practice a wide range of Breema sequences and Self-Breema exercises.

Beginning Weekend July 15-16

Appropriate for all levels—from first-time beginners to longtime Breema students.
\$170 (\$140 for first-time Intensive students)

3-day Course July 15-17

Appropriate for all levels—from first-time beginners to longtime Breema students.
\$235 (\$195 for first-time Intensive students)

6-Day Course July 15-20

Many enrollment options are available.

Practitioner Workshop with Jon Schreiber Thursday, July 20

Included in the Complete Intensive • No charge for Certified Breema Practitioners
20-hour prerequisite • 6 hours, \$60

Post-Intensive Workshops Friday, July 21

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.

WEEKLY BREEMA CLASSES



Monday evenings

7-8:30pm

Breema Bodywork and Principles

These classes support bringing Breema's Principles to our everyday life. As we learn and practice a wide range of Breema sequences and Self-Breema exercises we have an ideal opportunity to practice Breema's Nine Principles of Harmony.

The Principle of Full Participation

April 3, 10, 17, 24*

The Principle of Firmness & Gentleness

May 1, 8, 15, 22

The Principle of No Force

June 5, 12, 19, 26

Saturday mornings

10-11:30am

Breema: The Art of Being Present

April 1, 8, 15, 22*, 29*

May 6, 13, 20, 27

June 3, 10, 17, 24

Breema bodywork and Self-Breema exercises are ideal vehicles to practice body-mind connection, the first step towards an actual taste of presence.



OPEN TO ALL LEVELS • \$10 PER CLASS OR USE A 10-CLASS CARD

We offer a 10-class card that can be used for any weekly Breema class.

The card costs \$75 and includes 2 sessions at the Breema Clinic.

Expires 3 months from date of purchase.

BREEMA CENTER • BREEMA.COM • 510/428-0937

*Free classes offered during Bay Area Dance Week: April 22 - 30

See inside for more free Breema events!

COMMUNITY BREEMA at the Breema Clinic

510/428-1234 • 6201 Florio Street (at College & Claremont)

Breema Bodywork Sessions

April 14, May 12

Fridays, 3:00-5:00pm

Sliding Scale \$10-\$20, drop-ins welcome

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



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.

Breema is a service mark of the Breema Center.

FREE CLASSES APRIL 22-30, 2017

As part of Bay Area Dance Week, we offer these Breema bodywork and Self-Breema movement classes at no charge.



AT THE BREEMA CENTER

Saturday, April 22 10-11:30 am*

Breema: The Art of Being Present—with Jon Schreiber, Director
(Self-Breema exercises & Breema bodywork class)

Monday, April 24 7-8:30 pm

Breema Bodywork & Principles (Self-Breema exercises & Breema bodywork class)

Wednesday, April 26 6-7 pm

The Gateway to Being Present (Self-Breema class)

Thursday, April 27 noon-1 pm

The Gateway to Being Present (Self-Breema class)

Saturday, April 29 10-11:30 am

Introduction to Breema (Self-Breema exercises & Breema bodywork class)

IN SAN FRANCISCO

Sunday, April 30 2-4:30 pm

Intro to Breema Class 2:30-3:45 pm • Mini-sessions 2-2:30 & 4-4:30 pm

Come and receive a Breema mini-session and experience the nourishing and energizing effect of Self-Breema exercises and Breema bodywork.

Fort Mason Center, Room C-210, 2 Marina Blvd, San Francisco, CA 94123

Reservations recommended:

(510) 428-0937 • center@breema.com • online at breema.com

*New students: Call the Center at (510) 428-0937 to sign up to receive a complimentary mini-session after class between 11:30 and noon.