



## 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](http://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 (#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.*

# AUG/SEPT

AT THE BREEMA CENTER

## WEEKLY BREEMA® CLASSES

Saturdays 10:00-11:30 am

**August 4 thru September 29**

*(no class September 1)*

**Breema:**

### The Art of Being Present

Breema offers a practical means of becoming present and a commonsense 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.

Mondays 7:00-8:30 pm

**August 6, 13, 20, 27  
September 10, 17**

### Breema Principles for a Harmonious Life

In this class the emphasis is on increasing our relationship to Breema's Nine Principles of Harmony.

We will explore and work with one of the Principles every week, practicing it via Breema bodywork and Self-Breema exercises during class, and bringing that Principle to our daily life activities throughout the week.

Experience how deepening your relationship to the Principles can support you to live with increasing harmony, meaning, and purpose.

**Classes are open to all levels.**

**\$10 /class drop-in or use a 10-class card\***

*\*\$75, includes 2 sessions at the Breema Clinic.  
Expires 3 months from date of purchase.*

**NEW INTRO CLASS!**

Fridays 7:00-9:00 pm

**Sept 21, 28 & Oct 5, 12**

### Moving in Harmony with Existence — Introduction to Breema

**with Jon Schreiber, Director,  
and Alexis Mulhauser**

Breema is based on a profound understanding of the principles that govern the entire universe and everything in it. In this four-week class, we will learn simple Breema treatments and exercises that:

- introduce us to an entirely new and different way of touching and relating
- provide access to new dimensions of physical, mental, and emotional health and balance.

Breema is safe, simple, and totally fun to learn and practice.

Breema treatments are always given and received fully clothed, so please wear clean, comfortable clothing (including socks). No fragrances please!

You can drop in to any of the classes, but we highly recommend you come to the first class, because you probably won't want to miss the others!

**This series is especially for brand new students, but everyone is welcome.  
Bring your friends!**

**\$40 for all 4 classes • \$15/class drop-in**

**Please arrive 10 minutes early  
to register; classes begin and end  
on time.**

# BREEMA WORKSHOPS

No prior Breema experience needed! Students need to be comfortable sitting and kneeling on the floor, as many of the exercises are done there.



**SAN FRANCISCO** Sunday, August 19 2:00-5:00 pm

## Breema: The Art of Being Present

with **Denise Berezonsky**  
and **Ariadne Thompson**

Timeless, yet down-to-earth and practical, Breema provides a distinctive approach to the body-mind connection, helping to nurture vitality, non-judgment, aliveness, presence, and well-being.

\$50 (\$40 until August 13) • 3 CE hours available

**The Center SF, 548 Fillmore Street**  
**San Francisco, CA 94117**



**SAN RAFAEL** Sunday, September 30 1:00-4:00 pm

## Moving into Presence

with **Arlie Mischeaux**  
and **Alexis Mulhauser**

Breema is about coming to a tangible and direct experience of your essential self. It's a truly holistic approach to being present that can bring more meaning and understanding to your life.

\$40 (\$30 until Sept 23) • 3 CE hours available

**MoveMe Studio, 1320 4th Street**  
**San Rafael, CA 94901**



# SELF-BREEMA CLASS

Wednesday, September 12 • 6-6:45 pm • \$5

Sign up to receive a Breema session at 6:45

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.

At the Breema Center • Reserve your place: (510) 428-0937 center@breema.com

## Greeting Health Autumn Salon

**Friday, September 14**

7:00-9:00 pm • \$7

**FORTIFY FOR FALL:**  
**Immune Support from**  
**Eastern and Western Traditions**

Talks by:

Caryn Goldman RN, MS, TCM;  
Alexandra Johnson, MD

Also featuring Breema Bodywork,  
Self Breema exercises,  
Oud music with Derek Wright,  
tea and desserts.



At Greeting Health, we combine Breema bodywork and Self-Breema exercises with modalities such as integrative medicine, somatic psychotherapy, massage, and acupuncture with an aim of increasing vitality and rediscovering health.

The aim of Breema is to bring us to a tangible experience of presence and a new dimension of health, consciousness, and self-understanding.

**The Breema Clinic • 510/428-1234**  
**6201 Florio St. (at College & Claremont) Oakland, CA 94618**  
**clinic@breema.com • www.breemaclinic.com**