

FALL 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 **October 21-22**

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

3-day Course **October 21-23**

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

6-Day Course **October 21-25**

Many enrollment options are available.

Practitioner Workshop with Jon Schreiber **Thursday, Oct 26**

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

Post-Intensive Workshops **Friday, October 27**

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 AT THE BREEMA CENTER

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.

No Judgment August 7, 14, 21, 28

No Hurry/No Pause Sept 11, 18, 25

Body Comfortable Oct 2, 16, 30

Saturday mornings

10-11:30am

Breema: The Art of Being Present

August 5, 12, 19, 26
September 9, 16, 23, 30
October 7

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.

MONTHLY SELF-BREEMA

Monthly Self-Breema on Wednesday Evenings

August 9, September 13, October 11
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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BREEMA IN SAN FRANCISCO

Experiencing Harmony in the Moment

with Denise Berezonsky and Arlie Mischeaux

Sunday, August 20 • 10:00am - 1:00pm

Mobu Dance Studio, 1605 Church St (at 28th), San Francisco, CA 94131

\$40 (\$30 if paid by August 14) • 3 CE hours available.

Breema offers us the possibility of having a new posture toward life, one in which we see that it is 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 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!

Next San Francisco workshop: **November 19**

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.

BREEMA WORKSHOPS

Introduction to Breema

with Jon Schreiber, Director of the Breema Center

Friday, September 22 • 7-8:30pm • no charge

An experiential entry into Breema's philosophy, self-care exercises, and bodywork—to nurture vitality and aliveness, non-judgment, presence, and well-being. No prior experience needed. Please be comfortable sitting and working on a padded floor.

• You can also sign up to receive a Breema mini-session before or after the class: 6:30-7pm or 8:30-9pm.



Breema: The Art of Being Present

with Jon Schreiber, Director of the Breema Center

Saturday, September 23 • 10-11:30am

\$10 drop-in or use 10-class card

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 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.



A Workshop of Presence, Movement and Touch for Caregiving and Self-Care

Breema: In the Heart of the Moment, First You Have to Be

with Arlie Mischeaux and Birthe Kaarlshom

Saturday, September 23 • 1-4pm • \$30 (\$25 if paid by September 18)

Caregiving professions and relationships can be very demanding, often sacrificing the health and wellbeing of the provider for the sake of others. What if you had tools to nurture your own vitality as a caregiver that could simultaneously support your client, patient, family member or friend, and prevent compassion fatigue, stress and burnout?

In this workshop, we use self-care exercises (Self-Breema), and partner exercises (Breema bodywork) to have a direct experience of Breema's Nine Principles of Harmony (such as Full Participation, No Force, Mutual Support and No Judgment). From there, we have the possibility to bring these experiences to all our relationships and daily activities so that we are present, revitalized, in harmony, and cultivate a more open-hearted approach in our life.