

THE BREEMA CENTER

THE NINE PRINCIPLES *of* HARMONY

body comfortable



The first principle of Breema is Body Comfortable.

Take a few breaths, and experience that your body is breathing, and that your body has weight. Almost immediately you can experience the refreshment of becoming available to yourself and to your immediate situation.

Real comfort is a dimension of Consciousness where everything is working in harmony with our Timeless nature.

Every one of the Nine Principles of Harmony can support us to come to the present and live life more fully.

— Jon Schreiber, Director

THE BREEMA CENTER has been helping students actualize Breema's practical approach to self-understanding and purposeful living since 1980. Please visit us online for books, up-to-date listings of classes and a directory of Certified Breema Instructors & Practitioners.

breema.com

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