

**FOR IMMEDIATE RELEASE**

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**Press Contact:**

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**MEDIA ALERT**

**WHO:** The Breema Center, world headquarters for practitioner certification and continuing education in the study of Breema. Based on a universal philosophy, Breema is a comprehensive system that includes practical principles, bodywork exchange, and movement exercises, and aims to unify the relationship between the body, mind and feelings.

**WHAT:** Special Topic Workshop: Accepting Things as They Are—The Universal Principle of No Judgment

**WHEN:** Sunday, June 27, 2010 9:30 am – 12:30 pm. The workshop includes complimentary Breema mini-sessions for workshop participants from 12:30 – 1:00.

**WHERE:** The Breema Center, 6076 Claremont Ave. Oakland, CA 94618

**COST:** \$15, pre-registration is suggested; call 510-428-0937 or email [center@breema.com](mailto:center@breema.com).

**ADDITIONAL INFO:** The practice of Breema utilizes the Nine Principles of Harmony, and each month the Breema Center offers unique workshops that highlight one principle in the effort to deepen self-understanding and cultivate living a more meaningful life. In June, the focus is on No Judgment. This principle posits that in order to discover how to live nonjudgmentally, we must first understand that we are connected to everything else in the universe. To fully participate and be present in whatever we do requires nurturing an atmosphere of acceptance—of ourselves and of everything around us.

The June workshop will provide an in-depth introduction and examination of the principle of No Judgment, from both the universal and the individual perspectives.

The Breema Center will be hosting various events around the country each month that will highlight all of the Nine Principles of Harmony and help lead participants to an increased understanding of how to support their physical, mental and emotional health. For more information on all events, please visit [www.breema.com](http://www.breema.com).

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