

Worldwide Workshops & Intensives

- Boulder, CO • August 9-11*** center@breema.com
Santa Fe, NM • August 17-18* center@breema.com
Graz, Austria • August 27-31* a.saltiel@gmx.at
Breitenbush, OR • August 30-Sept 2
breemaworkshops@gmail.com
Malmo, Sweden • Sept 6-7* birthek@breema.com
Copenhagen, Denmark • September 8*
birthek@breema.com
Sedona, AZ • Sept 20-21 center@breema.com
Los Angeles, CA • Sept 21-22* center@breema.com
Millersburg, OH • Oct 4-6 info@truenatureretreat.com
Portland, OR • Oct 4-6* breemaworkshops@gmail.com
Oakland, CA • October 19-26* center@breema.com
Paris, France • October 29, 30 angelap.breema@gmail.com
Barcelona, Spain • Nov 1-5* info@harmoniouslife.es
London, England • Nov 9 angelap.breema@gmail.com
Scotts Valley, CA • Nov 15-17* center@breema.com
at 1440 Multiversity
Playa del Carmen, Mexico • December 6-8*
yoginialexis@gmail.com
Santa Cruz, CA • December 7 center@breema.com
Oakland, CA • February 8-15, 2020* center@breema.com
Eim Kerem, Israel • February 27-29, 2020*
keterchava19@gmail.com
Oakland, CA • July 11-18, 2020* center@breema.com
Oakland, CA • Oct 17-24, 2020* center@breema.com

*with
Jon Schreiber



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The Breema Center
6076 Claremont Avenue
Oakland, CA 94618
510.428.0937
www.breema.com



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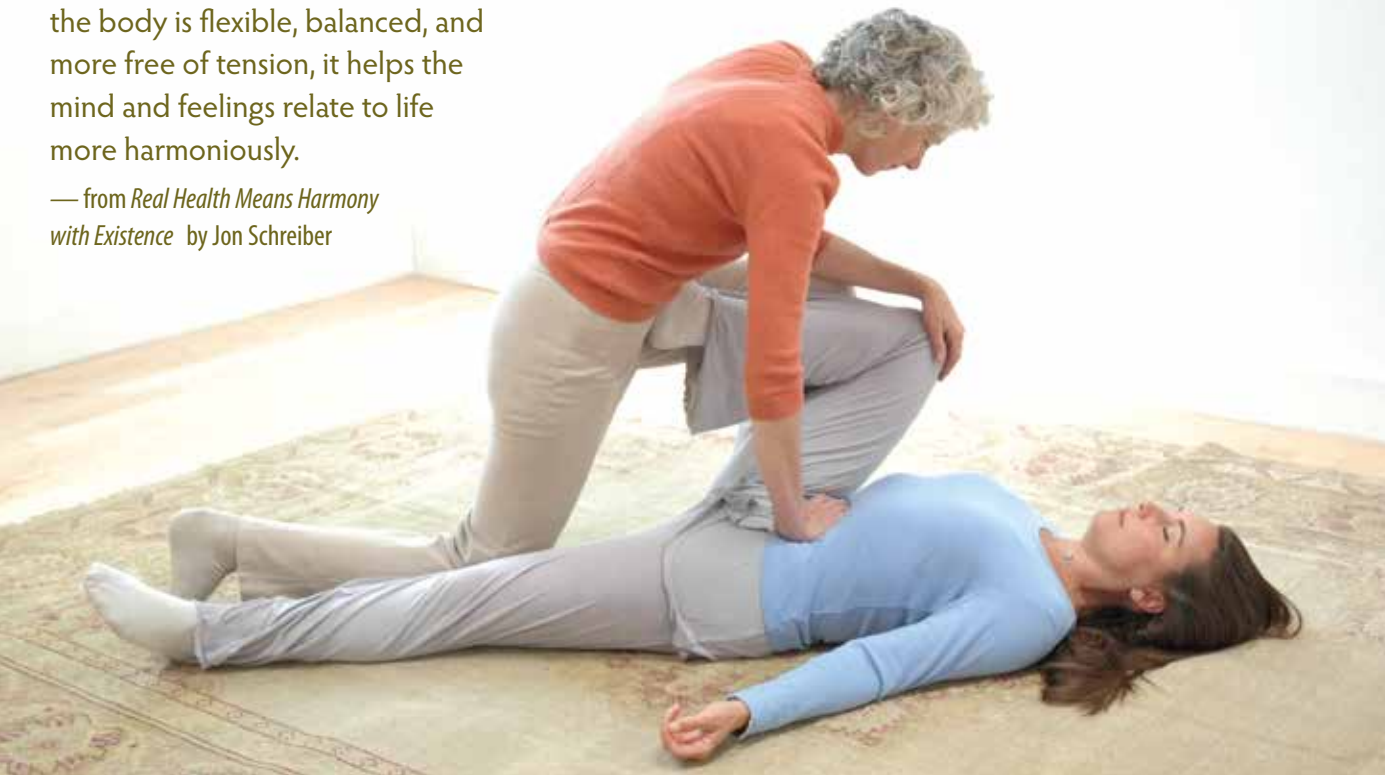
Breema®

Weekend Workshops & Intensives

Unify yourself
and support life.

Wholehearted participation in any activity lessens tension. And when the body is flexible, balanced, and more free of tension, it helps the mind and feelings relate to life more harmoniously.

— from *Real Health Means Harmony with Existence* by Jon Schreiber



INTENSIVES at the Breema Center

Breema bodywork, Self-Breema exercises, and the **Nine Principles of Harmony** are natural expressions of the unifying principle of Existence. They provide ideal support for practicing body-mind connection and the art of being present. New and experienced students from around the world come together to benefit from Breema's practical approach to living harmoniously.



Instructors

Jon Schreiber,
Director of the Breema Center
and author of many books
about Breema, with an
international team of
Certified Breema Instructors.



CE is available through NCBTMB, California BRN, CAMFT

Accommodations & Meals

- The Breema Center is conveniently situated on the Berkeley/Oakland border, across the bay from San Francisco. You may request information about finding accommodations in local hotels, bed & breakfasts, and via Airbnb.
- A wide range of restaurants and shops are available within easy walking distance.

Photos: The Breema Center

Fall Intensive **OCTOBER 2019**

Beginning Weekend (all levels): October 19-20
14 hours • \$170 (\$155 until Sept 26)
\$140 for first-time Intensive attendees

3-Day Course (all levels): October 19-21
19.5 hours • \$235 (\$215 until Sept 26)
\$195 for first-time Intensive attendees

6-Day Course (all levels): October 19-24
37 hours • \$435 (\$400 until Sept 26)
\$370 for first-time Intensive attendees

Practitioner Workshop: Thursday, October 24*
Included in 6-Day Course • 6 hours
\$60 (no charge for Certified Practitioners)

Post-Intensive Workshops: Friday, October 25**
9:30-12:30 *Come Out of the Mind and Into This Moment*
2:00-5:00 *Life Giving to Life*
\$30 per workshop

Instructor Day: Saturday, October 26
For Certified Instructors only. No charge.

*20 hours prerequisite **35 hours prerequisite

Information/Registration

510/428-0937 • center@breema.com
breema.com • YouTube: The Breema Channel



Mark your
calendar!

Winter
Intensive
FEBRUARY
8-15, 2020

ONGOING CLASSES at the Breema Center

Monday evening Breema & Self-Breema 7:00-8:30 pm
Saturday morning Breema & Self-Breema 10:00-11:30 am

Breema is a service mark of the Breema Center.