



## 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**

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.*

# FEB/MARCH

## AT THE BREEMA CENTER

All classes are open to all levels.

### 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.

**Saturdays 10-11:30 am • Feb 23 & March 2, 9, 16, 30**

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

### Bringing the Breema Principles of Harmony to Daily Life

Experiencing Breema's Nine Principles of Harmony, through practicing nurturing and energizing Breema bodywork and Self-Breema exercises, gives us a foundation for tasting balance and harmony in our lives.

**Mondays 7-8:30 pm • Feb 18, 25 & March 4, 11, 18, 25**

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

### Parenting as a Journey of Growth

*Tools to support a more balanced and open posture toward our children and ourselves*

**A Breema Workshop — Saturday, March 23, 1-4 pm**

facilitated by Jon Schreiber, Director, Alexandra Johnson, MD, & Alexis Mulhauser

If we approach parenting as a journey of growth, we can use our interactions with our children as a way to learn more about ourselves and our expectations. This attitude creates a mutually supportive dynamic that facilitates personal growth for parent and child. Breema® and the Nine Principles of Harmony support us to approach our family lives with balance and openness and show us the value of self-acceptance when the journey is challenging. • Discover self-care exercises to support body-mind connection. • Learn simple partner bodywork exchanges that can be practiced with family to support connection.

\$45 (\$35 until 3/18) — \$60 for two



\*Card can be used for any weekly Breema class. Cost is \$75 & includes 2 sessions at the Breema Clinic. Expires 3 months from date of purchase.

# INTRO EVENING

WEDNESDAY, MARCH 13

at the Breema Center

## Self-Breema Class— Presence and Movement

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.

6-7 pm

\$5 • Free to newcomers



## Receive an Introductory Breema Session

Revitalize your body, calm your mind, and balance your emotions. Receive a 20-minute session of Breema bodywork in a group setting. Sessions are profoundly relaxing and energizing and can transform your day.

7-8 pm

No charge • Drop-ins welcome



# FEB 9-16

## WINTER BREEMA INTENSIVE

New and experienced students from around the world come together at Breema Intensives to benefit from Breema's practical approach to living harmoniously.

### Beginning Weekend (all levels) February 9-10

\$170 (\$140 for first-time Intensive students)

### 3-Day Course (all levels) February 9-11

\$235 ( \$195 for first-time Intensive students)

### 6-Day Course (all levels) February 9-14

\$435 (\$370 for first-time Intensive students)

### Practitioner Workshop with Jon Schreiber Thursday, February 14

\$60 (included in 6-Day Course — no charge for Certified Breema Practitioners)

### Post-Intensive Workshops Friday, February 15

(35 hours prerequisite)

*Harmony Begins with Yourself* — with Jon Schreiber 9:30 am-12:30 pm, \$30

*Finding Balance in This Moment* — 2-5 pm, \$30

### Instructor Day Saturday, February 16



## SEBASTOPOL WORKSHOP

### Deepening the Connection to the Body

with Laura Rawson, Micki Meredith,  
and Denise Berezonsky

Practicing Breema allows you to experience connection to yourself as you support others, and a taste of relaxed aliveness in the present moment.

Sunday, March 3, 12-3 pm

Devi Yoga Center, 7151 Wilton Ave  
Sebastopol, CA 95472

\$40 (\$35 if paid by 2/25)  
3 CE available

## SF

## INTRO DAY

### Breema: The Art of Being Present

with Denise Berezonsky  
and Alexandra Johnson, MD

Sunday, March 17, 2-5 pm

Mini-sessions: 2-2:30 & 4:30-5  
Intro to Breema class: 2:30-4:30

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

\$20 for class + mini-session  
(\$15 if paid by 3/11)  
2 CE available