

BREEMA INTENSIVE

February 2019

Beginning Weekend, February 9-10 (all levels) \$170 (\$155 until Jan 22) 14 hrs.
(\$140 for first-time Intensive attendees)

3-Day Course, February 9-11 (all levels) \$235 (\$215 until Jan 22) 19.5 hrs.
(\$195 for first-time Intensive attendees)

6-Day Course, February 9-14 (all levels) \$435 (\$400 until Jan 22) 37 hrs.
(\$370 for first-time Intensive attendees)
 Includes Practitioner Workshop Thurs, Feb 14
(20 hours prerequisite for Tuesday, Wednesday, and Thursday)

Post-Intensive Workshops, February 15-16 (35 hours prerequisite)

Friday morning: *Harmony Begins with Yourself* \$30 ♦ 3 hrs.

Friday afternoon: *Finding Balance in This Moment* \$30 ♦ 3 hrs.

Instructor Day: no charge ♦ 5.5 hrs. *(for Certified Instructors & Self-Breema Instructors only)*

DAILY SCHEDULE

Saturday February 9	Sunday February 10	Monday February 11	Tuesday February 12	Wednesday February 13	Thursday February 14 <i>Practitioner Workshop</i>	Friday February 15 <i>Post-Intensive Workshops</i>	Saturday February 16 <i>Instructor Day</i>
9:30am- 12:30pm	9:30am- 12:30pm	9:30am- Noon	9:30-10:15am <i>Self-Breema class</i> 10:15am-1pm	9:30am- 12:30pm	9:30am- 12:30pm	9:30am- 12:30pm	9:30am- 12:30pm
2-3pm <i>Receive a session</i> 3-5:30pm	2-5pm	2:30- 5:30pm	<i>No afternoon class</i>	2-5pm	2-5pm	2-5pm	2-4:30pm
	7-8:30pm Drop-ins welcome		7-9pm Drop-ins welcome <i>(no prerequisite)</i>				

Registration for individual workshops is available, provided hours requirements are met.

Classes start on time, so please be prompt. Schedule is subject to change.

**To register, contact the Breema Center: www.breema.com ♦ (510) 428-0937 ♦ center@breema.com
 6076 Claremont Ave (at College) ♦ Oakland CA 94618 ♦ USA**