



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.

JAN/FEB

AT THE BREEMA CENTER

All classes are **FREE** January 5-12
for International Breema Week!

New! Self-Breema Class—Celebrating the Morning

Self-Breema is a unifying, harmonizing method. Harmony between mind, feelings, and body is the key to a healthy life. The energy that becomes available when those three centers work in harmony can cleanse, balance, and energize every cell in the body.

Monday-Friday 8:15-9 am • January 7 through February 1

(Free Jan 7-11 — \$5 drop in Jan 14 through Feb 1 — \$30 for the entire series)

New! Introduction to Breema— Moving in Harmony with Existence

**with Jon Schreiber, Director
& Alexis Mulhauser**

Learn simple Breema treatments and exercises that introduce us to an entirely new and different way of touching and relating.

**Tuesdays, 7-9 pm
January 8, 15, 22, 29**

(Free on Jan 8 — \$15 drop in Jan 15, 22, 29 or \$30 for entire series)



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 • Jan 5, 12, 19, 26 & Feb 2, 23**

(Free Jan 5 & 12 — then \$10 drop in or use a 10-class card*) **On Jan 12, class meets from 10 am - noon.

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 • Jan 7, 14, 21, 28 & Feb 4, 18, 25

(Free Jan 7 — then \$10 drop in or use a 10-class card*)

*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.

JAN 9 & FEB 6

ONE WEDNESDAY EACH MONTH

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

January 9 — No charge

February 6 — \$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 (\$155 until 1/22 — \$140 for first-time Intensive students)

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

\$235 (\$215 until 1/22 — \$195 for first-time Intensive students)

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

\$435 (\$400 until 1/22 — \$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

