

# January/February 2012

## Breema Center Events

### Keeping Balance

Saturdays, 9:30–10:30 AM, \$5 drop-in.

Jan 21 & 28; Feb 18 & 25 (No class Feb 4 or 11)

Join us for Self-Breema and a short, dynamic Breema bodywork sequence. Find out more about Breema and get a first-hand taste of the Nine Principles of Harmony.

### Presence in Movement

Mondays, 7:00–8:30 PM, \$60 series / \$15 drop-in

Jan 23 & 30; Feb 13, 20 & 27 (No class Jan 16 or Feb 6)

This class features Breema bodywork and Self-Breema exercises for all levels. Experience a tangible sense of wholeness and aliveness, as well as greater comfort, flexibility, and vitality.

### The Foundation of All Relationships

Tuesdays, 7:00–9:00 PM \$5 drop-in

This class series addresses all relationships—to ourselves, to other people, and to everything in the universe. The focus is on Breema's principles and philosophy.

### Sunday Workshops

January 22 & February 26

10:00 AM–1:00 PM, \$25

Based on nine universal principles of harmony and presence, Breema bodywork and movement offer uplifting support for yourself, family, and friends.

Jan 22: Intermediate Workshop, *25 hour prerequisite.*

Feb 26: Nurturing Touch for Living in the Present, *all levels welcome.*

### Special Topic Workshops

Tuesday, Feb 7, 7–9 PM, \$5

Sunday, Feb 12, 9 AM–NOON, \$15

Join us for one or both. Beginners welcome.

Feb 7: *Your Relationship to Your Body*

Feb 12: *Letting Go of Extra*

## WINTER INTENSIVE

2-Day Course, Feb 4–5 *14 hours* \$175

**\$130** for first-time Breema Center Intensive attendees

3-Day Course, Feb 4–6 *20 hours* \$250

**\$185** for first-time Breema Center Intensive attendees

**6-Day, Intermediate & Advanced courses available.**

Visit [www.breema.com](http://www.breema.com) for more information.

*Early registration discounts available through Jan 18.*

Participating in a Breema Intensive is an exciting, nourishing, and revitalizing experience. Learn and practice a variety of Self-Breema exercises and Breema bodywork partner sequences that provide a tangible introduction to the Nine Principles of Harmony. Breema's practical approach enables you to establish a new relationship between your mind and body that can transform your experience of daily life.

## BREEMA WORKSHOP IN SEBASTOPOL

Devi Yoga Center, 7151 Wilton

Saturday, Feb 18, 1:00–4:00 PM, \$40

*For all events, please wear comfortable pants and socks. No fragrances, please.*

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*Breema is a service mark of the Breema Center.*