



# BREEMA WORKSHOPS AT THE BREEMA CENTER

## Life Giving to Life

March 19 & April 9 • Sundays 10:00am-1:00pm  
50-hour prerequisite



*"There is one whole unified Existence, inclusive, undividable. All separation is imaginary. The direction is always from complication towards simplicity, from diversity towards unity."*

Learn and practice dynamic Breema sequences. These workshops are an opportunity to deepen your relationship to Breema and its universal philosophy.

*For students with at least 50 hours of Breema class experience • \$30 (\$25 if pre-paid)*

## 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 (#03852)
  - 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.



## WEEKLY BREEMA CLASSES

Saturday mornings  
10-11:30am

### Connection to the Body Is the Bridge to Reality

**January 28, February 4**

This class will present Breema Bodywork, Self-Breema exercises, and ideas from the Breema philosophy that support a practical approach to Self-Understanding. Special emphasis will be given to the Nine Principles of Harmony, which are central to a student's practice of body-mind connection and coming to the present moment.

### Breema: The Art of Being Present

**February 25, March 4, 11, 18, 25**

Breema bodywork and Self-Breema exercises are ideal vehicles to practice body-mind connection, the first step towards an actual taste of presence.

Monday evenings  
7-8:30pm

### Breema Bodywork and Principles

These classes support bringing Breema's principles to our everyday life. As we learn and practice a wide range of Breema sequences and Self-Breema exercises we have an ideal opportunity to practice Breema's Nine Principles of Harmony.

### The Principle of Body Comfortable

**January 30**

### The Principle of No Extra

**February 6, 20, 27**  
(no class February 13)

### The Principle of Single Moment/Single Activity

**March 6, 13, 20, 27**

**OPEN TO ALL LEVELS • \$10 PER CLASS OR USE A 10-CLASS CARD**

We offer a 10-class card that can be used for any weekly Breema class.

The card costs \$75 and includes 2 sessions at the Breema Clinic.

Expires 3 months from date of purchase.

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NEW!

## COMMUNITY BREEMA at the Breema Clinic

510/428-1234 • 6201 Florio Street (at College & Claremont)

Breema Bodywork Sessions

February 10, March 10, April 14

Fridays, 3:00-5:00pm

Sliding Scale \$10-\$20, drop-ins welcome

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



## 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 lay down on a well-padded floor to practice and receive Breema.

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

## WINTER INTENSIVE FEBRUARY 2017



A Breema Intensive is an opportunity to support our wish to be present and to deepen our relationship to the Nine Principles of Harmony as we learn and practice a wide range of Breema sequences and Self-Breema exercises.

### Weekend Intensive

February 11-12

Appropriate for all levels—from first-time beginners to longtime Breema students.  
\$170 (\$140 for first-time Intensive students)

### 3-day Intensive

February 11-13

Appropriate for all levels—from first-time beginners to longtime Breema students.  
\$235 (\$195 for first-time Intensive students)

### Complete Intensive

February 11-16

Many enrollment options are available.

### Practitioner Workshop with Jon Schreiber

Thursday, February 16

Included in the Complete Intensive • No charge for Certified Breema Practitioners  
20-hour prerequisite • 6 hours, \$60

### Post-Intensive Workshops

Friday, February 17

Moving Towards Real Health • 9:30am-2:30pm with Jon Schreiber

Letting Existence Manifest Itself • 2:00-5:00pm

35-hour prerequisite • \$30 for each workshop