



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

510/428-0937 • breema.com

6076 Claremont Avenue, Oakland, CA 94618

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.

JULY/AUGUST

AT THE BREEMA CENTER

All classes are open to all levels. Please be comfortable sitting on a padded floor. \$10 drop-in or use a 10-class card.*



Body, Mind, and Feelings Working Together

The first step in Breema is to bring the mind to the activity of the body. As we continue with body-mind connection, we experience new vitality and receptivity. When body, mind, and feelings work together we "taste" being present and can relate to life directly in the moment. Join us in this 3 week series, to learn and practice Breema sequences and Self Breema exercises that support us to experience first-hand the harmony that comes with "being present."

Saturdays 10-11:30 am

June 29 & July 6

Breema – The Art of Being Present

Breema offers a practical means of becoming present and a common-sense 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 • July 27 & August 3, 10, 17, 24



Living Life Harmoniously with the Breema Principles

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. As body, mind, and feelings become balanced, you experience yourself in a more natural state. These moments of being present accumulate, and can support all aspects of your life.

Mondays 7-8:30 pm

July 1, 8, 22, 29 & August 5, 12, 19, 26

NO CLASS JULY 15

*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.

SANTA CRUZ WORKSHOP

Saturday, August 3 • 10 am-1 pm
with Jon Schreiber & Denise Berezonsky



Breema for Harmony and Presence

Learning and practicing Breema bodywork, Self-Breema exercises, and the Nine Principles of Harmony, we learn to move, think, and feel in a new yet totally natural way. Breema helps your mind to be clearer, your feelings to be calmer and more supportive, and your body to be more relaxed, flexible, and vital. Breema is about coming to a tangible and direct experience of your essential self. It's a practical, down-to-earth approach to being present that can bring more meaning and understanding to your life.

Beginners welcome—students should be comfortable working on the floor.

\$40 (\$30 pre-payment discount if paid by July 29)
3 CE hours available

The Subud Center, 3800 Old San Jose Rd. Soquel (in Santa Cruz), CA 95073



FALL INTENSIVE

AT THE BREEMA CENTER

with **Jon Schreiber, Director,**
and an international team of **Certified Breema Instructors**

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) October 19-20
\$170 (\$140 for first-time Intensive students)

3-Day Course (all levels) October 19-21
\$235 (\$195 for first-time Intensive students)

6-Day Course (all levels) October 19-24
\$435 (\$370 for first-time Intensive students)

Practitioner Workshop with Jon Schreiber
Thursday, October 24*

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

Post-Intensive Workshops Friday, October 25
9:30-12:30 *Come Out of the Mind and Into This Moment* \$30
2:00-5:00 *Life Giving to Life* \$30

Instructor Day Saturday, October 26
For Certified Breema Instructors only. No charge.

Early payment discounts are available.

