



## 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](http://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.*

# JULY/AUGUST

AT THE BREEMA CENTER

## SUMMER INTENSIVE JULY 14-21

**Beginning Weekend (all levels) July 14-15**

\$170 (\$155 until 7/3 — \$140 for first-time Intensive students)

**3-Day Course (all levels) July 14-16**

\$235 (\$215 until 7/3 — \$195 for first-time Intensive students)

**6-Day Course (all levels) July 14-19**

\$435 (\$400 until 7/3 — \$370 for first-time Intensive students)

**Practitioner Workshop with Jon Schreiber Thursday, July 19**

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

**Post-Intensive Workshops Friday, July 20**

\$30 per workshop — 9:30 am-12:30 pm (with Jon Schreiber) / 2:00-5:00 pm

**Instructor Day Saturday, July 21**

## WEEKLY BREEMA® CLASSES

**Mondays 7:00-8:30 pm**

**July 2**

**Entering Into Harmony with Breema's Nine Principles**

**with Christine Hunt & Denise Berezonsky**

In this class, we will look at harmony as an essential human need and explore Breema's Nine Principles of Harmony as a way to foster harmony in ourselves.

The aim of Breema bodywork is, first of all, for both giver and receiver to experience inner harmony. We will practice Breema's Nine Principles as we learn simple bodywork sequences that are both energizing and nurturing. In this way, as we become more comfortable in our bodies from the bodywork, we will have the opportunity to become receptive to the Principles' practical inspiration and to explore the potential for bringing them to our daily lives.

**Upcoming Monday series dates:**

**July 9, 23, 30 • Aug 6, 13, 20, 27**

**Saturdays 10:00-11:30 am**

**July 28**

**August 4, 11, 18, 25**

**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.

**Classes are open to all levels.**

**\$10/class 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.*

## MONTHLY SELF-BREEMA® CLASS



Wednesday, July 11

6:00-7:00pm \$5 drop-in

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.

## BREEMA WORKSHOPS

No prior Breema experience needed! Students need to be comfortable sitting and kneeling on the floor, as many of the exercises are done there.

**SAN RAFAEL** Sunday, July 29 1:00-4:00 pm

### Moving into Presence

with Arlie Mischeaux and Alexis Mulhauser

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.

\$40 (\$30 until July 23) • 3 CE hours available

**MoveMe Studio, 1320 4th Street, San Rafael, CA 94901**

**SANTA CRUZ** Saturday, August 4 10:00 am-1:00 pm

### This Moment Is the Only Reality

with Jon Schreiber, Director, and Denise Berezonsky

Our life is this moment. The past is a memory, the future is theoretical. Each moment, we have an opportunity to truly say yes to life, and do our part in making it harmonious and fulfilling. Breema bodywork is an ideal framework to experience living fully in each moment and every movement.

\$40 (\$30 until July 30) • 3 CE hours available

**The Subud Center, 3800 Old San Jose Road, Soquel (in Santa Cruz), CA**

**SAN FRANCISCO** Sunday, August 19 2:00-5:00 pm

### Breema: The Art of Being Present

with Denise Berezonsky and Ariadne Thompson

Timeless, yet down-to-earth and practical, Breema provides a distinctive approach to the body-mind connection, helping to nurture vitality, non-judgment, aliveness, presence, and well-being.

\$50 (\$40 until August 13) • 3 CE hours available

**The Center SF, 548 Fillmore Street, San Francisco, CA 94117**

## Community Breema at the Breema Clinic

### Breema bodywork sessions in a group setting

Friday, July 13 3:00-5:00 pm

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

Sliding scale \$10-\$20

Drop-ins welcome.



## Also at the Breema Clinic:

### Individual Breema Sessions

Monday thru Thursday by appointment

**The Breema Clinic • 510/428-1234**

**6201 Florio St. (at College & Claremont) Oakland, CA 94618**

**clinic@breema.com • www.breemaclinic.com**