

# 2019 Worldwide Workshops & Intensives

Los Angeles, CA • March 29, 31\* center@breema.com

Eugene, OR • April 5-7 breemaworkshops@gmail.com

Santa Cruz, CA • April 13\* center@breema.com

Seattle, WA • May 3-4 center@breema.com

Oakland, CA • May 19 center@breema.com

Bühl, Germany • May 28-June 1\*

paribreema@t-online.de

Portland, OR • May 31-June 1 center@breema.com

Waldviertel, Austria • June 8-9\*

renate@reinwein-kemptner.at

Oakland, CA • June 23\*\* center@breema.com

Oakland, CA • July 13-19\* center@breema.com

Santa Cruz, CA • August 3\* center@breema.com

Boulder, CO • August 9-11\* center@breema.com

Graz, Austria • August 27-31\* a.saltiel@gmx.at

Breitenbush, OR • August 30-Sept 2

breemaworkshops@gmail.com

Sedona, AZ • Sept 20-21 center@breema.com

Millersburg, OH • Oct 4-6 info@truenatureretreat.com

Portland, OR • Oct 4-6\* breemaworkshops@gmail.com

Oakland, CA • October 19-26\* center@breema.com

Barcelona, Spain • Nov 1-5\* info@harmoniouslife.es

Scotts Valley, CA • Nov 15-17\* center@breema.com

at 1440 Multiversity

\* with Jon Schreiber

\*\* 50 hours prerequisite



Photo: The Breema Center

Non-Profit Org  
U.S. Postage  
PAID  
Oakland, CA  
Permit # 2508

The Breema Center  
6076 Claremont Avenue  
Oakland, CA 94618  
510.428.0937  
www.breema.com



Photo: Sibila Savage

# Breema®

## Weekend Workshops & Intensives

Photo: Paula French / Shutterstock.com

photo: Steven Russett / Smith Photos / Shutterstock.com

Unify yourself  
and support life.

Breema supports living in increasing harmony with yourself and your surroundings.

## INTENSIVES at the Breema Center

**Breema bodywork, Self-Breema exercises,** and the **Nine Principles of Harmony** are natural expressions of the unifying principle of Existence. They provide ideal support for practicing body-mind connection and the art of being present.

New and experienced students from around the world come together to benefit from Breema's practical approach to living harmoniously.

### Instructors

**Jon Schreiber,**  
Director of the Breema Center  
and author of many books  
about Breema, with an  
international team of  
Certified Breema Instructors.



**CE** is available through NCBTMB, California BRN, CAMFT

### Accommodations & Meals

- The Breema Center is conveniently situated on the Berkeley/Oakland border, across the bay from San Francisco. You may request information about finding accommodations in local hotels, bed & breakfasts, and via Airbnb.
- A wide range of restaurants and shops are available within easy walking distance.

### Summer Intensive JULY 2019

**Beginning Weekend** (all levels): July 13-14  
14 hours • \$170 (\$155 until June 24)  
\$140 for first-time Intensive attendees

**3-Day Course** (all levels): July 13-15  
19.5 hours • \$235 (\$215 until June 24)  
\$195 for first-time Intensive attendees

**6-Day Course** (all levels): July 13-18  
37 hours • \$435 (\$400 until June 24)  
\$370 for first-time Intensive attendees

**Practitioner Workshop:** Thursday, July 18\*  
Included in 6-Day Course • 6 hours  
\$60 (no charge for Certified Practitioners)

**Instructor Day:** Friday, July 19  
For Certified Instructors only. No charge.

\*20 hours prerequisite

**Mark your calendar!**  
**Fall Intensive OCTOBER 19-26**

## Information/Registration

**510/428-0937 • center@breema.com**  
**breema.com • YouTube: The Breema Channel**

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



Photo: The Breema Center



### ONGOING CLASSES at the Breema Center

**April Self-Breema class** Mon/Weds/Thurs 8:15-9:00 am  
(Begins April 8)

**Monday evening Breema & Self-Breema** 7:00-8:30 pm

**Saturday morning Breema & Self-Breema** 10:00-11:30 am

**June Breema & Self-Breema** Wednesdays 6:30-7:30 pm