



## 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.*

# JUNE/JULY

## AT THE BREEMA CENTER

All classes are open to all levels. Please be comfortable sitting on a padded floor.

### Living with the Principle of No Judgment

How to drop judgment, live life more harmoniously, and stay more connected to yourself amid the changing events of life? If these are your questions, this class can support. Through the natural and harmonizing movements of Self-Breema exercises, simple partner exercises, and discussion in an atmosphere of non-judgment, we can form a practical foundation that can help us to be more present in our life. This class is an excellent introduction to Breema. No prior bodywork experience needed. We will be exchanging simple, accessible sequences and learning self-care exercises you can take home with you.

**Wednesdays 6:30-7:30 pm • June 5, 12, 19, 26**

\$10 drop in or use a 10-class card\*\*

### 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 • June 8, 15, 22, 29 & July 6, 27**

\$10 drop in or use a 10-class card\*\*



### 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**

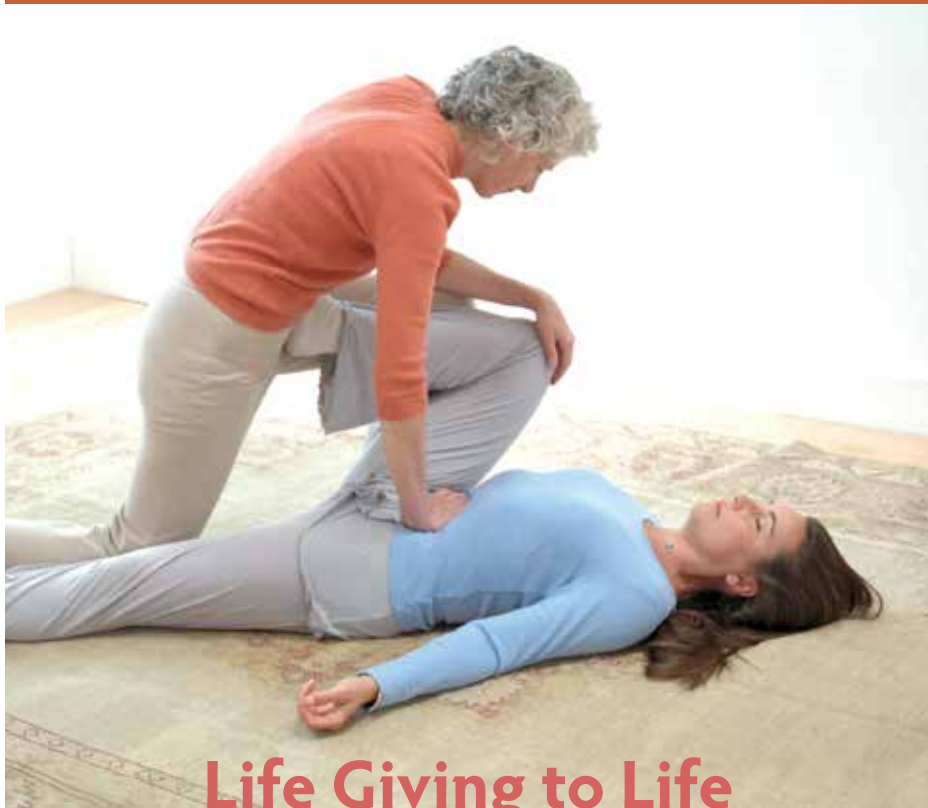
**June 10, 17, 24 & July 22, 29**

\$10 drop in 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.

# WORKSHOP

for students with 50 hours



## Life Giving to Life

a workshop with Birthe Kaarsholm & Denise Berezonsky

Sunday, June 23 • 10 am-1 pm

Learn and practice dynamic Breema sequences. Deepen your relationship to Breema and its universal philosophy. The Breema sequences offered in this workshop give the body a chance to have a new experience it never had before, and new insights into ourselves as we learn and practice them. The more we practice Breema bodywork, the more we can digest its philosophy and principles, so they don't just sit in our mind and become more weight. We practice Breema to get a brand new taste of our existence, to have new thoughts, new feelings, a new posture toward life.

Open to Breema students with at least 50 hours classroom experience.

\$30 (\$25 pre-payment discount if paid by June 17)

3 CE hours available

# SUMMER INTENSIVE

AT THE BREEMA CENTER

Early payment discounts available through June 25

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) July 13-14**

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

**3-Day Course (all levels) July 13-15**

\$235 (\$195 for first-time Intensive students)

**6-Day Course (all levels) July 13-18**

\$435 (\$370 for first-time Intensive students)

**Practitioner Workshop with Jon Schreiber  
Thursday, July 18\***

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

**Instructor Day Friday, July 19**

For Certified Breema Instructors only. No charge.

