



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

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.

JUNE

AT THE BREEMA CENTER

BREEMA® CLASSES

Mondays 7:00-8:30 pm

June 4, 11, 18

Harmony Is in the Moment

By unifying the mind, body, and feelings, we become more grounded, refreshed, and nurtured, and enjoy a more open-hearted and balanced relationship with ourselves, others, and all life.

Breema supports vitality, health, and wholeness by moving from complication towards simplicity and from separation towards unity, with the aim of being present. Breema's self-care exercises and partner bodywork offer a natural, tangible experience of connection to the body by working with the Nine Principles of Harmony.

June 25 & July 2

Entering Into Harmony with Breema's Nine Principles

with Christine Hunt & Denise Berezonsky

In this 2-week series, 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.

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.

Saturdays 10:00-11:30 am

June 9, 23, 30

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.



MONTHLY SELF-BREEMA® CLASS

June 13 & July 11

Wednesdays

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.

Saturday, June 2 10:00 am-12:00 pm

All Possibilities Are in This Moment

with Jon Schreiber, Angela Porter, and Ariadne Thompson

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. By working with Full Participation, Single Moment/Single Activity, and the rest of the Nine Principles of Harmony, Breema offers us a direct, experiential connection to the real meaning and value of being present. In this workshop we will learn a complete Breema treatment in which you can find increasing depth and benefit for the rest of your life.

\$15 (\$10 paid by May 30)

Saturday, June 16 10:00 am-12:00 pm

Breema: Opening to Yourself Is Openness to All

Beginning Breema workshop with Arlie Mischeaux and Christine Hunt

This class is a perfect way to begin your exploration of Breema and The Art of Being Present. We begin by practicing nurturing self-care exercises (Self-Breema) that you can easily do at home, and then exchange partner sequences (Breema bodywork) that support aliveness and flexibility in the body, mind, and feelings (and also profound relaxation). We will work with the body's natural weight and breathing, and become familiar with Breema's uniquely balanced quality of touch, which simultaneously expresses each of the Nine Principles of Harmony. This is an opportunity to deeply nourish yourself and discover a more centered and open-hearted posture in life.

\$15 (\$10 paid by June 14)

SUMMER INTENSIVE

July 14-21

Many enrollment options
are available — contact us
to discover the possibilities!



Community Breema at the Breema Clinic

Breema bodywork sessions in a group setting Friday, June 8 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.

Next Community Breema date:
July 13



Also at the Breema Clinic:

Individual Breema Sessions

Monday thru Thursday by appointment

Self-Breema Classes

Tuesdays, 1:00-1:45 pm, \$5



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