

# Body-Mind Connection Anchors You

a Breema Workshop  
Sunday May 19  
10am-1pm



Revitalize your body, calm and center your mind, and balance your emotions with Breema. Experience the profoundly relaxing, nourishing, and energizing effect of Breema bodywork and Self-Breema exercises.

**The Breema Center**

6076 Claremont Avenue, Oakland

510.428.0937 • [breema.com](http://breema.com) • [center@breema.com](mailto:center@breema.com)

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Breema® offers us the possibility of having a new posture toward life, one in which we see that it's possible to meet the constantly changing events of life with a balanced and supportive atmosphere within ourselves. We experience worry, anxiety, and tension when we are not connected to this inner atmosphere.

Experiencing Breema's Nine Principles of Harmony through practicing nurturing Breema bodywork and Self-Breema movement exercises in a class gives us a foundation for tasting balance and harmony outside of the classroom, in daily life. Breema's philosophy and principles can be applied in every area of our professional and personal lives, and support a more harmonious relationship with ourselves and others.



## Denise Berezonsky, CMT

Co-author of Self-Breema: Exercises for Harmonious Life, Staff Instructor at the Breema Center, and Associate Director of the Breema Clinic in Oakland, CA. Denise currently teaches throughout Northern California and in the Pacific Northwest.



## Alexandra Johnson, MD

is an integrative family doctor whose aim is to support harmony of mind, body, and feelings. She is a Staff Instructor at the Breema Center, maintains an active clinical practice and teaching career, and develops wellness programs for healthcare professionals.

The Breema Center  
6076 Claremont Avenue  
Oakland, California 94618  
[breema.com](http://breema.com)

Mark your calendar!  
Summer Intensive at the Breema Center  
Weekend Course: July 13-14

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

## WORKSHOP: Sunday 5/19/19 10am-1pm

\$30 (\$25 if paid by 5/13)

This workshop offers an excellent introduction to Breema. Open to all, but please be comfortable sitting, kneeling, and moving around on a well-padded floor.

CE: 3 hours available (\$10 processing fee)

*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 (#03852), and LMFTs, LCSWs, and LPCs by the CAMFT (#128568).*



Info & Registration: [www.breema.info/may19-center@breema.com](http://www.breema.info/may19-center@breema.com) • 510/428-0937

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