

SUMMER BREEMA INTENSIVE

A Breema Intensive is an opportunity to support our wish to be present and to deepen our relationship to the Nine Principles of Harmony as we learn and practice a wide range of Breema sequences and Self-Breema exercises.

Beginning Weekend July 15-16

Appropriate for all levels—from first-time beginners to longtime Breema students.
\$170 (\$140 for first-time Intensive students)

3-day Course July 15-17

Appropriate for all levels—from first-time beginners to longtime Breema students.
\$235 (\$195 for first-time Intensive students)

6-Day Course July 15-20

Many enrollment options are available.

Practitioner Workshop with Jon Schreiber Thursday, July 20

Included in the 6-Day Course • No charge for Certified Breema Practitioners
20-hour prerequisite • 6 hours, \$60

Post-Intensive Workshops Friday, July 21

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 (#03852)
- 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.

WEEKLY BREEMA CLASSES

Monday evenings
7-8:30pm

Breema Bodywork and Principles

These classes support bringing Breema's Principles to our everyday life. As we learn and practice a wide range of Breema sequences and Self-Breema exercises we have an ideal opportunity to practice Breema's Nine Principles of Harmony.

The Principle of Firmness & Gentleness

May 1, 8, 15, 22

The Principle of No Force

June 5, 12, 19, 26

Saturday mornings
10-11:30am

Breema: The Art of Being Present

May 6, 13, 20, 27

Breema bodywork and Self-Breema exercises are ideal vehicles to practice body-mind connection, the first step towards an actual taste of presence.

Be Alive and Know

June 3, 10, and 17

In these three weeks you will learn a group of Self-Breema exercises that you can take home and practice to support presence and vitality in your day. There will also be a chance to learn and exchange Breema bodywork.



OPEN TO ALL LEVELS • \$10 PER CLASS OR USE A 10-CLASS CARD

We offer a 10-class card that can be used for any weekly Breema class.

The card costs \$75 and includes 2 sessions at the Breema Clinic.

Expires 3 months from date of purchase.

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COMMUNITY BREEMA at the Breema Clinic

510/428-1234 • 6201 Florio Street (at College & Claremont)

Breema Bodywork Sessions

May 12, June 9, July 14

Fridays, 3:00-5:00pm

Sliding Scale \$10-\$20, drop-ins welcome

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



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.

Breema is a service mark of the Breema Center.

BREEMA IN SANTA CRUZ



The Magic of Life Is in This Moment

with Jon Schreiber, Director of the Breema Center

Saturday, May 13 • 10:00am - 1:00pm

The Subud Center, 3800 Old San Jose Rd. Soquel, CA 95073

\$40 (\$30 if paid by May 6) • 3 CE hours available.

Learning and practicing Self-Breema exercises, Breema bodywork and the Nine Principles of Harmony, we learn to move, think, and feel in a new, yet totally natural way. Breema helps your mind to be clearer, your feelings to be calmer and more supportive, and your body to be more relaxed, flexible, and vital. 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.

Next Santa Cruz workshops:

August 5

Breema: From Separation
Towards Unity

December 2

Breema for Harmony
and Presence

Pay for all three by May 6 for \$75



BREEMA IN SAN FRANCISCO



Experiencing Harmony in the Moment

with Denise Berezonsky and Angela Porter

Sunday, June 4 • 10:00am - 1:00pm

Mobu Dance Studio, 1605 Church St (at 28th), San Francisco, CA 94131

\$40 (\$30 if paid by May 26) • 3 CE hours available.

Breema offers us the possibility of having a new posture toward life, one in which we see that it is 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 gives us a foundation for tasting balance and harmony outside of the classroom in our daily lives. Join us for an energizing and unifying workshop!