

Breema Bodywork Returns to the Twin Cities



Laura Rawson

Laura Rawson, L.Ac., will present a complimentary Open House on Saturday, June 18, from 6:30 to 8pm, followed by a day-long Breema workshop, “Presence in Touch and Movement,” on June 19, from 9:30am to 5pm. Both events take place at Bhakti Wellness Center in Edina. She’ll be teaching with Bernie Jungle, a Certified Breema Instructor from California. Continuing Education is available.

Breema is a holistic system consisting of two-person bodywork, self-care movement exercises, and nine universal principles—such as No Judgment, Single Moment/Single Activity, Body Comfortable—that foster presence and harmony in any relationship or condition of life.

Laura lived in Minneapolis for five years, and taught Breema then, including at CenterPoint Massage School and Pathways. Now a Staff Instructor at the Breema Center in Oakland, California, she’s returned to visit family, but feels newly drawn to offer Breema here again.

She sees these events as a real support for those wishing to reach a more essential level of rejuvenation in a uniquely non-judgmental atmosphere. “What’s ideal about practicing Breema,” Laura relates, “is that it allows me to stay connected to myself while interacting with people, so I remain balanced and my energy isn’t drained. Breema nurtures me by creating a tangible relationship between body, mind, and feelings, and the Principles help me to see myself as I am, with more acceptance.”

Cost: \$100 per person before June 6. Location: 7550 France Ave. S, #220. For more information call Laura at 510-379-4057, email laurar@breema.com, or visit breema.com.