

WINTER INTENSIVE 2018

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 (all levels) February 10-11

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

3-Day Course (all levels) February 10-12

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

6-Day Course (all levels) February 10-15

\$435 (\$370 for first-time Intensive students); many enrollment options are available.

Practitioner Workshop with Jon Schreiber Thursday, Feb 15

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

Post-Intensive Workshops Friday, February 16

35-hour prerequisite • Two 3-hour workshops, \$30 each

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 AT THE BREEMA CENTER

Mondays 7-8:30 pm

Presence in Touch & Movement

This three-class series invites you to explore a new relationship to the body, mind & feelings through touch & movement.

November 13 & 20

with Alexis Mulhauser & staff instructors

The Principle of Body Comfortable

These classes support bringing Breema's Principles to our everyday life.

November 27

Uncovering Our Essential Questions: Exploring Breema's Philosophy of Self-Understanding

We all have questions that are of the essence, rather than of the personality, that pertain to why am I here and what it is that I really wish to know. Yet these questions are often not accessible to us, so we believe we don't have them. As our wish for self-understanding grows, our essential questions begin to come to the surface.

The direction of this three-week class is to use Breema bodywork, Self-Breema, and discussion to uncover those questions that pertain to meaning and purpose.

December 4, 11 & 18

with Jan Winitz & staff instructors

Saturdays 10-11:30 am

Collect Yourself from the Past & Future

Those moments in which you have a taste of being present while practicing Breema tell you "this is what you are and this is what you wish to be."

Nov 11 & 25

with Ashik Staud & Gretchen Brandt

**CLASSES ARE 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.

MONTHLY SELF-BREEMA

Wednesday Evenings

**November 8, December 13
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.

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COMMUNITY BREEMA at the Breema Clinic

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

Breema Bodywork Sessions

November 10 • December 8

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 WORKSHOPS

AT THE BREEMA CENTER

Touching the Source, Opening the Heart

with Arlie Mischeaux and Roxanne Caswell

Saturday, November 18 • 10:00am - 12:00noon

\$25 (\$20 if paid by November 13) • 2 CE hours available.

The subject of this workshop is Breema, the heart, and the need for the body, mind, and feelings to work together to become present. Practicing Self-Breema and Breema partner sequences supports openness in the heart, mind, and body. Breema nurtures harmony in our life and profound gratitude for all our relationships—the relationship to ourself, to others, and all of life. We will also look more deeply into the principles of Mutual Support and No Force, which support us in the direction of being receptive.

SAN FRANCISCO

Experiencing Harmony in the Moment

with Denise Berezonsky and Angela Porter

Sunday, November 19 • 10:00am - 1:00pm

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

\$40 (\$30 if paid by November 13) • 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.

SANTA CRUZ

Breema for Harmony and Presence

with Jon Schreiber, Director of the Breema Center

Saturday, December 2 • 10:00am - 1:00pm

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

\$40 (\$30 if paid by November 24) • 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.