



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.

OCT/NOV

AT THE BREEMA CENTER

WEEKLY BREEMA® CLASSES

NEW INTRO CLASS!

Fridays 7:00-9:00 pm

Oct 5, 12

Moving in Harmony with
Existence — Introduction to
Breema

with **Jon Schreiber, Director,**
and **Alexis Mulhauser**

Breema is based on a profound understanding of the principles that govern the entire universe and everything in it. In this four-week class, we will learn simple Breema treatments and exercises that:

- introduce us to an entirely new and different way of touching and relating
- provide access to new dimensions of physical, mental, and emotional health and balance.

Breema is safe, simple, and totally fun to learn and practice.

Breema treatments are always given and received fully clothed, so please wear clean, comfortable clothing (including socks). No fragrances please!

This series is especially for brand new students, but everyone is welcome. Bring your friends!

\$15/class drop-in

Please arrive 10 minutes early to register; classes begin and end on time.

Mondays 7:00-8:30 pm

Oct 8, 15, 29 & Nov 5, 12, 19, 26

Bringing Harmony to Your Daily Life

We do Breema in order to raise our level of consciousness, and become present. By practicing Breema bodywork and Self-Breema exercises, guided by the Nine Principles, we support ourselves to be in harmony and to support that harmony in every aspect of our daily life, as well as in class.

Tuesdays 6:30-7:30 pm

Nov 6, 13, 20, 27 & Dec 4, 11, 18

Being Right Now Everywhere
Every Moment Myself Actually

"We need a way to come to reality. Breema starts with the body, because it's the simplest way."

— Jon Schreiber,
Breema and the Nine Principles of Harmony

Breema takes us step after step in the direction of experiencing who we really are.

Saturdays 10:00-11:30 am

Oct 6 & Nov 3, 10, 17, 24

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.

Classes are open to all levels.
\$10 /class drop-in or use a 10-class card (\$75)

FALL BREEMA WORKSHOPS

Saturday, October 13 10 am-1 pm

Breema for Pregnancy, Birth, and Parenting

with Jon Schreiber, Alexandra Johnson, MD, and Alexis Mulhauser

Breema bodywork and the Nine Principles of Harmony are an ideal complement for those working with pregnancy, birth, and parenting (including parents!). Breema bodywork and Self-Breema exercises use nurturing touch, energizing movements, and tension-relieving stretches to create physical, mental, and emotional balance. They can be used in prenatal care and labor to increase vitality and support the body's natural rhythms.

The Nine Principles help maintain a tranquil and accepting environment. Working with Body Comfortable, Mutual Support, and No Force offers the opportunity to come to a posture of balance, strength, and availability while remaining calm and focused.

In this workshop, we will learn Breema sequences appropriate prenatally and in labor. We will practice Self-Breema exercises for establishing body-mind connection and experience how the Nine Principles of Harmony can support pregnancy, birth, and parenting—as well as enhance personal well-being and the development of therapeutic relationships.

\$45 (\$35 until 10/8) • 3 CE hours available



Sunday, November 18, 10 am-1 pm

Touching the Source, Opening the Heart

with Roxanne Caswell and Arlie Mischeaux

When body and mind come together, we discover our real feelings, an inherent sense of connection, and a more open heart, mind, and body. Breema nurtures harmony in our life and an experience of profound gratitude for all our relationships—the relationship to ourself, to others, and all of life. In this workshop we will practice Self-Breema exercises, Breema partner sequences, and explore the principles of *Firmness and Gentleness* and *Full Participation* to support greater presence and receptivity.

\$40 (\$30 until 11/12) • 3 CE hours available



SELF-BREEMA CLASS & COMMUNITY BREEMA

Wednesdays, October 10 & November 14
at the Breema Center

SELF-BREEMA CLASS • 6-7 pm

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.

\$5 drop-in (first class is free to newcomers)

COMMUNITY BREEMA • 7-8 pm

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

Drop-ins welcome. Sliding scale: \$10-\$20



FALL BREEMA INTENSIVE OCTOBER 20-27

Beginning Weekend (all levels) October 20-21

\$170 (\$155 until 10/10 — \$140 for first-time Intensive students)

3-Day Course (all levels) October 20-22

\$235 (\$215 until 10/10 — \$195 for first-time Intensive students)

6-Day Course (all levels) October 20-25

\$435 (\$400 until 10/10 — \$370 for first-time Intensive students)

Practitioner Workshop with Jon Schreiber Thursday, October 25
\$60 (included in 6-Day Course — no charge for Certified Breema Practitioners)

Post-Intensive Workshops Friday, October 26

(\$30 per workshop — 35 hours prerequisite)

- 9:30 am-12:30 pm — *Your Real Connection to Others* with Jon Schreiber
- 2:00-5:00 pm — *Entering into the Present*

Instructor Day Saturday, October 27 (for Certified Breema Instructors only)