

# BREEMA INTENSIVE

## October 2019

- Beginning Weekend, October 19-20** (all levels) \$170 (\$155 until Sept 26) 14 hrs.  
*(\$140 for first-time Intensive attendees)*
- 3-Day Course, October 19-21** (all levels) \$235 (\$215 until Sept 26) 19.5 hrs.  
*(\$195 for first-time Intensive attendees)*
- 6-Day Course, October 19-24** (all levels) \$435 (\$400 until Sept 26) 37 hrs.  
*(\$370 for first-time Intensive attendees)*  
 Includes Practitioner Workshop Thurs, Oct 24  
*(20 hours prerequisite for Tuesday, Wednesday, and Thursday)*

### Post-Intensive Workshops, October 25-26

Friday morning: *Come Out of the Mind into This Moment* \$30 ♦ 3 hrs. *(35 hours prerequisite)*

Friday afternoon: *Life Giving to Life* \$30 ♦ 3 hrs. *(50 hours prerequisite)*

Instructor Day: No charge ♦ 5.5 hrs. *(for Certified Instructors & Self-Breema Instructors only)*

### DAILY SCHEDULE

Saturday October 19	Sunday October 20	Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24 <i>Practitioner Workshop</i>	Friday October 25 <i>Post-Intensive Workshops</i>	Saturday October 26 <i>Instructor Day</i>
9:30am- 12:30pm	9:30am- 12:30pm <i>Drop-ins welcome</i>	9:30am- Noon	9:30-10:15am <i>Self-Breema class</i> 10:15am-1pm	9:30am- 12:30pm	9:30am- 12:30pm	9:30-10:30am <i>Self-Breema class</i> 10:30am- 12:30pm	9:30am- 12:30pm
2-3pm <i>Receive a session</i> 3-5:30pm	2-5pm	2:30- 5:30pm	<i>No afternoon class</i>	2-5pm	2-5pm	2-5pm	2-4:30pm
	7-8:30pm <i>Drop-ins welcome</i>		7-9pm				

Registration for individual workshops is available, provided hours requirements are met.

Classes start on time, so please be prompt. Schedule is subject to change.

To register, contact the Breema Center: [www.breema.com](http://www.breema.com) ♦ (510) 428-0937 ♦ [center@breema.com](mailto:center@breema.com)

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