

2018-2019 Worldwide Workshops & Intensives

Boston, MA • September 28-29
center@breema.com

San Rafael, CA • September 30
center@breema.com

Nashville, TN • September 30
info@nashvillemindandbody.com

Millersburg, OH • October 5-7
info@truenatureretreat.com

Asheville, NC • October 6
likebreema@gmail.com

Expressive Therapies Summit, NY • October 14
angelap.breema@gmail.com

Oakland, CA • October 20-27*
(details inside) center@breema.com

Portland, OR • November 2-4*
breemaworkshops@gmail.com

Sedona, AZ • November 9-10
center@breema.com

Givat Yeshayahu, Israel • November 15-16*
keterchava19@gmail.com

Stockholm, Sweden • November 24*
center@breema.com

Vekhyttan, Sweden • November 25*
center@breema.com

Santa Cruz, CA • December 1*
center@breema.com

San Rafael, CA • December 2
center@breema.com

Oakland, CA • February 9-16, 2019*
center@breema.com

Neve Shalom, Israel • February 21-23, 2019*
keterchava19@gmail.com

Breitenbush, OR • March 1-3, 2019
breemaworkshops@gmail.com

Oakland, CA • July 13-19, 2019*
center@breema.com

* with **Jon Schreiber**

The Breema Center
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www.breema.com

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Breema

Weekend Workshops & Intensives

Breema® is about being
more present and available
in whatever you're doing.

Breema supports living your life day by day in increasing harmony with yourself and your surroundings.

INTENSIVES at the Breema Center

Breema bodywork, Self-Breema exercises, and the Nine Principles of Harmony are natural expressions of the unifying principle of Existence. They provide ideal support for practicing body-mind connection and the art of being present.

New and experienced students from around the world come together at Breema Intensives to benefit from Breema's practical approach to living harmoniously.

Instructors

Breema Center Intensives are taught by **Jon Schreiber**, author and Director of the Breema Center, and an international team of Certified Breema Instructors.



CE is available through NCBTMB, California BRN, CAMFT.

Accommodations & Meals

- The Breema Center is conveniently situated on the Berkeley/Oakland border, across the bay from San Francisco. You may request our information about finding accommodations in the area in local hotels, bed & breakfasts, and via Airbnb.
- A wide range of restaurants and shops are available within easy walking distance.



Photo: The Breema Center

Fall Intensive **OCTOBER 2018**

Beginning Weekend (all levels): **October 20-21**
14 hours • \$155 (\$170 after September 27)
\$140 for first-time Intensive attendees

3-Day Course (all levels): **October 20-22**
19.5 hours • \$215 (\$235 after September 27)
\$195 for first-time Intensive attendees

6-Day Course (all levels): **October 20-25**
37 hours • \$400 (\$435 after September 27)
\$370 for first-time Intensive attendees

Practitioner Workshop: **Thursday, October 25***
Included in 6-Day Course • 6 hours
\$60 (no charge for Certified Practitioners)

Post-Intensive Workshops: **Friday, October 26****
Your Real Connection to Others 9:30-12:30, \$30
with Jon Schreiber
Entering into the Present 2:00-5:00, \$30

Instructor Day: **Saturday, October 27**
(Certified Instructors only. No charge.)

*20 hours prerequisite **35 hours prerequisite

Winter Intensive **FEBRUARY 9-16, 2019**

Summer Intensive **JULY 13-19, 2019**

Ongoing Classes at the Breema Center

**New Intro Class Series with Jon Schreiber
starts Friday, Sept 21**

Weekly classes on Mondays & Saturdays

Monthly Wednesday Self-Breema Class
(includes an opportunity to receive an introductory Breema mini-session)

Information/Registration

510/428-0937 • center@breema.com
breema.com • YouTube: The Breema Channel

Breema is a service mark of the Breema Center.