

FOR IMMEDIATE RELEASE

January 15, 2014

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(Photos Available)

TRANSFORMING STRESS INTO HARMONY

OAKLAND, Calif., January, 2014 – For many people, 2013 would not be described as a stress-free and harmonious year. To help people learn to live a balanced life regardless of external circumstances, Breema offers the tools of the Nine Principles of Harmony and working with body-mind connection. Breema aims to bring the body, mind, and feelings more in harmony to reduce stress and deeply nurture vitality. The Reno Buddhist Center will host a Breema weekend workshop “Breema and the Nine Principles of Harmony” on March 29 & 30 with Jon Schreiber, DC — Breema's foremost author, and director of the Breema Center in Oakland, California. A free "Experience Breema" evening is offered Friday, March 28.

“Most people want to live a more balanced life, but each day brings unexpected stresses that cause us to react the only way we know how – with old ways of thinking and behaving,” said Jon Schreiber. “Unless we find new ways of thinking about and dealing with everyday stresses, we cannot transform stress into harmony. Most of the time, our stress is based on a fear of what might be as opposed to what actually is happening in the moment. Breema helps people find new ways to respond to daily challenges so that fear is released and harmony renewed.”

Breema presents a dynamic approach to touch that offers new possibilities for relating to others and to the world around us more harmoniously and essentially. The Breema system is founded on the Nine Principles of Harmony, which are: Body Comfortable, No Extra, Firmness and Gentleness, Full Participation, Mutual Support, No Judgment, Sin-

gle Moment/Single Activity, No Hurry/No Pause, No Force. This workshop is an exploration of Breema's Nine Principles through touch, movement, and Breema's transformative philosophy. Breema bodywork balances and harmonizes both the giver and receiver, and Self-Breema exercises offer a taste of acceptance of self in the present moment. Coming to the present allows one to be free from judgment of self and others.

Applying just one of the Principles in any given situation can help a person focus and find a new response other than a habitual reaction such as 'fear' or 'stress.' Learning and practicing the Nine Principles in everyday life will give people an entirely new set of tools to begin living a more harmonious life every day.

Breema in Reno

The Reno Buddhist Center is hosting their first Breema weekend workshop, "Breema and the Nine Principles of Harmony," Saturday and Sunday, March 29-30, preceded by a free introductory evening Friday, March 28. This workshop focuses on teaching practical skills for reducing stress and promoting balance and vitality. Using Breema bodywork and Self-Breema exercises, this workshop nurtures the relationship between the body, mind and feelings. No prior bodywork experience is necessary, but participants must be comfortable sitting and working on a padded floor.

The Reno Buddhist Center is located in Hiroma Hall, 820 Plumas St, Reno NV 89509. Workshop is March 29-30, Saturday 9:30am-5pm and Sunday 9:30am-1:30pm, with a free introductory evening Friday, March 28, 7-8:30. Cost of the workshop is \$175 (\$150 if paid by March 8). To register, call 510.428.0937 or email center@breema.com.

About The Breema Center

Founded in 1980, The Breema Center offers classes, workshops, and intensives for beginning and experienced students. Breema bodywork and Self-Breema exercises use nurturing touch, tension-relieving stretches, and rhythmic movements to create physical, mental, and emotional balance. The Breema Center is headquartered in the Rockridge

area of Oakland, adjacent to Berkeley, and has certified practitioners and instructors in locations worldwide. For more information, call 510.428.0937 or visit www.breema.com.

About Jon Schreiber

Jon Schreiber is the director of the Breema Center, which presents the transformational tools of Breema, Self-Breema, and the Nine Principles of Harmony. He is also the founder and director of the Breema Clinic, which supports people to move in the direction of real health. Both are located in Oakland, California. Since 1980 he has been teaching at the Breema Center, as well as nationally and internationally. He is the author of many books on the philosophy, principles, and practice of Breema, including *Waking Up to This Moment*, *Breema and the Nine Principles of Harmony*, and *The Four Relationships*.

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