

MEDIA ALERT

Who: The Breema Center
What: Breema Intensive Weekend with Jon Schreiber
When: September 18-20, 2009
Where: Rowe Center, Massachusetts
Cost: Varies according to income and accommodations

Summary:

Breema is a down-to-earth, practical approach to physical, emotional, and mental health that focuses on helping people to discover how to live more naturally, beginning with the coordinated functioning of body and mind. Receiving or practicing Breema bodywork and Self-Breema exercises brings new flexibility, ease, comfort, and vitality, creating a profound sense of wholeness and aliveness.

At the core of Breema are the Nine Principles of Harmony: Body Comfortable; No Extra; Firmness and Gentleness; Full Participation; Mutual Support; No Judgment; Single Moment/Single Activity; No Hurry/No Pause; No Force. The practice of Breema allows people to experience these universal principles through flowing, physical movement. More importantly, people can learn to apply the Nine Principles of Harmony to all situations of life, which enhances the ability to deal with life's demands in a way that benefits everyone.

In this intensive weekend workshop, students will learn, practice and receive Self-Breema exercises and Breema bodywork. No previous bodywork experience is needed. The workshop will be led by Dr. Jon Schreiber, D.C. Dr. Schreiber has been teaching Breema worldwide since 1980. He directs The Breema Center and The Breema Clinic in Oakland, California. The author of several books, he is also a licensed chiropractor. For more information, call 1-800-452-1008, or visit www.breema.com.

Nestled in the beautiful Berkshire Mountains in Western Massachusetts, Rowe Conference Center offers an exceptional array of outstanding teachers and workshops in a small, intimate forum. The camp and conference center was founded in 1924 to offer retreats for both youth and adults. For more information, visit www.rowecenter.org.

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