



## 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

510/428-0937 • [breema.com](http://breema.com)

6076 Claremont Avenue, Oakland, CA 94618

### 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.*

# SEPT/OCT

## BREEMA CLASSES

All classes are open to all levels. Please be comfortable sitting on a padded floor. \$10 drop-in or use a 10-class card.\*

### Breema – The Art of Being Present

Breema offers a practical means of becoming present and a common-sense 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.

**Saturdays 10-11:30 am**

**Sept 7, 14, 21, 28 & Oct 5, 12**



### Living with the Principle of Mutual Support

Do you need support in dealing with the increased pace and tension of life? Wish to relate in a more nurturing way to your family and associates?

In this 4-week series highlighting the Breema Principle of Mutual Support, learn simple exercises and do partner sequences that foster body-mind connection in your day. Through discussion and questions, explore how to bring more presence to your life and give and receive real support.

**Wednesdays 6:30-7:30 pm**

**Sept 11, 18, 25 & Oct 2**

### Living Life Harmoniously with the Breema Principles

Experiencing Breema's Nine Principles of Harmony, through practicing nurturing and energizing Breema bodywork and Self-Breema exercises, gives us a foundation for tasting balance and harmony in our lives. As body, mind, and feelings become balanced, you experience yourself in a more natural state. These moments of being present accumulate, and can support all aspects of your life.

**Mondays 7-8:30 pm**

**Sept 9, 16, 23, 30 & Oct 7, 14, 28**

## SELF-BREEMA

\$5 drop-in / Free with a 10-class card.\*

### Wednesday Morning Self-Breema

Self-Breema exercises offer essential support to let go of our habitual fragmented ways of thinking, feeling, and moving, allowing us to experience moments of unified functioning in our mind, feelings, and body. These are moments of taste—the taste of being present. The class offers support for a tangible experience of harmony and vitality.

**Wednesdays 9:15-10 am**

**Sept 18, 25 & Oct 2, 9, 16**



\* Card can be used for any weekly Breema class.

\$75 card includes 2 sessions at the Breema Clinic.

Expires 3 months from date of purchase.

# EXPERIENCE BREEMA

in San Francisco



## Intro Class & Mini-Sessions Sunday afternoon, September 15

with Denise Berezonsky, Alexandra Johnson, and Angela Porter

Revitalize your body, calm your mind, and balance your emotions with Breema. Receive a mini-session of Breema bodywork, and join us for an introduction to Breema bodywork, Self-Breema movement, and the Nine Principles of Harmony. Experience the profoundly relaxing, nourishing, and energizing effect of Breema bodywork and Self-Breema exercises as you learn and practice them in the supportive nonjudgmental atmosphere of a Breema class. Breema offers us a tangible way to support others while practicing self-care.

Schedule:

**Mini-sessions: 2-2:30 pm**

**Intro to Breema class: 2:30-4:30 pm**

**Mini-sessions: 4:30-5 pm**

After you have received your mini-session, feel free to stay and watch—you benefit almost as much because of the nurturing atmosphere!

Open to all, but please be comfortable with working and kneeling on a well-padded floor.

\$20 includes class and mini-session; \$15 if paid by September 9

Mini-session only: as available, by donation

**2 CE available** for massage therapists and bodyworkers, nurses, LMFTs, LCSWs, and LPCCs;  
\$10 fee for processing.

For more information and to register please contact the Breema Center:

510/428-0937 or [center@breema.com](mailto:center@breema.com)

**Location: The Center SF, 548 Fillmore Street, San Francisco, CA 94117**

# INTRODUCTORY CLASSES

at the Breema Center

## Wishing to Deepen Your Connection to Being Present?

September 14 & October 12 • Saturdays 10-11:30 am

with Christine Hunt and Arlie Mischeaux

Over the last 40 years, students from around the world have benefitted from studying Breema, the Art of Being Present. These two Saturdays, the class material will be introductory and is ideal for beginners. Breema is a unique, body-centered approach to practicing and understanding how to become present more often. You will be led through simple, energizing Breema exercises and two partner sequences, while being supported to bring your body and mind together. Working with Breema's Nine Principles of Harmony, including Body Comfortable and Single Moment, Single Activity, the goal is to come to a taste of being present.

\$10 drop-in, or use 10-class card for discount • Take one class or both.

# FALL INTENSIVE

at the Breema Center

with Jon Schreiber, Director,  
and an international team of Certified Breema Instructors

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

**Beginning Weekend (all levels) October 19-20**

\$170 (\$140 for first-time Intensive students)

**3-Day Course (all levels) October 19-21**

\$235 ( \$195 for first-time Intensive students)

**6-Day Course (all levels) October 19-24**

\$435 (\$370 for first-time Intensive students)

**Practitioner Workshop with Jon Schreiber  
Thursday, October 24\***

\$60 (\*included in 6-Day Course — no charge for Certified Breema Practitioners)

**Post-Intensive Workshops Friday, October 25**

9:30-12:30 *Come Out of the Mind into This Moment* \$30

2:00-5:00 *Life Giving to Life* \$30

**Instructor Day Saturday, October 26**

For Certified Breema Instructors only. No charge.

Early payment discounts are available.