

FOR IMMEDIATE RELEASE

June 28, 2010

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THE BREEMA CENTER PRESENTS ITS SUMMER INTENSIVE: SINGLE MOMENT/SINGLE ACTIVITY

Breema's Annual Summer Intensive Offers Tools for Finding Simple Moments in a Complicated Multi-tasking World

OAKLAND, Calif., June 28, 2010 – The Breema Center today announced its annual Summer Intensive is open for registration. Students from around the world come each year to study and benefit from Breema's practical approach to living a harmonious life. This year's theme, "Single Moment/Single Activity," will offer support for moving from complication to simplicity, no matter what the conditions of life present. The Intensive will begin July 10, 2010 at the Breema Center in Oakland, California.

Breema is a comprehensive system that includes Breema bodywork, Self-Breema exercises, and the Nine Principles of Harmony, with the aim of increasing self-understanding. Practicing Breema supports a deeper connection between mind, feelings, and body, and cultivates harmony in all relationships. By working with the principles while establishing a tangible mind-body connection, Breema teaches both the giver and the receiver how to live fully in the present and imbue all activities with more meaning and purpose.

"The Summer Intensive presents an opportunity for people to get in-depth experience with Breema so that when they leave the Intensive, what they do in their daily lives can have a fresh, dynamic quality," said Dr. Jon Schreiber, director of the Breema Center and author of several books on Breema's bodywork and underlying philosophy. "Our culture focuses on multi-tasking and overstimulation, which results in never really being available to what we are doing at any given time. Our bodies are physically present, but our mind and feelings are elsewhere. In the Intensive, students will learn movement sequences that relax and energize the whole body. But more importantly, they will gain new ways to include themselves in every single moment and single activity in a way that fully engages their potential as a human being in a human body."

Registration

Breema's Summer Intensive is open to anyone interested in learning more about Breema and the Nine Principles of Harmony. No previous Breema experience is required. Bodyworkers can receive continuing education credit for participation. The Intensive will offer weekend, 3-day, and 6-day courses with discounted pricing starting at \$130. For more information and to register for the Intensive, visit www.breema.com, call 510-428-0937, or email center@breema.com.

About the Breema Center

Founded in 1980 by Jon Schreiber, DC, 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.

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