

FOR IMMEDIATE RELEASE

March F, 2010

Press Contact:

Jane Gideon
Incendio International
415.682.9292
jane@incendiopr.com

(Photos Available)

TRANSFORM STRESS INTO HARMONY IN 2010

OAKLAND, Calif., March 9, 2010 – For many people, 2009 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 College of Marin in Kentfield will be hosting their first Breema class series in the Spring of 2010 entitled “Breema: Quiet Mind, Open Heart, Vital Body.”

“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, Director of the Breema Center. “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. Our goal in 2010 is to help people find new ways to respond to daily challenges so that fear is released and harmony renewed.”

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; Single Moment/Single Activity; No Hurry/No Pause; No Force. 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 Marin

The College of Marin in Kentfield is hosting their first 7-week series of Breema classes this Spring. "Breema: Quiet Mind, Open Heart, Vital Body" focuses on teaching practical skills for reducing stress and promoting balance and vitality. Using Breema bodywork and Self-Breema exercises, classes nurture the relationship between the body, mind and feelings. Each class explores one Breema principle in-depth, resulting in an applicable and practical understanding of the Nine Principles of Harmony by the end of the course. Denise Berezonsky, the associate director of the Breema Clinic and co-author of *Self-Breema: Exercises for Harmonious Life, 2nd edition*, will be the primary instructor.

Classes are held on Saturdays, April 10-May 22, 2010, from 10:30am-noon. The series cost is \$75. Interested students can register online through www.marincommunityed.org or in person at the Admissions & Records office on the Kentfield or Indian Valley Campus. Send completed registration form and payment to College of Marin, Community Ed Registration, 835 College Ave., Kentfield, CA 94904, or fax it to 415.460.0773. For more information or to obtain a registration form, call 415.485.9305 or visit www.marincommunityed.org.

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.

#