

## Breema: The Art of Being Present

This past fall our WY chapter hosted a wonderful workshop called Breema: The Art of Being Present in Sheridan, WY. We were guided by excellent instructors Laura Rawson and Jamie Furstoss-Lam. With only 8 participants and 2 instructors it provided plenty of individual attention and a unique opportunity to practice a beautiful art form. Besides performing Breema Bodywork on each other we also learned to give ourselves Self-Breema. At the beginning of class we were asked what our intentions for the weekend were. Many of the students were interested in the “retreat like” sounding aspect of the weekend, the idea of gentleness and being in the present moment. Each bodywork sequence and Self-Breema exercise is a perfect expression of a group of interrelated principles which underlie every aspect of Breema, including the form of the treatment, its atmosphere, the practitioner-recipient dynamic, the practitioner’s quality of touch and the purpose and effect of the treatment or exercise. Practicing Breema helps us move in harmony, enabling us to increase our vital energy in any given moment and expand our receptivity to do what is most beneficial for our lives. In other words, it feels good to both give and receive.



*Whatever you do, do it as if  
that's the only thing you have to  
do in your life, and you have all  
the time in the world. That  
means allow your whole mind,  
whole feelings, and whole body  
to participate in the activity.*

*---Jon Schreiber,*

*Freedom Is In This Moment*

