

THE BREEMA CENTER

THE NINE PRINCIPLES *of* HARMONY

no hurry, no pause



Through connection to the body, we enter the present. Our Being participates, without hurry or pause, and our rhythm is the rhythm of Existence. Our movements and activities are in harmony with the natural flow of life energy.

Every one of the Nine Principles of Harmony can support us to come to the present and live life more fully.

— Jon Schreiber, Director

THE BREEMA CENTER has been helping students actualize Breema's practical approach to Self-understanding and purposeful living since 1980. Please visit us online for books, up-to-date listings of classes, and a directory of Certified Breema Instructors & Practitioners.

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