

BREEMA

Touching the Essence, Tasting Life *with Matthew Tousignant*



March 9, 16, 23 and April 6, 20, 27 from 7:00pm-9:00pm
DIG Yoga Studio in Lambertville, New Jersey

Breema® puts us in touch with life in a new way, an essential way, not based on concepts, beliefs, or sensory perceptions but on the taste of life itself. The movements and postures reconnect us with our natural rhythm and support an exploration of the universal principles underlying harmonious and purposeful living. Using Breema's Nine Principles of Harmony as a framework for study, this series includes instruction in Breema bodywork, Self-Breema exercises and body-centered meditation and movement. No prior experience is needed.

Cost \$200

**To register, call/text 267.864.8608 or
email matthew@the5thelement.org
CEs Available**



www.the5thelement.org
www.breema.com



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