



BREEMA: FINDING OUR ORIGINAL CONNECTION TO THE SOURCE

The source is not “somewhere out there” but in everything that exists, including each one of us. Living in the past and future, we are disconnected from this reality and from ourselves. By bringing mind, body, and feelings to function in harmony, we enter the present. The accumulation of these present moments creates in us consciously what we seek unconsciously in the world – a true authority or real, unified I that is free of judgment and extra, and has the interest and the ability to respond to all the outer demands, joys, and challenges of life.

All classes include Breema bodywork, Self-Breema, body-centered meditation, and the Nine Principles of Harmony. Our direction is to support body-mind connection and to introduce perspectives that facilitate letting go of fear and experiencing inner strength, balance, and harmony.

Please be comfortable moving and working on a padded floor with other students. Wear comfortable long pants and socks. No fragrances. CEs are available for massage therapists and bodywork professionals.

Classes will be on the following Mondays from 7:00pm-9:00pm: 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15, and the cost is \$450. To register, Venmo (@matthew-5thelement) or PayPal (matthew@the5thelement.org).

Matthew Tousignant, M.A., CMT holds degrees from Harvard University and the California Institute of Integral Studies. A Certified Breema Practitioner and Instructor, Matthew’s body-centered therapeutic work combines the universal wisdom of Breema with a practical knowledge of psychology to connect others to their unique potential as human beings.



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