

About Breema

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The Art of Being Present

Breema® is a living expression of the unifying principle of Existence. Breema bodywork, Self-Breema exercises, and the Nine Principles of Harmony support us to unify body, mind, and feelings, and become familiar with the taste of being present.

Breema offers essential support to let go of our habitual, fragmented ways of thinking, feeling, and moving, allowing us to experience our mind, feelings, and body working together in harmony. This invites balance in our relationship to ourselves, to others, and to all life.

The Nine Principles are the foundation of Breema's comprehensive philosophy, and the gateway to self-understanding. They are distilled from a profound understanding of the universal laws of Existence, and can be applied to any activity.

Breema bodywork and Self-Breema exercises are ideal support for practicing body-mind connection, the first step towards a direct experience of the Nine Principles of Harmony.



Breema is a service mark of the Breema Center.

The Nine Principles of Harmony

Body Comfortable

When we look at the body, not as something separate, but as an aspect of a unified whole, there is no place for discomfort.

No Extra

To express our True nature, nothing extra is needed.

Firmness and Gentleness

Real firmness is always gentle. Real gentleness is always firm. When we are present, we naturally manifest firmness and gentleness simultaneously.

Full Participation

The most natural way of moving and living is with full participation. Full participation is possible when body, mind, and feelings are united in a common aim.

Mutual Support

The more our Being participates, the more we are able to support life and recognize that Existence supports us. Giving and receiving support take place simultaneously.

No Judgment

The atmosphere of nonjudgment gives us a taste of acceptance of ourselves as we are in the moment. When we come to the present, we are free from judgment.

Single Moment/Single Activity

Each moment is new, fresh, totally alive. Each moment is an expression of our True nature, complete by itself.

No Hurry/No Pause

In the natural rhythm of life energy, there is no hurry and no pause.

No Force

When we let go of assumptions of separation, we let go of force.

Breema's philosophy and principles, Breema bodywork, and Self-Breema exercises support an essential interest in real self-knowledge and self-understanding.

Practicing or receiving Breema bodywork

loosens our identification with our conditioned self and opens us to the possibility of having a more openhearted and open-minded posture toward life.

By harmonizing the mind, feelings, and body, Breema bodywork can help us discover and experience that *real health means harmony with Existence*.

The bodywork is an indispensable support in establishing and maintaining an experiential relationship to Breema's philosophy and principles.

Practicing Breema and Self-Breema helps us move in harmony with the natural laws that govern life.



Books and CDs about Breema:

- *The Four Relationships & Other Essential Insights**
 - *Waking Up to This Moment**
- *Breema and the Nine Principles of Harmony**
- *Self-Breema: Exercises for Harmonious Life*
 - *Freedom Is in This Moment*
 - *Every Moment Is Eternal*
- *Freedom Comes from Understanding**

*available as audio books

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Experience Breema bodywork at the Breema Clinic:

Schedule online @ www.breemahealth.com
or call **510-428-1234** for an appointment.

Breema classes provide ideal conditions for practicing and directly experiencing Breema's philosophy and principles. To find a listing of Breema classes, workshops, and intensives, visit breema.com.