



About Studying Breema

BREEMA'S PHILOSOPHY is a clear and comprehensive expression of the underlying unity of all existence. You will be introduced to the Nine Principles of Harmony, which are a concise expression of Breema's philosophy.

BREEMA BODYWORK & SELF-BREEMA EXERCISES allow us to establish a direct, experiential relationship to the Nine Principles. Breema opens a new and natural way of relating to yourself and to other people. Studying Breema is nurturing, relaxing, and energizing.

No prior bodywork experience is necessary. However, participants need to be able to sit, move, and lie down on a well-padded floor to practice and receive Breema.

The Breema Center

510/428-0937 • breema.com

6076 Claremont Avenue, Oakland, CA 94618

Continuing Education

is available for **massage therapists & bodyworkers, nurses, and LMFTs, LCSWs, LPCs, & LEPs.**

The Breema Center is approved to offer continuing education for

- Massage Practitioners and Bodyworkers by the NCBTMB (#145251-00)
 - Registered Nurses by the California BRN (#3852)
- LMFTs, LCSWs, LPCs, and LEPs by the CAMFT (#128568— for complete information about CE for CAMFT members, go to breema.com/camftce.)

Please contact us to find out which of our courses are approved for the CE you are interested in.

Please note: To receive credit you will need to fill out an evaluation form and pay a \$10 processing fee.

Breema is a service mark of the Breema Center.

JANUARY/FEBRUARY

BREEMA CLASSES

Saturdays 10-11:30 am

Jan 4, 11*, 18 (10-noon)* & Feb 1, 29

* Free for International Breema Week

Breema— The Art of Being Present

Breema offers a practical means of becoming present and a common-sense approach to physical, mental, and emotional health. The more you are present, the more you can connect with others, and with all life. In this class you will practice Breema bodywork and Self-Breema exercises, living expressions of a profound understanding of the unity of all life.



Mondays 7-8:30 pm

Jan 6, 13*, 20, 27 & Feb 3, 17, 24

* Free for International Breema Week

Nurturing Vitality

Breema is about how to live your life, day by day, increasing harmony with yourself and your surroundings. It's about how to be more present and available at any given time, in whatever you're doing. Practicing Breema bodywork and Self-Breema exercises introduces you to the vitality that arises from presence and increased harmony within yourself and with your surroundings, and gives you tools you can use in anything you do.

Wednesdays 6:30-7:30 pm

Jan 15*, 22, 29 & Feb 5

Living with the Principle of No Extra

The purpose of Breema is to create harmony and balance between your mind, feelings, and body, and in your relationship to yourself, to others, and to all life.

This class series will highlight the Principle of No Extra through simple exercises and partner sequences to foster body-mind connection.

There will be time for discussion and questions to explore how we can be more present and available in our busy lives by letting go of "extra." We will look at "what is extra?" and "what is it that we really need?"

Saturday Workshops 10 am-noon

Jan 25 & Feb 22

\$20 (\$15 until 1/20 or 2/17) or use 10-class card

Body-Mind Connection Is Truly Breema

Body-mind connection is our first step towards experiencing a taste of being present. Breema offers simple and practical tools for learning how to make this connection in a supportive class atmosphere. This new relationship with yourself can extend into living your daily life.

When the attention of the mind remains with the activity of the body, the body, mind, and feelings are harmonized. As we continue to practice, we become more available to relate to Existence directly, and our availability to experience the present moment increases.



- All classes are open to all levels. • Please be comfortable sitting & working on a padded floor.
- \$10 drop-in or use a 10-class card (\$75 card expires 3 months after purchase. It includes 2 sessions at the Breema Clinic.)

WEDNESDAY SELF-BREEMA

Jan 8, 15*, 22, 29

Feb 5, 19, 26

9:15-10 am

Self-Breema exercises offer essential support to let go of our habitual fragmented ways of thinking, feeling, and moving, allowing us to experience moments of unified functioning in our mind, feelings, and body. These are moments of taste—the taste of being present. The class offers support for a tangible experience of harmony and vitality.

\$5 drop-in / Free with a 10-class card.

* Free for International Breema Week



WINTER INTENSIVE FEBRUARY 2020

with Jon Schreiber, Director,
and an international team of Certified Breema Instructors

New and experienced students from around the world come together at Breema Intensives to benefit from Breema's practical approach to living harmoniously.

Beginning Weekend (all levels) February 8-9

\$170 (\$140 for first-time Intensive students)

3-Day Course (all levels) February 8-10

\$235 (\$195 for first-time Intensive students)

7-Day Course (all levels) February 8-14

Ends Friday, Feb 14 at 12:30 pm • \$480 (\$400 for first-time Intensive students)

Practitioner Workshop with Jon Schreiber

Thursday, February 13

\$60 (Included in 7-Day Course. No charge for Certified Breema Practitioners)

Post-Intensive Workshop Friday, February 14, 2-5 pm

"Life Giving to Life" — \$30

Instructor Day Saturday, February 15

For Certified Breema Instructors only. No charge.

Early payment discounts are available!

JAN 11-19 2020 INTERNATIONAL BREEMA WEEK

FREE CLASSES:

Breema Classes

Saturday, Jan 11 Breema: The Art of Being Present • 10-11:30 am
with Jon Schreiber, Director

Monday, Jan 13 Nurturing Vitality • 7-8:30 pm

Wednesday, January 15 • 5:30-7:30 pm

Receive an introductory mini-session 5:30–6:30, Intro class 6:30–7:30

Friday, January 17 • 10-11:30 am

Receive an introductory mini-session 10:30-11, Intro class 11-noon

Saturday, January 18 Breema: The Art of Being Present • 10-noon
with Jon Schreiber, Director

Self-Breema Classes

Monday, Jan 13 • 10:45-11:40 am for low back health

Tuesday, Jan 14 • 9:15-10 am / Wednesday, Jan 15 • 9:15-10 am

Thursday, Jan 16 • 9-9:55 am for low back health

Visit the Breema Clinic

Tuesday, Jan 14 • 6201 Florio St (at College & Claremont)

Self-Breema class • 5-5:30 pm / Intro mini-sessions • 5:30-7 pm

Experience Breema in San Francisco

Sunday, Jan 19 • at The Center SF, 548 Fillmore, SF, CA 94117

Introductory mini-sessions 2–2:30 pm or 4:30–5 pm (no charge)

Intro to Breema class 2:30–4:30 pm • \$20 (\$15 if paid by Jan 13)