

## Breema Session Report

*Sessions are to be done outside of Breema classes.  
This report is to be written as soon as possible after the session,  
then emailed to Birthe Kaarsholm ([birthe@breema.com](mailto:birthe@breema.com)).*

Your Name: \_\_\_\_\_

Date of Breema session: \_\_\_\_\_ Location: \_\_\_\_\_

Your relationship to the recipient (e.g. relative, friend, co-worker, Breema student):

\_\_\_\_\_

Had the recipient received Breema previously? (if yes, please specify): \_\_\_\_\_

\_\_\_\_\_

1. Please tell us about your experience of doing this Breema session:

2. Do you have any questions that arose as a result of your experience?