

FOR 2010, THE BREEMA CENTER INVITES YOU
TO JOIN US IN DISCOVERING

THE NINE PRINCIPLES *of* HARMONY

firmness & gentleness



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Firmness and gentleness are never separate. They complement each other. In Firmness and Gentleness we can find the possibility of harmonizing our mental and emotional activity, so that they can support each other.

Firmness comes from the knowledge that “there is a body.” Gentleness comes from the presence of our natural feelings which, nonverbally, express gratitude for being alive. When we are present, the body naturally manifests firmness and gentleness.

**The Universal Principle of
Firmness and Gentleness**

Sunday, March 21

9 am-noon, \$15

**The Essential Purpose
of Breema**

Tuesday, March 23

7-9 pm, \$10

6076 Claremont (at College), Oakland

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THE BREEMA CENTER has been helping students actualize Breema's practical approach to Self-understanding and purposeful living since 1980. Please visit us online for books, up-to-date listings of classes, and a directory of Certified Breema Instructors & Practitioners.