



GREETING HEALTH

WINTER SAMPLER at COMMUNITY BREEMA

Greeting Health

Winter Sampler at Community Breema

Breema Center
6076 Claremont Ave.
Oakland, CA 94618

Non-Profit Org
U.S.Postage
PAID
Oakland, CA
Permit # 2508

Join us **Friday, January 12** — 3-6:30 pm
to experience what's new at the Breema Clinic!

Enjoy music, hors d'oeuvres, and a 20-minute Breema®
bodywork session along with an introduction to our
new integrative collaboration. No charge for this event.

We look forward to seeing you!

Our ongoing expanded **Greeting Health** services will include
receiving a **Breema bodywork** session followed by your choice
of: **Somatic Psychotherapy, Integrative Family Medicine
Consultation, Massage, Holistic Counseling, or Hypnosis**
—all with the perspective and wisdom of Breema. We will also
offer **Yin Yoga** and **Self-Breema classes**.

Additional **Community Breema** dates:
February 9 • March 9 • April 13

Breema sessions in a group setting. Sliding scale, drop-ins welcome.

The Breema Clinic • 510/428-1234
6201 Florio St, Oakland, CA 94618