

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

THE NINE PRINCIPLES *of* HARMONY

no force



Moment after moment,
Awareness emanates,
and the timeless process
of Existence flows
without force.

To be in harmony with
Existence is our nature.
When we express our
true nature, we use no
force. All that's necessary
is to let go of assumptions
of separation.

Every one of the Nine Principles of
Harmony can support us to come to
the present and live life more fully.

— Jon Schreiber, Director

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.

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