

Staying Vital While Supporting Others

A free class at the Breema Clinic

Wednesday February 15, 4-5 pm

A special class for massage therapists, bodyworkers, and anyone in the helping professions.

Is it possible to increase your vitality while working on a client?

In this class we will explore the 9 Principles of Breema, practice Self-Breema exercises, and exchange a simple Breema bodywork sequence. Everyone is welcome to come and experience how Breema can support you to bring more vitality and presence to your practice and your life.

Breema Bodywork and Self-Breema exercises help:

Relax and energize the body • Clear and focus the mind • Stabilize and balance the emotions

Taught by Arlie Mischeaux and Karen Hause, Certified Breema Instructors and Practitioners.

The 9 Principles of Breema

Body Comfortable • No Extra • Firmness and Gentleness • Full Participation • Mutual Support
No Judgment • Single Moment/Single Activity • No Hurry/No Pause • No Force

The Breema Clinic
www.breemahealth.com

6201 Florio Street , Oakland
510-428-1234

Experience Breema Bodywork

Receiving Breema increases physical, mental, and emotional health, and helps mind, body, and emotions work together in harmony.

**Introductory offer—
\$25 for a complete Breema session.**

First time clients only.

