

# March's Principle is Firmness & Gentleness

## March 2010 Breema Center Events

### Special Topic Workshops

Sunday, March 21, 9 AM–NOON, \$15

Tuesday, March 23, 7–9 PM, \$10

Join us for one or both. Beginners welcome.

March 21: *The Universal Principle of Firmness and Gentleness*

March 23: *The Essential Purpose of Breema*



### Saturday Breema

NEW TIME – 9–10:30 AM

\$10 drop-in, *no class March 20*

This class begins with Self-Breema, followed by learning and practicing simple Breema sequences that support you to get a first-hand taste of the Nine Principles of Harmony.



### Self-Breema Class

*You Only Need This Moment*

Mondays, 8–8:45 AM, \$5 drop-in

Self-Breema exercises can have a transformative effect on your body, mind, and feelings, and support a growing receptivity and openness to life. *No class March 22.*



### Body-Mind Connection for the Increase of Consciousness

Tuesdays, 7–9 PM, \$5 drop-in

This class “opens up” the philosophy of Breema, giving us windows through which we can approach the most important questions of life, receive new perspectives, and take a step towards real understanding.

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### AT THE BREEMA ANNEX

6015 College Ave., Oakland

#### Lunchtime Breema ~ Thursdays

12:30–1 PM *Self-Breema class, no charge*

1–1:30 PM *Mini-sessions, no charge*

*No class March 25*

### AT THE BREEMA CLINIC

6201 Florio St., Oakland

(at College & Claremont)

#### Wednesday Morning Self-Breema

*with Jon Schreiber*

10:30–11 AM, *no charge*

*Coming up in April: 7-week Breema series at College of Marin*

Saturdays 10:30AM–NOON, April 10–May 22

*For all events, please wear comfortable pants and socks. No fragrances, please.*

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THE BREEMA CENTER ∞ (510) 428-0937 ∞ [www.breema.com](http://www.breema.com)  
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*Breema is a service mark of the Breema Center.*