

BREEMA—THE ART OF BEING PRESENT

MALMÖ • SEPTEMBER 6-7

FRIDAY EVENING INTRODUCTION
SATURDAY ALL-DAY WORKSHOP

YOGA ROOTS • Föraregatan 1
21252 Malmö, Sweden

BREEMA®

is a practical way to bring body and mind together and raise our level of consciousness.

Breema's natural movements and nonjudgmental approach introduce a unique quality of touch that is a direct expression of being present. We discover an open-hearted, balanced relation to ourselves, others, and all life.

We will learn Self-Breema exercises, a complete Breema bodywork session, and explore bringing the Nine Principles of Harmony into everyday life.

Introduction to Breema

Friday evening Sept 6 19:00-21:00
150 SEK (125 SEK if paid by Aug 22)

Workshop: Moving into Presence

Saturday Sept 7 10:00-13:00 & 14:30-17:30

Receive a mini-session from one of the instructors 18:00-19:30
750 SEK (675 SEK if paid by Aug 22)

No prior experience is needed.
Breema is practiced fully clothed on a padded floor.

Questions: 073-953 98 80 • merchi@live.se
birthe@breema.com

Registration: Anna Holtenstam 073-953 98 80

Payment: breema.info/sweden
or Swish: 073-953 98 80



Instructors:

Jon Schreiber, DC,

is the director of the Breema Center in Oakland, California, and has been teaching Breema in the U.S. and internationally since 1980. He has presented Breema at numerous conferences on medicine, psychology, bodywork, exercise, holistic health, and personal growth. His articles and books focus on the universal and practical philosophy of Breema. In his clinical practice, Dr. Schreiber uses Breema, Self-Breema, and the Nine Principles of Harmony to help his patients discover the real meaning of health.

Birthe Kaarsholm has been a staff instructor at the Breema Center since 2000. She is also a Registered Somatic Movement Therapist, a certified Body-Mind Centering® practitioner, and a Laban/Bartenieff Movement Analyst.

Anna Holtenstam is a Breema instructor in Stockholm. She also works with Qigong, Tai Chi, Healing, and massage.

Ulf Bräutigam lives near Örebro in Sweden. He studied Breema in Oakland, California, and has taught Breema since 2009.

Breema is a service mark of the Breema Center.