

# BREEMA: Deepening the Connection to the Body

Five Class Workshop TUESDAYS 7-9PM

JUNE 21 | JULY 5 | JULY 19 | AUG 2 | AUG 16

AT THE HISTORIC PRALLSVILLE MILLS IN STOCKTON, NEW JERSEY

For more information about Breema visit [www.breema.com](http://www.breema.com)

Breema® is a simple, natural form of touch and body movement supported by universal principles. Practicing Breema supports a deeper connection among body, mind and feelings and cultivates harmony in all relationships.

The aim of Breema is to bring us to a tangible experience of presence that becomes our foundation for a new dimension of health, consciousness, and self-understanding.

In this series we will focus on cultivating a direct relationship with the knowledge of “there is a body”. By connecting to the is-ness of the body, we take a step in the direction of deepening our connection with Existence. In fact, in Breema we say “the knowledge of there is a body is the beginning of our consciousness.” Using Breema bodywork, Self-Breema exercises, body-centered meditation and through exploring a practical application of Breema’s 9 Principles of Harmony, students will be supported and guided to discover a new relationship to the body.

The five class workshop is \$100.

A single class is \$30.

See attached registration form for details.



MATTHEW TOUSIGNANT, M.A., CMT is a graduate of Harvard University and the California Institute of Integral Studies. For the last 17 years he has studied Breema with its founder, Dr. Jon Schrieber, in Oakland, CA and is a certified Breema Practitioner and Instructor. Based out of Lambertville, New Jersey, his body-centered therapeutic work combines the universal wisdom of Breema with a practical knowledge of psychology to connect others to their unique potential as human beings.



SARA FISHKIN, CMT has studied Breema at the Breema Center in Oakland, CA since 2003 and is a certified Practitioner and Instructor. She is also an herbalist and avid gardener. Her love of nature and simple living form the backbone of her wish to live a meaningful and harmonious life.

## Breema®: Deepening the Connection to the Body

### Workshop Registration Form

Name \_\_\_\_\_

Email Address \_\_\_\_\_

Cell Phone \_\_\_\_\_

#### Enrollment

Five Class Workshop (\$100)

Or Single Class, Select One or More (\$30 each)

June 21

July 5

July 19

Aug 2

Aug 16

#### Cost

The price for the five class workshop is \$100. The single class rate is \$30 per class. Please make check payable to Matthew Tousignant.

#### Location

The workshop will be held at the historic Prallsville Mills in Stockton, New Jersey. As appreciation for allowing us to use the space at no cost and to support the preservation efforts and operational expenses of the Prallsville Mills property, annual membership is required for you to participate in the course. Your membership provides you with 10% off of all Mill-sponsored activities and is active for one year from the date that you join. Please see attached membership form which requires separate payment.

#### Checklist

1. Complete Workshop Registration Form (above)
2. Complete Prallsville Mills Membership Form if not already a member (attached)
3. Deliver both completed forms with payments to the office of Matthew Tousignant between 9am and 5pm Monday through Friday. The office is part of Lambertville Healing Arts and is located in the Diamond Silver Building, 24 Arnett Ave, Suite 114 in Lambertville, New Jersey. To make alternate delivery arrangements please reach out to Matthew directly.

Matthew Tousignant | 267.864.8608 | [matthewtousignant@hotmail.com](mailto:matthewtousignant@hotmail.com)

# Join Us

## Why Membership Matters.....

*Members are a critical source of support for the Prallsville Mills, a preserved industrial village that now serves as a vibrant cultural and historical center. From live music and art shows to history tours and yoga classes, there's always something happening at the Mill!*



## Delaware River Mill Society

### Individual & Family Memberships

Each includes 10 percent off DRMS-sponsored events.

Individual:	\$50
Family:	\$100
Lifetime:	\$1000

### Business Memberships

Business members are promoted on our Friends of the Mill page and receive 10% off sponsorship packages.

Not-for-Profit:	\$100
Silver:	\$250
Gold:	\$500
Platinum:	\$1000

All memberships are tax deductible

There's Always Something Happening at **The Mill**

# 2016

## MEMBERSHIP/DONATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, & ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Please select membership level and make checks payable to: DRMS  
Send to: PO Box 298, Stockton, NJ, 08559.

### INDIVIDUAL & FAMILY

All Membership levels receive 10 percent off future DRMS-sponsored events.

- \$50 Individual
- \$100 Family
- \$1000 Life

### NON-PROFIT & BUSINESS

Business members are promoted on our Friends of the Mill page,  
and receive 10 percent off sponsorship packages.

- \$100 Not-For-Profit
- \$250 Silver
- \$500 Gold
- \$1000 Platinum

Please also consider an extra donation to the Mill Society to help with repairs and expenses  
to help us keep the buildings and properties open to the public!

Extra Donation: \_\_\_\_\_

You can also donate on our website at [www.PrallsvilleMills.com](http://www.PrallsvilleMills.com). Check there for the latest news  
about upcoming events. You can also like us on Facebook at Prallsville Mills.

Thank you for your support!