

IN BOZEMAN • FEB. 18TH Integral Breathwork™

with Denis Ouellette

30+ Years Experience • Certified Breathing Development
Specialist (OBDS) • International Seminar Leader



*“I learned a lot and felt incredible.”
“This seminar changed my life!”*

Double Your Vitality!

a 5-Hour **Workshop**
OPEN TO EVERYONE

Sat., Feb. 18th
12:30–5:30 pm

\$65 ~or~ 2 for \$100

bring a friend, Save \$30

+ Breathwork for Bodyworkers—5:30–6:30 pm • \$15

Seminar Includes:

- ~ “HEAL YOURSELF” WORKBOOK (170 PAGES)
- ~ PERSONAL BREATHING ASSESSMENTS
- ~ BREATH CORRECTIONS & EXERCISES
- ~ BREATHING PHYSIOLOGY & PSYCHOLOGY
- ~ TRANSFORMATIONAL BREATHWORK SESSION

at **RENEW YOGA & MASSAGE**
438 E. Mendenhall • Bozeman
(Between Rouse & Church Streets)

PRE-REGISTRATION & INFO PACKET:

Contact **Denis Ouellette**

(406) 333-4103 • denis@wispwest.net

FREE CHAPTERS • ARTICLES • STORIES

AT **www.IntegralBreathwork.com**

NCBTMB Approved Provider • 5-6 CEU Hrs.

What's a Breath- Work Seminar?

Breathing isn't work—it's automatic—you say? So, why attend a Breath-Work Seminar? This seminar focuses on the most important

yet most neglected activity you do to provide yourself with life and vitality! At the Integral Breathwork Seminars, we measure, assess, and work on improving your breathing function. Then we lie down for a one-hour breathing session that will likely be one of the most life-changing experiences of your life, so far!



After the breathwork session, it's hard to describe how you feel, but some have tried. Here are some actual words that participants have used:

*Happy... Relieved... Alive & free... Expanded...
I feel like myself again!... Peaceful... Warm & tingly...
Strong... Connected to life... Radiant... Aerated!...
Drained & refilled... Comfortable... Effervescent...
Clearer... More present... Phenomenal!*

After a lifetime of studying and sharing about the breath, and working with many of the world's experts in this field, after having taught this seminar 100 times, I guarantee that you will benefit, or your money back!

Is this seminar for those with breathing dysfunctions? Absolutely, you will improve significantly and learn how to keep getting better. Is this work for those who feel they breathe just fine, but “feel stuck” in other ways? YES, this work will get you unstuck and give you tools to adjust to, and go with, your stressors. You'll LOVE this seminar!

I hope to see you in Bozeman on Saturday, February 18th, from 12:30 to 5:30 pm. Call or e-mail me with any questions you may have... Be sure to pre-register, because space is limited, and you'll want to read our 6-page Information & Registration Packet.

BODYWORKERS! To bring your CEU credits to six hours, spend an additional hour learning how to incorporate more Breathwork into your Bodywork—the perfect marriage! This session continues at the end of the seminar. (Bring portable table.) ■

—Denis Ouellette, Seminar Leader