

# IN EMIGRANT • AUG. 7<sup>TH</sup> 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 4-Hour **Workshop**  
**OPEN TO EVERYONE**  
**Sun., Aug. 7<sup>th</sup>**  
**1-5 pm**

**\$60 ~ or ~ 2 for \$100**  
**bring a friend, Save \$20**

### Seminar Includes:

- ~ PERSONAL BREATHING ASSESSMENTS
- ~ BREATH CORRECTIONS & EXERCISES
- ~ BREATHING PHYSIOLOGY & PSYCHOLOGY
- ~ TRANSFORMATIONAL BREATHWORK SESSION
- ~ CRYSTAL BOWLS & YELLOWSTONE RIVER ISL.

**FLOWER-OF-LIFE SOUND-HEALING CHAMBER**  
in beautiful PARADISE VALLEY, MT  
(3 miles south of the Emigrant “blinking light.”  
Directions provided with Registration.)

### PRE-REGISTRATION & INFO PACKET:

Contact **Denis Ouellette**

**(406) 333-4103 • [denis@wispswest.net](mailto:denis@wispswest.net)**

**FREE CHAPTERS • ARTICLES • STORIES**  
**AT [www.IntegralBreathwork.com](http://www.IntegralBreathwork.com)**

**NCBTMB Approved Provider • 6 CEU Hrs.**

# A Seminar on “How to Breathe?”

**B**reathing isn't work—I already know how, you say?  
So, why come to a Breath-**Work** Seminar? This seminar focuses on the most important, yet most neglected, thing we do to provide ourselves 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.



After a 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... Complete...  
Expanded... I feel like myself again!... Peaceful...  
Warm & tingly... Strong... Connected to life... Radiant...  
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 areas? YES, this work will get you unstuck and give you tools to adjust to, and go with, your stress. **You'll LOVE this seminar!** ■

*Call or e-mail Denis with any questions... Be sure to pre-register, because space is quite limited, and you'll want to read our 6-page **Information & Registration Packet**.*



Hosted by **DR. VICTOR FRANCS**, Ph.D. in Naturopathic Medicine and LMT—inside the **FLOWER-OF-LIFE SOUND-HEALING ACOUSTICAL DOME** at his retreat center near Emigrant, MT, featuring **crystal and Tibetan singing bowls** before the breathwork session. Concludes with **mindfulness walk** to Yellowstone River island and rock beach overlooking Emigrant Peak.