

IN HELENA • JUNE 13<sup>TH</sup>  
IN LIVINGSTON • JUNE 20<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 6-Hour **Workshop**

**OPEN TO EVERYONE**

**Saturday, Noon–6 pm**

**\$75 ~or~ 2 for \$120**

**bring a friend, Save \$30**

**Seminar Includes:**

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

in HELENA • June 13<sup>th</sup> • Noon–6 pm  
at **St. John's Library**, 25 So. Ewing St. at Rodney

in LIVINGSTON • June 20<sup>th</sup> • Noon–6 pm  
at **Breathing Rm. Yoga**, 108 W. Callendar

**PRE-REGISTRATION & INFO PACKET:**

Contact **Denis Ouellette**

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

**FREE CHAPTERS • ARTICLES • STORIES**

AT [www.IntegralBreathwork.com](http://www.IntegralBreathwork.com)

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

**Health Practitioners & Bodyworkers!** Add 6 CEU Hrs.

**FACILITATOR TRAINING** (4 hrs. Fri. Eve. • Add \$20)

**BODYWORKERS' TRAINING** (2 hrs. Sat. Eve. • Add \$20)

# What's a Breath-Work Seminar?

**B**reathing isn't work—it's automatic, you say? So, why come to a Breath-Work Seminar? This seminar focuses on the most important,

yet most neglected, thing 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.



**MOST OF OUR ENERGY** should come from breathing, yet most of us access only **20%** of our full breathing capacity, leaving our cells starved for oxygen and toxified—compromising optimum health. **Improper breathing either causes or worsens every illness.** Learning how to expand your breath in natural and healthful ways can help not only with various medical conditions (asthma, poor digestion, insomnia, high blood pressure, panic attacks, stress, etc.) but also can increase **longevity** and support your quest for **well-being in body, mind, emotions and spirit.**

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... Complete... 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!** ■

Thanks and we hope to see you in either Helena or Livingston. **Note the additional segments for all health practitioners and bodyworkers to up to 12 hours of Continuing Education Units.** 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.**

—Denis Ouellette, Seminar Leader