



## To all Health Practitioners wishing to expand their knowledge of Breathing Work • 6-Hour Seminars • Facilitator & Bodywork Segments

*Dear Health Practitioner,*

**B**oth the Art and the Science of Breathing have been used for healing in many forms

throughout time. People have intuitively known to rely on their breath as a calming influence, to energize, during childbirth, etc. Oxygen (the inhalation) is our most powerful antioxidant agent. In 1931, Otto Warburg won the Nobel Prize in Medicine for discovering that normal cells will only mutate and **become cancerous** when they are starved for oxygen. Lesser known is the fact that the majority of our **detoxification** is achieved through the exhalation. The words for *breath*, *energy*, and *spirit* are linked in most languages. The animating life-force that courses through all of nature and our bodies (*the chi*, *prana*, etc.) is taken in primarily through the breath.

Due to the all-inclusive usages and the holistic nature of the breath, it could be of great benefit to you and your clients to become better acquainted with it. As a natural-health practitioner, you will find that assessing and improving your clients' breath and providing its therapeutic value **will merge with and enhance your current work.**

From May 16 to 19, we are pleased to again welcome **Denis Ouellette** as one of the world's leading practitioners of breath therapies and an Optimal Breathing® Development Specialist, certified under Michael White of [Breathing.com](http://Breathing.com). Through his lifelong study and creation of this 6-hour **Integral Breathwork™ Seminar**, it was Denis who first developed a program that marries the two often divergent worlds of breathing—**its art and its science**—combining the mechanics of proper **breathing work** with the transformational experience of **breathwork** for the clearing of body, mind, emotions and memories. In this day of specialization and compartmentalization, it's rare to find a program that harmonizes all of these aspects—as only the breath can do.

Keep in mind that the assessment and correction of the breath needs to be done by a practitioner who understands its physiology—and yet, this work is barely taught in medical schools (especially the breath's influence on the Autonomic Nervous System).

You will learn these skills in this program. Also note that the transformational healing that the breath is capable of doing is primarily SELF-healing, rather than therapist-driven. That's why we call ourselves "facilitators." You will be learning and practicing these skills in the Friday evening training and, along with Denis' guidance, you will act as a facilitator during one of the two 6-hour seminars on Saturday or Sunday, to which the public is invited. You are also welcome to join us for a closing dinner on Sunday evening, where we will discuss

our experiences and brainstorm about our follow-up.

For **massage and physical therapists**, an additional hands-on, two-hour segment will be conducted on Saturday evening, after the main seminar, a break, and refreshments. (Bring your massage table.) In this segment, we'll demo and apply techniques for using and teaching about the breath in your work—and receive therapy, too!

Having hosted and attended Denis' seminars and trainings for years now, I know breathwork to be one of the most valuable experiences available. Please contact me for the **6-Page Info & Registration Packet** (includes seminar details, what-to-bring, testimonials, and Denis' bio) that goes to the public attending either of the two 6-hour weekend seminars. The Friday evening facilitator training, the Saturday-evening bodywork segment, and the Sunday-evening recap dinner are add-ons for YOU. Denis is a **NCBTMB Approved Provider**, so this weekend is a chance for you to earn up to 16 Continuing Education Unit hours (CEUs), with certificate provided.

In addition, before and after the published events, Denis is offering **private bodywork and breathwork** for some valuable one-on-one time (he is also a world-class bodyworker with 30+ years' experience)—another opportunity to both receive and learn. Contact me to schedule a private session on Friday or Monday (*slots will fill fast*).

**Questions?** Please feel free to call or e-mail me and let's get you registered as soon as possible. Denis, who lives in Livingston, Montana, would love to connect with you beforehand, by phone or e-mail. His website [IntegralBreathwork.com](http://IntegralBreathwork.com) has in-depth info.

These trainings and seminar are **remarkable and life-changing experiences** that you won't want to miss... Because of your experience in the healing arts, you are especially qualified to experience Denis' work, which can and will become YOUR work. Won't you join us? You will be pleased that you did—as will your clients!

See the attached flyer, with all the details, and **share it with your clients** who need breathing work and breathwork. We look forward to working with you!

Best Regards,

*Katrina McIntyre*



MindBodyMontreal.com

**Katie McIntyre, MindBody Therapist**  
[MindBodyMontreal.com](http://MindBodyMontreal.com)

(514) 570-0756 (Montreal)

katie@mindbodymontreal.com

*Denis Ouellette*



NCBTMB Approved  
Provider #450893-08

**Denis Ouellette, OBDS, BA, BS, LMT**  
[IntegralBreathwork.com](http://IntegralBreathwork.com)

(406) 333-4103 (Montana)

denis@wiswest.net