

INTEGRAL BREATHWORK™ SEMINARS

*"I learned a lot and felt
incredible!"*



Double Your Vitality!

with Denis Ouellette

*27 years Breathwork Experience &
Certified Optimal Breathing Specialist*

and breathwork team

*Join
us!*

*Experience the
safe yet powerful*

**therapeutic value
of an in-depth**

Breathwork Session!

*Learn take-home
restorative exercises...*

MOST OF OUR ENERGY

should come from breathing, yet many of us access only 20% of our full breathing capacity leaving our cells starved for oxygen and compromising our health. Improper breathing either causes or worsens every illness. Learning how to expand your breathing can help not only with various medical conditions (**asthma, poor digestion, insomnia, high blood pressure, panic attacks, stress, etc.**) but can increase longevity and support your quest for well-being and self-transformation.

~ WINTER SCHEDULE ~

CODY, WY SAT, OCTOBER 28

BOZEMAN SAT, NOVEMBER 11

KALISPELL SAT, DECEMBER 9

**MORE SEMINARS IN WINTER & SPRING
IN CITIES AROUND THE WEST**

Call 406-333-4103

or e-mail denis@wispwest.net
for a Pre-registration Info Pak

Seminar Cost \$65

or 2 for \$100 with Pre-registration

— Call for Private Breathwork Sessions —

Joan Nemeth, 245-7169 (Billings)

Marlenea Moore, 585-8482 (Bozeman)

Adele Tate, 578-2538 (Wilsall)

Denis Ouellette, 333-4103 (Paradise Valley)

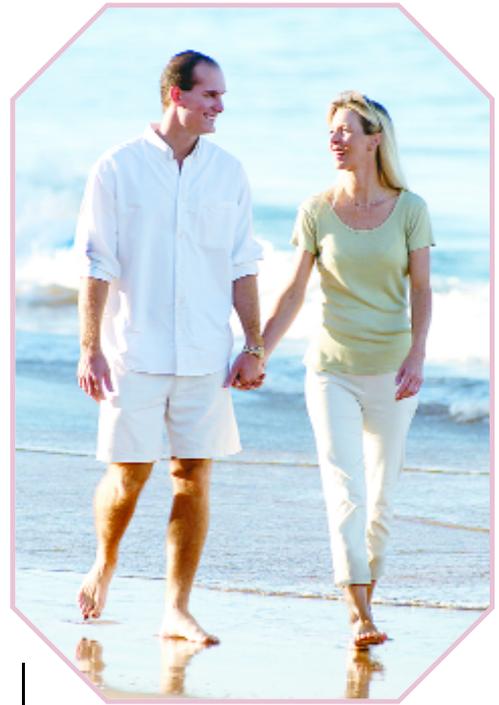
Getting the Sexes Together— It's About Where You Breathe!

Denis Ouellette

Men Are from Mars—
Women Are from
Venus, by Dr. John
Gray, has become a cultural
icon for understanding the
differences between the sexes.
We know the stereotypes and
we understand the societal
pressures that maintain them.
Men are stoic, practical, ground-
ed, and mentally oriented. They
are sexual, but less-often roman-
tic or expressive. Women are
emotional, intuitive, and tend to
prefer romance with (or instead
of) sex.

I took a CPR class once and
the teacher gave us this maxim:
“Men breathe in their bellies;
women breathe in their chests,”
as though this was a natural rule.
In 27 years of breathwork and
breath coaching, I've found this
to be true about 80% of the time.
So let's posit my next book title,
*Men Are from Belly—Women
Are from Chest!* But is this really
natural? *No!* And could this
account for why the sexes seem
to be from two different planets?
Yes. Can we fix it; can the sexes
meet each other halfway; and
can they get closer to the best
of what each has to offer? *Yes!*

Both men and women need
to breathe *full-torso*, starting in
the belly and moving up to the
chest. *Where you breathe* (15,000



times a day) is where the oxygen
and the blood goes. Where you
don't breathe gets neglected and
stagnates, leading to a host of
health problems. Both men and
women show the unhealthy
signs of neglect in the parts of
their body where they don't
breathe. How did we get this
way? Why do men and women
breathe at opposite ends of their
bodies? There are lots of reasons:
physical, emotional and sociologi-
cal. Let's examine a few.

For women, there's “the
corset syndrome” (see illustra-
tion). Society has placed unrealis-
tic notions on women to have
small and flat tummies and hour-
glass figures. Tight clothing, but
also pregnancy, stops belly
breathing. Observe a baby or an
animal and you'll see natural,
full-belly, diaphragmatic breath-
ing. As a bodyworker, I coach my
female clients on good breathing.
Most of them have no concept
that they can and should allow
their belly to extend as the lungs
fill, which places a downward
pressure on the diaphragm.

Once they get it going, a whole new world opens up for them—a new relationship with their bodies. As they move toward a complete full-torso breath, their nervous system calms down, and they feel more present and grounded in their body (rather than in their mind and/or emotions). Now the blood and oxygen are moving into the lower torso, which will improve their digestion and elimination, and the functioning of all their lower organs. As I work with ladies in this fashion, even for a few minutes, they feel and enjoy the shift. In our 6-hour breathwork seminar, major shifts can occur.

For men, the societal pressure has been to be tough and “cowboy up.” Men’s usual upbringing fosters strength and stability, but little emotional expression other than through competitive aggression. For most men, the only form of human closeness they have access to, the only touching and tenderness that is approved for them, is through sex. Physiologically, all this leads to a stiffness in the upper torso—*shoulders back, chest out* military-style. Men carry years of painful stored tension that they “grin and bear.” But this limits good chest breathing, because the ribs don’t move. This can lead to heart problems, and a shutting down of the feelings. It works both ways...

A New Jersey couple I recently worked with made some good progress in getting their breathing going in new ways. The wife took one look at her husband’s new chest heaving and said, “I’ve been waiting to see that for 25 years!”

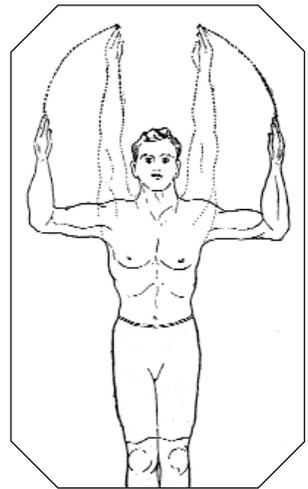
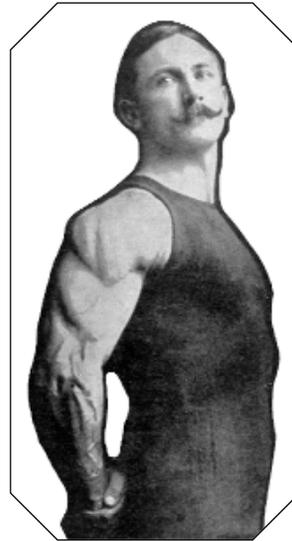
Breathwork is a gentle yet powerful method of rounding out and bringing together both men and women. Both can benefit greatly from opening up the neglected areas of their breathing patterns. The changes will be profound and real, and will encompass their whole being—body, mind, emotions, and spirit.

The couple that



breathes together (*full-torso*) will discover new areas of intimacy and sexuality, increased energy and vitality, and spiritual growth.

Try it—you’ll love it! ■



Women’s corset, circa 1900. For centuries, societal pressure and a distorted view of the idealized human form have created unrealistic expectations for both sexes. Most women have lost good diaphragmatic breathing by striving for that “hourglass figure.” This has led them to doing primarily upper-chest breathing, creating an overactive “fight-or-flight” nervous system, and a disconnect with the lower torso (overweight, digestion, and elimination problems). Most men have developed chronic muscle-tension “armoring” in their upper bodies. They have lost free movement of the ribs and chest, which restricts good breathing and leads to under-oxygenation of the heart (heart disease). Emotionally it has led to a disconnect with the heart.

Paul von Boeckmann, (center) an instructor in health and conditioning, was well known to followers of physical culture in the early 1900s. Though in his youth he had been a strong-man and a professional cyclist, he became much better known later as an instructor, particularly as an expert on lung development and deep breathing. As the result of special attention to breathing exercises, von Boeckmann attained extraordinary lung power and a chest expansion of 11.5 inches. His lung or “vital” capacity increased from 180 cubic inches—a poor figure even to start with—to an eventual measurement of 436, which at the time was surpassed only by the world record of 460 cubic inches.

—*The Super Athletes* (1970) David P. Willoughby

Also shown is one of von Boeckmann’s breathing exercises for rib movement and chest expansion from his booklet, **Deep Breathing**, published in 1910.