

IN BILLINGS • APR. 13
IN LIVINGSTON • APR. 20
Integral Breathwork™

with **Denis Ouellette**

30+ Years Experience • Certified Breathing Specialist



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

Double Your Vitality!

a **5-Hour Seminar**

OPEN TO EVERYONE

12:30–5:30 pm

\$60 ~or~ 2 for \$100

bring a friend, save \$20

+ **Breathwork for Bodyworkers: 5:30–6:30 pm +\$10**

Seminar Includes:

- ~ “HEAL YOURSELF” SEMINAR WORKBOOK
- ~ PERSONAL BREATHING ASSESSMENTS
- ~ BREATH CORRECTIONS & EXERCISES
- ~ BREATHING PHYSIOLOGY & PSYCHOLOGY
- ~ TRANSFORMATIONAL BREATHWORK SESSION

~ L O C A T I O N S ~

BILLINGS: LIMBER TREE YOGA

212 No. 29th St. • (406) 860-9991 • Sharli Kiner

LIVINGSTON: JUMPSTART YOUR HEALTH

1201 US Hwy 10W, Ste. B2 • (406) 333-2332 • Marlenea La Shomb

PRE-REGISTRATION & INFO PACKET:

Contact **Denis Ouellette**

(406) 333-4103 • denis@wispwest.net

FREE CHAPTERS • ARTICLES • STORIES AT:

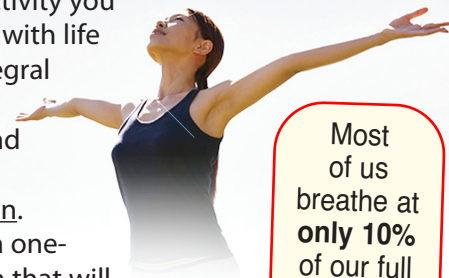
www.IntegralBreathwork.com

NCBTMB Approved Provider • 6 CEU Hrs.

What's a Breath-Work Seminar?

Breathing isn't work—it's automatic—right? 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!



Most of us breathe at **only 10%** of our full capacity!

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 and learn life-giving tools, 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 their breathing is fine, but “feel stuck” in other ways? YES, this work will get you unstuck and give you tools to adjust to, and go with, all of your stressors. You'll LOVE this seminar!

I hope to see you in either Billings or Livingston, 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 I can send you 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—it's the perfect marriage! This session continues at the end of the seminar. (Bring a portable table.) ■

—Denis Ouellette, International Seminar Leader