

**IN LIVINGSTON • APR. 10**  
**Sat, 12:30–5:30 pm**  
**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!**

in a 5-Hour, Experiential  
Breath-Opening Workshop

**OPEN TO EVERYONE**

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

**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 ~**

AT THE MOVEMENT COLLABORATIVE  
206 So. 11TH ST., STE. 5 • LIVINGSTON, MONTANA

Across Park Street from Ace Hardware,  
Next to the Hungry Mexican Taco Shop

**PRE-REGISTRATION & INFO PACKET:**

Contact **Denis Ouellette**

**(406) 333-4103 • deniswo333@gmail.com**

More Info & Testimonials at  
**www.IntegralBreathwork.com**

**NCBTMB Approved Provider • 5 CEU Hrs.**

# What's a Breath- work Seminar?

**B**reathing isn't work—it's *automatic—right?* So, why attend a Breathwork 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 first. Then we lie down for a breathwork 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!**

I've spent a lifetime studying and sharing about the breath and have worked with many of the world's experts in this field. I've taught this seminar 100+ times. I guarantee that you'll benefit from it and learn life-giving, take-home 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 flow with, all of your stressors. You'll LOVE this seminar!

I hope to see you in Livingston on Saturday, April 10th, from 12:30 to 5:30 pm. Please call or e-mail me to pre-register, because space is limited and this class will fill up. Also, you'll want to read the 6-page *Information & Registration Packet*. ■

—Denis Ouellette, International Seminar Leader