

IN 3 MONTANA CITIES THIS FALL!

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 5.5-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

~ LOCATIONS ~

LIVINGSTON • Sat., Sept 25 • 12:30–6 pm

THE MOVEMENT COLLABORATIVE
206 So. 11th St., Ste. 5

WHITEHALL • Sat., Oct 9 • 12:30–6 pm

THE EDUCATION STATION
7 West Legion St.

GREAT FALLS • Sat., Oct 23 • 12:30–6 pm

MISS LINDA'S SCHOOL OF DANCE
(The Studio Centre) 612 1st Avenue South

PRE-REGISTRATION & INFO PACKET:

Contact **Denis Ouellette**

(406) 333-4103 • deniswo333@gmail.com

More Info & Testimonials at

www.IntegralBreathwork.com

NCBTMB Approved Provider • 5.5 CEU Hrs.

What's a Breathwork Seminar?

Breathing 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 people breathe at **only 10%–20%** of their 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!*

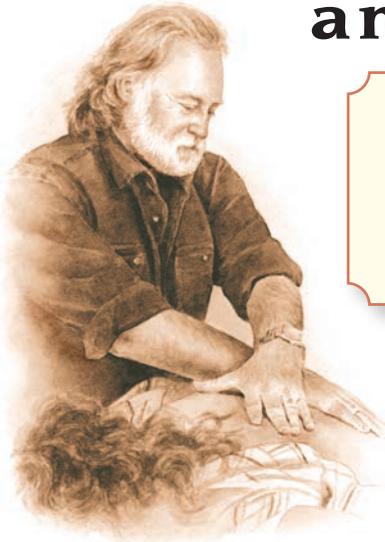
I've spent a lifetime studying and sharing about the breath and have worked with many of the world's experts in this field. I've taught this seminar 100+ times. I guarantee that you'll benefit from it and learn life-giving, take-home tools—or your money back!

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 either Livingston, Whitehall, or Great Falls on a Saturday this Fall. Please call or e-mail me to pre-register, because space is limited and these classes will fill up. Also, you'll want to read the 6-page *Information & Registration Packet*. ■

—Denis Ouellette, OBDS

and BREATHWORK!



JOHN F. BARNES is the founder of the J.F.B. Approach to the Myofascial Release Technique (MFR)

GREAT FALLS, MT

BACK IN MOTION
612 1st Avenue South
(406) 750-2655

FLORENCE, MT

*EASTSIDE PHYSICAL THERAPY
& BODY RESTORATION*
5501 Hwy 93 N, Suite 1
(406) 777-2679

Last spring, I attended the Integral Breathwork Seminar in Livingston conducted by Integral Breathworker, Denis Ouellette. It was so powerful and impactful that I decided to sponsor his coming to Great Falls this fall. (See article, with 3 dates and locations, on opposite page.)

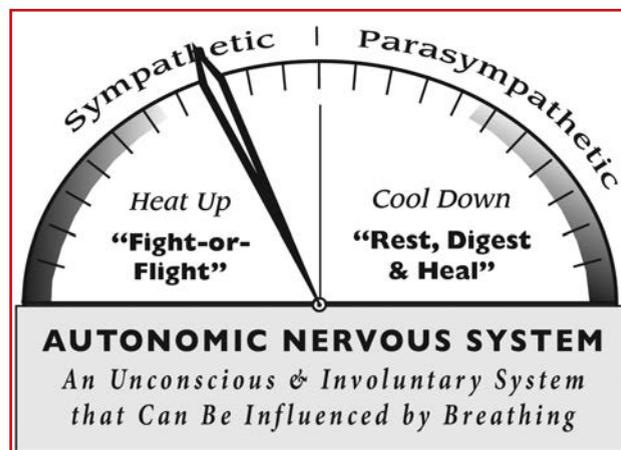
After the seminar, I found that simply bringing more awareness to my breath made a huge difference. I was able to expand further into my Parasympathetic Nervous System. This is the opposite of the fight-or-flight side (called the Sympathetic Nervous System, see chart). This side promotes “rest, digest, and heal.” Doesn’t that sound better?

I encourage all therapists to take this seminar even if they think their breathing is good. Denis likes to note that most people breathe at only 10–20% of their full capacity—and shows us with measurements. Increasing your breathing volume feels wonderful—it’s both calming and energizing at the same time! With a little

practice, I find that clients who are in pain or distress often have difficulty taking deep breaths. They hyperventilate, hold their breath, or just breath shallowly, usually ignoring the diaphragm, and breathing mostly in the high chest. As a result, they compromise their nervous systems, and they simply can’t relax. They have tried meditating, but can’t seem to quiet their minds, and they often give up trying.

They are stuck in the “fight-or-flight” side of their autonomic nervous system in varying degrees. They can complain of anxiety, indigestion, or a racing heart. They usually have cold extremities and can be more susceptible to allergies and colds. Their minds and bodies tend to race through their daily events, and they often worry about the future. These are all tale-tale signs of “fight or flight syndrome”—actually the list is quite lengthy and can eventually include more serious problems, including cancer and heart disease. Chronic shoulder pain and a thicker neck are also signs, caused by lifting and tensing of the neck and shoulders during the inhale—it can look like they have perpendicular wires from the neck to their chest. Another common symptom is difficulty falling asleep, often needing medications to assist.

Learning the basics of optimal breathing is a must for these clients.



guidance, you can optimize your clients’ breathing and guide your most difficult clients into a better receiving state. No matter what discipline you are involved in, breathwork will surely benefit your practice and yourself! Don’t miss this seminar in Livingston, Whitehall, or Great Falls this fall. ■

To learn more about Integral Breathwork

Seminars, call Denis Ouellette at (406) 333-4103, or email: deniswo333@gmail.com. For testimonials and more info, visit IntegralBreathwork.com.

To learn more about Myofascial Release, or to find the nearest therapist, go to MyofascialRelease.com. For an appointment, contact one of our clinics in either Great Falls or Florence, Montana.