

DOUBLE YOUR VITALITY! LOSE YOUR STRESS!

"I learned a lot and felt incredible!"



Experience the INTEGRAL BREATHWORK™ SEMINAR

with **DENIS OUELLETTE**

30+ Years of Breathwork, Bodywork & Holistic-Health Experience, Optimal Breathing® Development Specialist, Certified by Mike White of Breathing.com

Learn more at IntegralBreathwork.com

MOST OF OUR ENERGY

should come from **BREATHING**, yet most of us access only 10–20% of our full breathing capacity, leaving our cells starved for oxygen and compromising optimum health. Improper breathing either causes or worsens every illness. Learning how to expand your breath in natural and healthy ways 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.

Come and experience the safe, yet powerful, therapeutic value of an in-depth breathwork session. Learn take-home self-healing techniques.

BENEFITS OF BREATHWORK:

✦ Full oxygenation of the cells (inhalation), and the release of fatigue and toxins (exhalation), cleanses you at the cellular level, and "gives you a new lease on life!"

✦ Improved breathing quality and quantity balances the nervous system's "fight-or-flight syndrome," providing energy reserves for better handling of stress and anxiety.

✦ Oxygenation, and removal of blocks to energy flow, enhances the body's self-healing of long-term conditions.

✦ Increased energy, creativity and personal power can help resolve negative habits and addictions.

✦ Can release stored muscle tension, unravel past emotional or mental trauma, and clear "cellular memories."

✦ With daily use, the breath becomes your "best friend," helping you to keep your balance and to heal quicker.

✦ This life-work is not done all at once, but "one breathwork at a time." It will produce lasting, transformational change.

Not intended to treat, cure or prevent any disease.

\$60 ~ or ~ 2 for \$100 • Bring a friend—Save \$20

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

MOVEMENT COLLABORATIVE • 206 So. 11th St.

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 • 612 1st Ave. S.

DENIS OUELLETTE • (406) 333-4103

deniswo333@gmail.com • IntegralBreathwork.com

Seminar includes:

- ~ PERSONAL BREATHING ASSESSMENTS
- ~ BREATH CORRECTIONS & EXERCISES
- ~ BREATHING PHYSIOLOGY & PSYCHOLOGY
- ~ TRANSFORMATIONAL BREATHWORK SESSION
- ~ FUN, FELLOWSHIP & FINALE FEAST!

Also available:

- ~ "HEAL YOURSELF" BOOK (\$15 • 170 PAGES)
- ~ BREATHWORK PRACTICE CD (\$15 • 3 LEVELS, AUDIO)

"Breathwork should be at the heart of any natural, holistic self-healing program!"

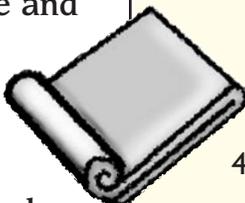
INTEGRAL BREATHWORK™

To **Pre-register**,
contact **Denis Ouellette**
(406) 333-4103 • deniswo333@gmail.com



WHAT IS INTEGRAL BREATHWORK?

Everyone can benefit from better breathing. Our seminar starts with a practical understanding of the physiology of optimal breathing and its calming effects on the body's systems. We take some measurements and determine how you are breathing right now. We do several exercises to move you into a more optimal breathing pattern. We learn what proper breathing looks and feels like. We do preparation for, and then lie down and embark on, a safe and gentle breathwork session, which will oxygenate and detox your body. It can release stored tension and resolve past trauma. It will de-stress and rejuvenate your body, mind, and emotions. Along with the supportive assistance of trained facilitators, your session will be guided by the innate healing intelligence of your body/mind, and uniquely suited to your needs. We take our time to complete, integrate and ground your experience, then enjoy a discussion circle and refreshments.



— Seminar Schedule — **12:30 – 5:30 pm**

- 12:30 — Registration & Introductions
 - 1:00 — Optimal Breathing
Assessments & Measurements
 - 2:00 — Physiology & Psychology
of Breathwork; Q & A
 - 2:30 — Breathwork Exercises &
Demonstrations
 - 3:00 — Goal Setting & Prep
 - 3:30 — Group Breathwork Session
 - 4:30 — Sharing & Discussion,
with Fruit Feast
 - 5:30 — Closing
-

— What to Bring —

1. A moderately empty stomach. Breathwork is more effective without a full stomach. A light pre-noon lunch or brunch will be fine. (Snack foods will be available.)
2. A mat or foam pad to lie on and a quilt or blanket to cover yourself. (The breathwork session is done lying on the floor.)
3. A bath towel, to be rolled in a specific way for a headrest & neck roll (see picture).
4. Pad of paper and pen. You may want to take notes during the brief lectures; however, the book has everything in it.
5. A “squirt-bottle” of drinking water for yourself.
6. Please bring some fruit or nuts to share for our fruit feast, which we will enjoy together at the finale while integrating and discussing our experiences.

“The breath is at the hub of the wheel of life.”

Using it as a tool, you can branch out into many directions for healing and rejuvenation. When invited in with a little vigor, oxygen and energy will penetrate the physical, mental and emotional parts of yourself. The body will respond by healing itself using its own innate intelligence to clear away toxins and open energy blockages. When these pathways become cleared, the breath can then lead you into the awareness of its connection to all of life.

For all of recorded history the breath has been used for healing. The yogis of India speak of “PRANA” as the universal life force that flows with the breath. The yoga of breath is called “pranayama.”

Breathwork will enhance and multiply the benefits of any healing modality you are now practicing. Therapists and bodyworkers who breathe fully will be more effective and remain energized and well-balanced. Those receiving bodywork and other therapies who are coached to breathe fully during their session can double the benefits of their therapy.

A full breathwork session has certain predictable phases and cycles, which we will explain in detail beforehand. You will set specific goals for your healing, yet remaining open—trusting the breath will take you on its own correct path toward wholeness. Each session is inherently customized to your needs. There will be well-trained facilitators to ensure your well-being and guide your experience.

Oxygen is like gold!

It's our primary source of energy. Oxygen is free, but like gold it can be hard to find. Most people breathe only at 10–20% of their potential. Our brain's main food is oxygen. It calms the mind and stabilizes our nervous system. Without oxygen we cannot absorb important vitamins, minerals and nutrients. When our cells lack oxygen, they weaken and die. Without enough oxygen, our body festers disease and nothing works well at all!

Oxygen displaces harmful free radicals, neutralizes environmental toxins and destroys infectious bacteria, parasites, microbes and viruses. These invaders, along with cancer cells, are anaerobic, which means they cannot live in oxygen-rich environments. Oxygen shortage has been linked to every major illness including heart conditions, poor digestion and elimination, respiratory and sinus problems, arthritis, yeast infections and even sexual dysfunction. Some indicators of possible low-oxygen levels are fatigue, muscle aches, forgetfulness, heart palpitations, poor circulation (cold extremities) and excessive colds.

At the Breathwork Seminar, you will learn **HOW TO GET MORE OXYGEN IN YOUR LIFE!**

“My three decades of experience with the breath, both personally and as a breathworker for individuals and groups has been too powerful and effective NOT to share... My research (published in my book, which you will receive as part of your workshop fee) has taught me that using the breath for healing the body's internal systems and as a tool for self-transformation has been going on since ancient times. No tool at our disposal is more simple, universal or effective. The body's own intelligent healing mechanism takes over to produce the specific healing you need most. —You'll love it!” —*Denis Ouellette*



Denis Ouellette, BA, BS, MT, began breathwork in the late 70's. He trained with breathwork pioneers in California. He is a certified **Optimal Breathing Development Specialist** under Mike White of **Breathing.com**, the world's foremost expert on breathing physiology. He has facilitated hundreds of private breathwork sessions and conducted many large group workshops. He is the author of *Heal Yourself with Breath, Light, Sound & Water*, which researches the physiology and ancient origins of breathwork and other self-healing methods. Denis is a holistic health practitioner doing breathwork and bodywork in Livingston, Montana. He publishes *Natural Life News & Directory*, a healthy lifestyle magazine distributed throughout the Western US. Each seminar is also attended by additional breathwork facilitators who assist in giving participants the safest, most enjoyable and effective breathwork experience possible.

FOR IN-DEPTH ARTICLES & TESTIMONIALS, VISIT www.INTEGRALBREATHWORK.com.

Conscious Breathing Heals!

Denis Ouellette

YOUR BREATH IS YOUR BEST FRIEND. It's always there for you, providing life-giving oxygen, detoxification, and healing energy from birth until death. We breathe heavily in times of stress and trouble. We breathe gently to calm ourselves down. Does a mother giving birth have a better ally than her breath to get her through it?

Breathing is automatic. It runs itself for us like the beating of our heart, our digestion, our hormone secretion, digestion, immune function, and peristalsis (elimination). It interacts with the autonomic nervous system. But when we bring the breath under our conscious control, it opens us up to doing some much-needed maintenance and repair on all these automatic (autonomic) systems. By using the breath in specific and powerful ways, it becomes a doorway into the inner workings of our bodies. It can help us resolve and clear away traumas locked in our cellular and muscular memories, and can access our subconscious minds. Through exercises that increase oxygenation (the inhale), and the release of toxins (the exhale), and by learning to direct the healing energy flowing with the breath, we can heal ourselves at a cellular level. When some of this clearing "housework" is done, we can take the breath further as a vehicle of consciousness into greater self-discovery and to feel our spiritual oneness with all of life.

We all store tension in our muscles. But why? With the advance of science in linking body and mind, we are learning that the muscular tissues and the cells themselves have a memory. The trauma and pain we have experienced in our bodies often leaves a "shadow" long after

the tissues have healed. Even emotional and mental pain is remembered and stored. Breathwork has a unique and marvelous way of getting in there to unlock, unravel, and release these cellular memories.

Many of us experience a breath that is shallow or shut down. You will always breathe enough to survive, but can your life and your breath be fuller? Take a moment to notice how you are breathing right now. If you are not breathing as freely as you would like, it could be of great value for you to pursue breathwork.

A BIG, BEAUTIFUL BREATH IS LIKE AN OCEAN WAVE. First on the inhale, it builds and rises up the torso in a wave-like motion from belly to chest with steady determination to its peak. Then on the exhale, it releases its momentum and crashes on the shore as you relax. There's a surrender to gravity and no need to either push out or hold back on the exhale. It's an easy, effortless release, naturally flowing into the next breath as the cycle begins again.

Breathwork is fun to do and provides instant gratification! You'll receive the value of fresh energy and the release of fatigue. Take a few minutes and try the rhythmic breathing technique described above. Sit or lie down comfortably somewhere. It's even better if you can be in the fresh air. Close your eyes, relax and start focusing on your breath. As you breath in through your nose, first fill your lower lungs. Feel the diaphragm descend and the

stomach area expand. Then let your ribs and chest expand.

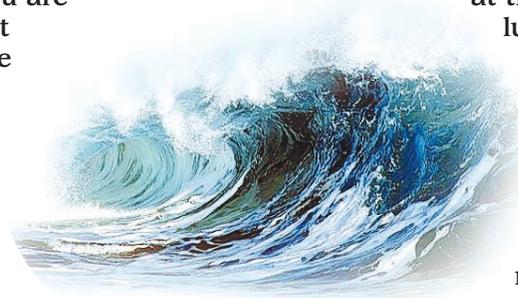
Did you know that when you breathe, the energy flow doesn't stop at the top of your lungs? The ancient Chinese often practiced a form of energy (*chi*) breathing that you can experiment with. Imagine a large question mark (?) along your spine and circling over your head. As you breath in, the energy rises up your spinal column, but doesn't stop at the top of your lungs. When you get to the top, breathe in a little more as you visualize swinging that energy around the back of your neck and over the top of your head.

Have it stop in the vicinity of your mouth and nose as you simply exhale, remembering to relax totally as you do. Another helpful visualization is to imagine that the oxygen/energy is going directly into your brain as you breath in, refreshing and stimulating you. Repeat this process for "twenty connected breaths."

So... how do you feel? Probably renewed, more calm, better centered, and in the present moment. Maybe now you're thinking about how your breath really IS your best friend? ■

Please join us for our next Breathwork Seminar to experience what your breath can do for you! Denis Ouellette is a Breathwork Instructor and Facilitator with over 30+ years' experience, and author of "**Heal Yourself with Breath, Light, Sound and Water.**"

Contact Denis Ouellette in Montana at 406-333-4103 or e-mail deniswo333@gmail.com. Learn more at IntegralBreathwork.com.



SEMINAR TESTIMONIALS REPRINTED FROM
“Heal Yourself with Breath, Light, Sound & Water”

Releasing Vietnam PTSD *Dustin Fox, CAMT*



My name is Dustin and I am an Acoustical Massage Therapist. My first exposure to breathwork was during a massage I was giving to Denis Ouellette. He was breathing differently than anyone I had ever seen before. His inhales were deep, and his exhales were full and completely emptied his lungs. I had never studied breathing but was fascinated by this self-cleansing approach. I signed up to attend his seminar. I noticed that several essential health issues were being addressed. As a therapist, I was fascinated by the facts presented as to how we could breathe optimally to facilitate better health and well-being.

In the next few months, I attended four seminars and felt better after each one. But there were deeper issues that I needed to address that had settled into my very soul. It was during my fifth seminar that I felt this would be the day to identify and release whatever it was that was holding me in such turmoil. Following the instructions and breath measurement exercises, we partnered with someone for goal setting. With safety and honesty, we shared the issues that we wished to address during our session. I realized it was time to heal my remaining Post Traumatic Stress Syndrome from Vietnam, over 35 five years ago. These “cellular memories” were still holding me in a depressed state and draining me of my health and spiritual contentment.

As we began to breathe, I felt a stiffness set in throughout my body. The cramping in my hands began to get a bit intense. A facilitator came over and assisted me through the process. As I allowed myself to relax and breathe through the memories of pain and trauma, they left me. It took one more session for this to be complete. At one point during that sixth one, Denis said he was concerned about me because I looked as gray as a ghost. I think death itself was leaving me! I now feel content and cleansed of that trauma and depression. I have now attended twelve breathwork seminars, and am very proud to be a facilitator.

P.S. BLOOD TESTS. Last year, before I began breathwork, I was advised by my physician to get a blood test as part of my annual check up. I was surprised to see that my blood cells were not round. The test also revealed that they were clustered together and misshapen. I was advised that this causes a reduction in the ability of the circulatory system to do its job of delivering oxygen and nutrients to the body, while removing waste products. The doctor said this condition has an effect on my liver, kidney, brain and heart function. Healthy blood cells are supposed to float free and should be almost perfectly round. The advice was to modify my diet, to reduce sugar and fats, to exercise, and most importantly, to improve my breathing.

About ten months later, after five breathwork seminars and plenty of breathwork on my own, I returned for another blood test and was gratified to see that my sickly-looking, large blood-cell clusters were all but gone. The blood was rich with oxygen. Other tests showed that my organ function was within a normal range. I did make small changes in my diet, and I do some light exercises, but doing the breathwork regularly is what brought my cells back to life. ■

Like Popcorn on a Stove! *Brenda Frye*



I've been told over the years that I was a shallow breather, but I was never instructed on how to change my breathing. My history of work in the medical community gave me the knowledge of how important oxygen is, but I figured—I was breathing so what was the problem? I was invited by a friend to attend a breathwork seminar and I went out of curiosity. I have attended several of them now, and each one has brought me to a different and better level of awareness and healing.

One of these sessions stands out for me. We were asked to scan our bodies and to select an area that we wanted to focus the healing breath on. I had suffered a severe injury to my right ankle over a year previously and I was still experiencing stiffness and discomfort. As I lay down to do the breathing, I concentrated on the rhythm and depth of my breath. As time passed, my body began to tingle and then vibrate all the way down to my toes. It was during this time that my ankle began to stiffen and became quite painful. At first I thought, “What is this? It hurts!” But then I remembered the instruction that, as our cells release the memory of a trauma, we may re-experience some of the original pain, so I kept my focus on my breathing. Slowly the pain subsided but my ankle still felt stiff. I began to move it in a slow rotation. I felt it cracking repeatedly. It sounded like popcorn on a stove! I soon recognized that my ankle was now moving with ease and without any pain. As I lay there contemplating with joy what had just happened, I realized that I had released my ankle’s injury from my cells and had breathed new life into it.

It is now months later and the ankle is still pain-free. I continue to attend these seminars and do breathwork on my own. I’m always learning more about the benefits of proper rhythmic and full breathing. The Breath of Life is there for my joy and health! I am also happy to now be learning how to share this gift with others. ■

INTEGRAL BREATHWORK™ SEMINAR REGISTRATION

LIVINGSTON Sept. 25 WHITEHALL Oct. 9 GREAT FALLS Oct. 23

Seminar Fee: \$60

Bring-a-Friend: Two for \$100 ~ Save \$20!

Breathwork Book: 170 pages, \$15

Breathwork Practice CD: \$15 (Book & CD are optional. Can prepay or pay on-site.)



Denis is an NCBTMB Approved Provider for Continuing Education. **5 CEU Credit Hours** available.

ACT NOW... SPACE IS LIMITED!

Name _____ Date of Birth: _____

Address _____

City/State/Zip _____

Phone: _____ E-Mail _____

PRINT CLEARLY—E-MAIL NOTIFICATION FOR FUTURE SEMINARS

For your Breathwork safety, please list any health conditions or concerns (mental, emotional or physical) you now have and any therapies you are currently pursuing. Please list any past surgical operations and current medications.

To help us customize your experience, please describe your current level of experience with Breathwork.

ACKNOWLEDGEMENT OF RESPONSIBILITY & LIABILITY RELEASE

I am reserving my breathwork seminar space through payment with this form. I accept full and personal responsibility for my physical, emotional and mental well-being and self-healing. I acknowledge that the leaders make no health claims whatsoever. I will hold the seminar leader(s) and assistants, and the premises, harmless for any outcome as a result of my experiences with this seminar. I sign that I am free from any serious condition that might counter-indicate my participation in this seminar.

Your Signature: _____ Date: _____

To secure your place, fill out and Mail, E-Mail or Phone this info to:

DENIS OUELLETTE (Email: deniswo333@gmail.com)

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