

Sun, Mar 15, 1:30–5:30 pm
IN LIVINGSTON, MT
Integral Breathwork™

with Denis Ouellette

35+ Years Experience • Certified Breathing Specialist
with Special-Guest Co-Facilitators



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

Double Your Vitality!

in a 4-Hour, Experiential
Breath-Activating Workshop

OPEN TO EVERYONE

\$50 ~or~ 2 for \$80
bring a friend, save \$20

~ INCLUDES ~

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

~ LOCATION ~

THE MOVEMENT COLLABORATIVE

206 So. 11th Street, Suite 5 • Livingston
(Just after Taco John's, off Park Street)

PRE-REGISTRATION & INFO PACKET:

Contact **Denis Ouellette**

(406) 333-4103 • deniswo333@gmail.com

More Info & Testimonials at:

IntegralBreathwork.com

NCBTMB Approved Provider • 4 CEU Hours

What's a Breathwork Seminar?

Breath-work ?? Breathing isn't work... *it's automatic—right?* 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 you've ever had.

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: **“I feel...**

***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 you'll learn take-home tools to use the rest of your life.

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 better to, and flow with, all of your stressors. You'll LOVE this seminar!

I hope to see you in Livingston for some great breathwork on Sunday, March 15th, from 1:30 to 5:30 pm. Please call or e-mail me to preregister, as space is limited and these classes will fill up. You'll also want to see the six-page *Information & Registration Packet*. ■

—Denis Ouellette, Seminar Leader



Most of us breathe at 10–20% of our full capacity!