

# OPTIMAL BREATHING® DEVELOPMENT PRACTITIONER TRAINING CURRICULUM

**Put the WHOLE Back in Holistic.  
Take your professional expertise to a new level.**

**Skills and knowledge you can immediately apply**

## OB Fundamentals - 1/2 to 7 DAYS OF TRAINING

**All days earn contact hours. Take any day or days. Days 1-4 are required for OBDSA designation.**



**Michael G. White**

NCLMBT 1734

[breathing.com](http://www.breathing.com)

866.694.6425 \* 704.332.7663

**Take our FREE  
breathing tests:**

<http://www.breathing.com/tests.htm>

All credit hours or CEUs relate to **Massage Therapists** (NCBTMB Approved Provider #282553-00) and **Naturopaths**, and **all those modalities** that have the option to choose what they wish.

**Full Credit** towards our

1,000 hour **OBDDT** Credential:

**Optimal Breathing Development  
Teacher Training**

### BREATH IS LIFE.

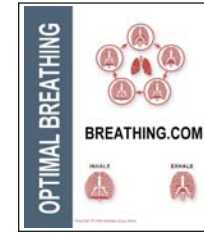
Breathing supplies over 99% of your entire oxygen and energy supply. It also greatly influences the autonomic nervous system's management of heart rate, circulation, digestion, relaxation, excitement and self healing. Therefore, poor breathing can cause or worsen all chronic maladies such as asthma, allergies, anxiety, fatigue, depression, headaches, heart conditions, high blood pressure, sleep loss, obesity, harmful stress, poor mental clarity plus hundreds of other lesser known but equally harmful conditions.

### OUR TRAININGS WILL:

1. Show you how to **assess for obvious and hidden breathing related chronic health conditions** such as asthma, anxiety, allergies, depression, high blood pressure, insomnia, poor speech and/or speaking skills, snoring, stopped breathing during sleep as well as performance issues such as diminished athletic performance, improved singing potential, weight management and more. **Breath IS life in more ways than most realize.**
2. Show you how to make **rapid and huge improvements in your breathing.**
3. Show you how to make a **huge improvement in breathing pattern disorder.**
4. Show you how to be able to **guarantee and maintain breathing improvement.**
5. Show you **which breathing exercises** are most relevant for symptoms associated with specific health challenges.
6. **Take any health professional practice to a whole new level** by integrating the power of the breath, optimal breathing, speaking and singing, and improved well-being.
7. Show you how to **enhance your modality** and health based on **facts** rather than tradition, client feedback and professional rumors.
8. **Clear up confusions and contradictions** about breathing that various teachings invite by not knowing what is optimal.
9. **Strengthen your professionalism** as a therapist or health practitioner who offers a truly **unique** service.
10. **Increase client loyalty**, referrals and decrease no-shows and/or cancellations.
11. Accelerate breathing improvement much **faster and easier** than anything you've ever experienced!

This work is **compatible with all forms** of exercise, performance, movement and therapy. Classes held at Optimal Breathing School offices in Charlotte, NC or our mountain facility.

<http://www.breathing.com/school/main.htm>



## TESTIMONIALS from OBDS students

### Gail B. Williams, LMBT

Recently Mike White brought a three-hour breathing course titled Detecting and Correcting Dysfunctional Breathing to present at the Triad Unit Meeting of the North Carolina Chapter of the AMTA held in Winston-Salem, NC. He did a great job of setting the stage for observing our own and other's breathing restrictions through a series of tests and exercises that measured specific breathing skill levels. I was shocked to realize that my breathing was so confined and limited, especially since I am a singer and athlete! I recommend Mike as an effective presenter and educator in bringing to our attention the dangerous aspects of decreased breath capacity, and I expect I'll travel to Charlotte, NC, to study further on this important subject at one or more of his trainings.

### Margaret A, Massage therapist

I felt taller, my posture improved, I could take fuller, deeper breaths, I felt energized and focused while in class, and now I am motivated to do what it takes to continue to improve my breathing and posture. I am more aware of my breathing and can catch myself when I am reverse breathing or holding my breath and then remember to take full deep breaths into my abdominal area. I'm also planning to take some voice lessons!

# Assessing \* Detecting \* Preventing Obvious & Hidden Breathing-Related Chronic Health & Well-Being Challenges

## TESTIMONIALS from OBDS students



### DAY 1a

#### OB ASSESS

4 Contact/Credit hours

**\$112.50**

Reduced tuition to \$100.00 when taken with at least 6 days of training

**Prerequisite: none**



#### SUMMARY - To manage it you must learn to measure it

Students will become more familiar with over 100 direct and indirect physical, mental and emotional aspects related to breathing. Students will learn and be able to demonstrate skill in performing and measuring NINE ways of physically assessing unbalanced breathing, and in observing postural and psoas related breathing dysfunction.

#### LEARNING SKILLS AND OUTCOMES

- \* Learn to assess **obvious and hidden**, objective and subjective breathing correlations (what YOU SEE) and how that relates to chronic health conditions and states of well being.
- \* Learn how well **YOU are breathing**.
- \* UDB check sheet will be introduced including on-line course with **definitions of all UDB factors**
- \* Objectively and subjectively measure breathing improvement (how clients should FEEL relative to **tasks needed to perform on day to day basis**)
- \* Learn key **breathing test statistical correlations** (from free online tests) and how breathing can affect health and well-being factors.
- \* Learn to **accurately measure** breathing mechanics and chemistry.
- \* Learn primary breathing factors correlated with subjective breathing improvement.
- \* Build your **breathing vocabulary**.
- \* Learn about **cross sectional versus longitudinal** factors in breathing development.
- \* Learn **which Optimal Breathing skills correlate** with which aspects of better health.
- \* Learn which (of over 50) reported **physical restrictions correlate higher** with diagnosed illness so the health practitioner has a better idea what to address first.
- \* Learn **postural correlations** with specific diagnosed illnesses.
- \* Receive a brief introduction to **breathing assessment props**.

#### Dr. Bill H., DC

You understand our need to "get in touch" with what we are feeling. I think you run it with good control. Some of the major benefits I received as a result of working with Mike:

1. Getting in touch with my body.
2. Better understanding of the procedures.
3. Overall personal improvement with my own health. (decreased coughing, breathing easier and hope for further improvement)!

*Q. How would you describe me/my work to someone who might need or want my service? -Mike*

I've been practicing that, talking about the differences between breath work and your work as the "nuts and bolts" of breathing, working with understanding it, changing depth, rhythm and rate. Overall improving function. Teach the patient/client what they can do for themselves. Be able to evaluate what needs to be improved. Nothing else like it that I'm aware of.

#### Carol B, Yoga and Feldenkrais teacher, massage therapist.

It was awesome. I learned a lot about myself. More than I've ever known. And I am sure it is going to open up a lot more doors for me as I pursue this work for myself and with other people. Helping others will in turn inspire me to work more on myself. It was a great experience. I will definitely be back.

#### Dwayne M, Alexander Technique Leadership Trainee

I came with exercise-induced asthma. I am leaving here with the knowledge and physical feeling of what I was doing that caused this and how to retrain my breathing so this condition will most assuredly go away



## DAY 1b

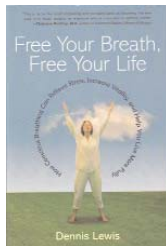
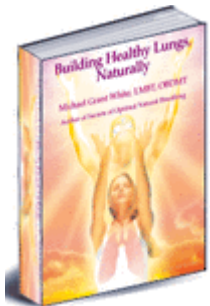
### OB TOOLS

4 credit hours  
HALF DAY

\$112.50

Reduced tuition to \$100.00 when taken with at least 6 days of training

Prerequisite: none



## OB TOOLS

Introduction to the most extensive collection in the world of ancient and modern devices and instruments to develop and measure Optimal Breathing. Go deeper into what you can do and learn.

### SUMMARY

Augments various Optimal Breathing improvement goals from anxiety and asthma to singing and world-class athletics plus self directed exercises such as aerobics, pilates and yoga.

### PROPS & USES

1. Diaphragm Strengthener: Accessing, measuring and training **diaphragm excursion and strength**
2. Shoulder Monster: Self relief of **chronic shoulder tension**
3. 12 foot long straps: For **8 positions** of strapping techniques
4. Pron Pillo: **Release of** rib tensions, postural balance of thorax in standing; deep ening of passive inhale
5. Chest measuring
6. Inclinator: Accessing and measuring proper relationship of **C7 to superior aspect of sternum**
7. Caliper: **Assessing for acceptable head forward tilt position**
8. Discin: Passive occipital ridge **tension release**
9. Inspiratory trainer: Breathing **volume assessing** and training
10. Biofeedback Breath Trainer: Carbon dioxide levels in exhale related to obvious and hidden hyperventilation/overbreathing
11. Heart Rate Variability: Included with Breath Trainer for **assessing parasympathetic strength**
12. Sand Bags: How to **affect breathing patterns** using.
13. When to use (or not) a **blood pressure monitor**
14. O2 Gas Alert: Measuring implied oxygen absorption. How to.
15. Finger Pulse Oximeter: **Blood oxygen implied. pros and cons**
16. Sleep Pulse Oximeter: Blood oxygen levels **measured while sleeping**
17. Bongers: Aids in **postural and breathing ease**. How to use.
18. Breathing Bolsters: Specific **postural stretching aids**
19. Lumbar Extender: Specific **posture, stretching and private session aid**
20. HearFones: Usage with breathing sequencing and balancing development
21. **Postural aids for breathing** and how to make them cheaply and easily
22. **Portable overhead bar:** for specified strapping positions and shoulder work
23. The Windmaster: **Exhalation skill development** pros and cons
24. The Blue Velcro Strap: **Balancing breathing 24/7**
25. Key **Weight Training Devices:** Whys and hows

## TESTIMONIALS from OBDS students

100%.

*Q. What is your impression of me and the way I run my school? - Mike*

Your style of instruction is simplistic and to the point. Fully enjoyed learning from someone who understands the importance of teaching to a variety of learning styles. It felt great and refreshing to be around a truly real person. Bravo!

*Q. What are some of the major benefits you received as a result of working with me? - Mike*

An increased awareness of myself, my breathing, my spirituality. It was transformational, empowering and totally engaging.

**Virgil R. LMT, Qigong student and aspiring spiritual teacher** Mike's classes are simple and effective. Gains are witnessed throughout the instructional periods.

### Jacalyn Nelson, MD Physician

I am very impressed with your knowledge and commitment to Optimal Breathing.

One of my goals was to learn about my own faulty breathing sequencing because I really wasn't very clear what they were other than my collapsed posture. I am clear on specific exercises to effect change in these patterns. Thank you.

As I become clear about my patterns and my patterns become more healthy, I think that I will be able to optimize breathing in others, which is my other goal.

In my regular practice I teach a meditation and relaxation class and can now work more effectively with breathing. I now have more techniques and exercises to help effect positive change in breathing in my students.

(Continued on Page 4)

# DAY 1b (cont.)

# OB TOOLS (continued)

## TESTIMONIALS from OBDS students

### OB TOOLS

4 credit hours  
ONE FULL DAY

\$112.50

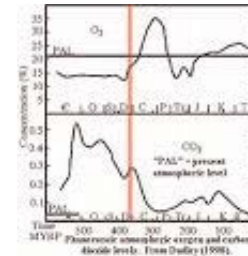
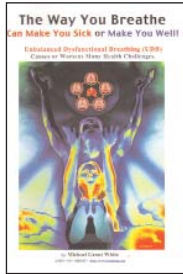
Reduced tuition to \$100.00 when taken with all at least 6 days of training

Prerequisite: NONE

26. O2E2: Oxygen and Energy Squared: **OxyGen concentration** equipment insights and usage for **wellness programs**
27. Karaoke: machine **introduction with 900 song list**
28. Aids and techniques used to bring tongue more forward to reduce snoring and improve speech
29. Aids and techniques used for **relieving jaw tension**
30. Custom-made high density foam props: to **neutralize negative sitting ergonomics**
31. **Postural support for upright sitting** when you have nothing to lean back on.
32. What to use to assess teeth related breathing problems.
33. **Anti-snoring and/or apnea devices:** Often effective though nothing works for everyone all the time and how to differentiate between them.

### LEARNING SKILLS AND OUTCOMES

WHEN, WHY, HOW and WHERE we use the props



I am excited that by improving breathing I can cure and not just treat sleep apnea. I want to document this cure and have it gain acceptance in the medical community.

A lot of information has been imparted to me over these 3 days. Now I need to digest and work with all of this information.

The information imparted to me has been delivered in a very experiential and loving, free flowing environment which is rather foreign to how MDs are trained. I am getting used to it. I will continue using these techniques.

### Esther Joy, natural vision trainer

It was great. I feel like I am breathing deeper, easier, clearer and I am very happy. I am think that a lot of the learning process is still to come as we go out and teach other people. I look forward to that part.

Q. Do you think this will add to your natural vision training? - Mike

Esther: Oh yes. Immensely.

Q. What are some of the major benefits you received as a result of working with me? - Mike

I gained an understanding that I never had of the breathing system and I now have enough confidence in my ability to help others improve their breathing to begin teaching it myself.

Still more from **Esther Joy**, Natural Vision Trainer "I spoke to Gladys B. last week, one of the first people I did a breathing session for, last May.

She's an MD from California, she tells me she is doing well, ordered all your products (spoke to you on the phone too after that session with me) and she credits OBD with giving her 25% extra lung volume. She was at 40% lung volume before the session and about to need Medicaid, but since the session she's been at 50% and



## Optimal Breathing Development Specialist - Apprentice (OBDSA) Level 1

### SUMMARY

Learn 6 techniques to quickly and easily expand breathing volume, depth, balance, ease and strength. These techniques can be done in the field any time, anywhere.

### LEARNING SKILLS & OUTCOMES

Optimal Strapping Techniques 1-6. Six key areas of expanding the rib cage and balancing the breathing's relationship to autonomic nervous system function. Student will demonstrate skill in performing those 6 strapping techniques to the satisfaction of the instructor.

### RECIPIENT OUTCOMES & BENEFITS

- \* Better sleep
- \* Reduce or eliminate shortness of breath
- \* Less to no anxiety
- \* Hyperventilation reduced or eliminated
- \* Improve lung function by re-inflating airways and alveoli
- \* Rebalance natural breathing to restore a more responsive and balanced sensory-motor response
- \* Help access deep peace within
- \* Help reduce stage fright and pre-performance anxiety
- \* Get more in touch with body sensations, feelings and emotions
- \* Increase breathing/lung volume
- \* Release tensions in the muscles of the rib cage to improve breathing ease
- \* Learn to eliminate weariness that follows periods of poor breathing.
- \* Enhance subtle energy systems of meridians and auras
- \* Improve kinesthetic sensing of breathing
- \* Relax quicker and easier
- \* Reduce or eliminate snoring
- \* Reduce pain
- \* Increase vital capacity
- \* Ease heart function by increase oxygen supply
- \* Free up the space in which the heart needs to expand
- \* Rebalance breathing to drive the nervous system with more efficient, smooth and relaxed sequencing
- \* Reduce residual lung volume
- \* Improve postural musculo-skeletal balance for breathing
- \* Improve respiratory chemistry
- \* Improve balance of circadian rhythms
- \* Greatly aid chakra balancing
- \* Easy ways of objectively marking progress
- \* Improve hydration of vertebral disks

## DAYS 2 & 3

### OBDSA-1

16 contact/credit hours  
over TWO FULL DAYS

**\$450.00**

Reduced tuition to \$400.00 when taken with OBDSA-2 or any others totaling 6 days of training.

**Prerequisite: none**

**Days 2,3,4 are required for  
OBDSA designation and  
advanced level OBDS.**

Note: Certification from our school qualifies for inexpensive liability insurance from the International Massage Association [www.IMAgroup.com](http://www.IMAgroup.com) for using the two main tools (the straps and Pron Pillo in the OBRs day 4).

## TESTIMONIALS

from OBDS students

*says it has made a huge difference. She can now walk upstairs without being exhausted; still out of breath somewhat, but nowhere near as bad as before. If I get to that area again I'll do another session with her. It was truly nice to hear this from her, so I thought I'd share it with you. Love & hugs Joy*

### **Liz H. Licensed Physical Therapist.**

**Strapping:** This technique was fascinating b/c it is a very fast, efficient way to rapidly change one's depth, breadth and perception of the breath in the cylinder of the torso. It also changes where the diaphragm is positioned in the torso, which in turn can have a very dramatic effect on the tensions in the neck, upper and lower extremities.

After simply doing a few strapping techniques I saw dramatic changes, for the better, in the Ober and Thomas tests, for example. When these tests are positive the very last thing a PT would consider is prompt treatment of the diaphragm. Terrific information! and techniques to help yourself breathe better, Improve your diet and gain a new outlook on life!

Just from the changes I've felt in myself and observed with others in The April 2004 class and people who worked with Mike at raw foods festivals in New York the past 2 summers, I'd HIGHLY recommend that everyone should have a session or two with Mike! Hock something if you have to--- it's WELL worth the \$\$\$\$. Consider it an investment in your longevity - your future!

### **Lynne G.**

Breathing has allowed me after 12 years of chronic awful pain to face the other levels. I don't believe I could have done that without your guidance



## DAY 4

### OBDSA-2\*

8 credit hours

ONE FULL DAY \$225.00

Reduced tuition to \$200.00 when taken with at least 6 days of training

Prerequisite: OBDSA-1

"Qualifies you to assist at future OBDSA 1 & 2 trainings

**Days 2,3,4 are required for OBDSA designation and advanced level OBDS.**



## Optimal Breathing Development Specialist Apprentice (OBDSA) Level 2

### SUMMARY

Learn 5 additional techniques to quickly and easily expand breathing volume, depth, ease, strength and balance. Learn to amplify the relaxation and parasympathetic aspect of the nervous system.

### LEARNING SKILLS & OUTCOMES

Optimal Strapping Techniques 7-8. Optimal Breath Releases (OBRs) Positions 1-3. Learn key ways of expanding and rebalancing the breathing's relationship to a more continuous relaxation-based function. Student will demonstrate skill in performing these 5 techniques to the satisfaction of the instructor.

### INSTANT RELIEF OF SIGNS OF BREATHING RELATED RESTRICTIONS

#### SUCH AS:

- \* Unsatisfying or shortness of breath
- \* Sigh or yawn often
- \* Can't catch breath or deep breathing curtailed
- \* Breathing feels stuck
- \* A hitch, bump or lump right below your breastbone when you try to take a deep breath
- \* Tightness, soreness or pressure in the chest or below breast bone
- \* Sore deep pain feeling like a band across the chest
- \* Pulsing or stabbing feeling in and around ribs
- \* Side stitches
- \* Low back pain
- \* Increased pain when you breathe
- \* Chest wall tenderness
- \* Breathing feels like a series of events instead of one continuous and easy flow
- \* Too often need to take deep breaths
- \* Breathing labored or restricted
- \* Breathing is shallow
- \* Chronic Pain
- \* Wheezing
- \* Gasping for air
- \* Breathlessness
- \* Air hunger
- \* Feelings of suffocation
- \* Chest is large and stiff
- \* Ribs flair outward at bottom during inhale
- \* Cramps in belly or below sternum
- \* Tense overall feelings
- \* Tightness around the mouth
- \* Ticklishness in rib area

## TESTIMONIALS from OBDS students

and knowledge. Usually the lock-up after any type of activity would make me fear more movement. I hope you know how grateful I am.

### **Sandy S.**

I received your package this past week and I started with "Begin Here", and have worked my way through all the material at least once. I am learning the DVD 176 and have only tried the straw, squeeze and breathe, and belly/chest breathing before going to sleep. I need some help with the strapping, and I will continue to practice from the DVD. I just wanted to share with you some big changes in the week I have started with your program. My heart no longer pounds when at rest. I stopped using drugs to sleep. I no longer feel helpless and full of anxiety because I just squeeze and breathe and I am okay again. My cloudiness/brain fog has lifted, and I know many other good things will follow. Gratefully,

### **MT, retired.**

You took professional interest in my health situation, and have given me so much helpful information. I am forever grateful! For over 50 years, I have taught aerobics, water exercise, swimming, dancing, and helped people to relax to reduce their pain. Your breathing information would be a help in ALL of these activities and situations as well as improving health and enjoyment of life.

### **Jan Jenson. The Wellth Coach**

MANY people ask me if I ATE the Energizer Bunny! My energy levels used to be pretty high. Now I sleep about 5-6 hours and no need stopping to rest during the day! NICE BENEFIT + no one ever guesses I'm over 60!

# DAY 5

## Optimal Breathing® Development Skills with Related Techniques & Exercises

### OBS 176

8 credit hours  
ONE FULL DAY

\$225.00

Reduced tuition to \$200.00 when taken with at least 6 days of training  
Prerequisite: none



### SUMMARY

Much of success in life has to do with developing skills such as technical, productivity, time management, leadership, problem solving, stress management, parenting, cooking, staying energized and many others. Breathing is a skill that can be developed in a systematic dependable way.

This class clarifies and enhances the 11 primary breathing skills outlined in the Optimal Breathing 4 Week Program and explores how to better gauge progress.

A twelfth skill is introduced.

### LEARNING SKILLS AND OUTCOMES

- \* KEY Breathing Skills + exercises to develop and maintain those skills and the statistical correlations supporting reasons for developing them.
- \* Self-strapping techniques, reflex triggering, breathing core development, voice strengthening, breathing techniques for asthma and COPD, chest expansion, increase breathing volume on your own. Student will demonstrate skill in performing those exercises to the satisfaction of the instructor.

### RECIPIENT OUTCOMES & BENEFITS

Create a daily breathing development self-help practice that maintains and adds to the private session work.

### TESTIMONIALS from OBDS students

**Jerry Harmon Appalachian Singer & Songwriter, Storyteller, Mountain Gypsy** I've sung and played music for 35 years. I had no idea I was capable of singing with such strength, control, confidence and ease as I have been until after working with Mike for only 5 hours.

**Linda Webb Kakaba, Published and Touring Singer/Songwriter** I've been a singing professional for years but you showed me a new way. My power, singing ease and flexibility increased incredibly and I handle levels of voice, fear and energy that would have crushed me just a short while ago.

**Leslie Newman, Toronto Symphony Orchestra FLAUTIST** Breath is life, but for the flautist breath is also art. Working with Mike freed tensions that had built up through years of playing so I was able to recover my full capacity, control and ease of expression. I recommend him highly to anyone who wants to maximize his or her breathing capability.

**Randall Langston, MD, ENT**  
This course was outstanding. I have learned more in 3 days than I have in years. The course was clear and concise. I think this knowledge really needs to get out to the world.

*Q. How would you describe the work to someone who might need or want this service? - Mike*

Feeling tired and sluggish? Brain fog? Indecisive about many things in your life? Schedule an hour or two with an OBDS! He or she will share some terrific techniques.

**J. Michael Wood, PBMC, OBDSA, Medical QiQong Therapist.**  
First I would like to thank you for the

**How to Market Your Breathing Services**

**Learn to market your new breathing services with a simple yet powerful interactive 45-90 minute (FREE) BREATHING SEMINAR that engages, enlightens and motivates the audience. (or charge \$\$ if you wish)**



## DAY 6

### OBSP&B

8 credit hours  
ONE FULL DAY

\$225.00

Reduced tuition to \$200.00 when taken with 6 days of training

Prerequisite: none

### OB SING

Free at end of OBSP&B

Prerequisite: OBSP&B



## Optimal Breathing® Speaking, Singing

### SUMMARY

Ties preceding days all together. Dennis Lewis reminds us that **"our voice is an expression of who we are at a very deep level. It is our presentation of ourself. Pitch, resonance, emphasis, naturalness, authenticity all manifest in the quality of our voice."** So once the breathing improves we must integrate the speaking voice properly lest it distort the breathing by needing excessive force causing poor sequencing and balance.

We will experience the works of Carl Stough, Carolla Speads, Seraphima Strelova (Johnny Mathis' voice teacher) the Belcanto school of opera, Ilsa Gindler, Wilhelm Reich, Ilsa Middendorf, Dennis Lewis, Stanley Keleman, Edmund Crelin and many others' to integrate what we have learned in the past few days to synchronize easier breathing along with non-efforted speaking.

### LEARNING SKILLS AND OUTCOMES

- \* **Develop the basics** of where the foundation of speaking voice resides in your body.
- \* To make **speaking (and singing) easier** and without force
- \* Show others how to **breathe and speak more strongly** but with less force
- \* For those who already speak or sing: add high and low tone range, tonal quality, note sustain, strength ease of a stronger sound. Learn how to create a **larger, fuller sound with less effort.**
- \* Improve ability able to **sing all day** while your voice gets stronger.



SPASMODIC DYSPHONIA (loss of voice) workshops are held regularly in Florida (North Carolina planned ) with Connie Pike, author of **Free to Speak** and Mike White. Call for info: 866-694-6425.



## Optimal Breathing® Singing (Optional Karaoke night!)



### SUMMARY

Let it all hang out. There is a singer in everyone. Many have been convinced by "well meaning" friends and loved ones that their singing or speaking voice needs a great deal of improvement and to not "give up your day job." First, if you breathe right you can speak clearly or sing. A man once told me "Michael, when I sing, plants die." Funny... but no longer true as he was singing full voice in about five hours! Because we have previously combined the hands on and inner sensing of Optimal Breathing work, most walk away with the fundamentals of a voice that can sing ... not like Domingo, Streisand or Ray Charles, mind you, but well connected to the foundation of your breathing, speaking and singing voice. You will surprise yourself.

## TESTIMONIALS from OBDS students

training to become an Optimal Breathing Development Specialist Apprentice (OBDSA). Not only was the "hands on" training a great learning experience, but it helped me get the "feel" required to work with patients and clients.

An added benefit was discovering the glitches in my own breathing mechanics and posture, and the chance to use the Optimal Breathing techniques to correct them during our classes. It was particularly notable that I was able to reduce my pulse rate by 6 beats/min., and increase my blood oxygen level by 3% in just 5-6 breaths after correcting the problem. I have now been able to create the "over the top" breathing experience at will, and the paradox of more relaxation and more energy is constantly present.

I also noticed that while I was doing QiGong meditation in the supine position and using the Primary Rest Position, I had one of the best energetic meditations I have experienced in 4 years! I will be looking forward to the results I achieve in moving meditation.

The backrest you made for my automobile allowed me to make the 4 1/2 hour drive home after the workshop without feeling the fatigue I normally experience. I was able to draw deep, relaxed breaths while driving with the backrest and the seat angle changes you recommended. I thank you, and my back thanks you!

Thank you again for sharing your knowledge, experience and enthusiasm in our class. It will provide a lifetime of relief for me, and I will be able to pass it along to the people I will work with in my practice.

**J. Michael Wood, PBMC, OBDSA**

## DAY 7

### OB MYO

Optional full day of breathing-related body work taught by a State licensed bodyworker.

8 Contact/Credit hours  
FULL DAY

**\$225.00**

Reduced to \$200.00 when taken with at least 6 days of training

**Prerequisite:**

See under **Summary** to your right

## BODYWORK FOR OPTIMAL BREATHING DEVELOPMENT

### SUMMARY

Myofacial tension and muscle restriction releasing techniques to enhance breathing depth, ease and balance.

**Student will demonstrate skill** in performing those techniques to the satisfaction of the instructor.

**Prerequisite:** Licensed or certified massage or bodywork therapist, chiropractor, physical therapist, occupational therapist, physician or any other modality where hands on touch is allowable within your specific scope of practice(s) in your state."

## OBDS - ADVANCED TRAINING

### OBDS Advanced Training

24 credit hours  
FOUR FULL DAYS

**\$795.00**

**Prerequisite:** OBDSA 1 & 2



Additional dates to be added.

### SUMMARY

4 days of sharing, comparing and honing your OB techniques and skills. Bring it all together and see how others do the same.

### LEARNING SKILLS

- \* Discussing OBDSA session reports. Share successes, failures and insights from client sessions. Share testimonials and personal observations.
- \* Practice more on each other for professional feedback.
- \* Be guided and inspired to expand your applications of OB with varying and difficult health challenges such as symptoms of end stage cancer, heart conditions, Parkinsons, MS, ALS, COPD etc.
- \* Go deeper into mind-body healing factors.
- \* Learn more about tearless trauma relief and resolution.
- \* Learn more about creating specific programs each client needs.
- \* Develop your 30 second (elevator) intro to Optimal Breathing. What do you say to people that is informative, compelling and brief?
- \* Introducing modality-appropriate approaches to difficult breathing cases, including chronic and life threatening health conditions.
- \* New ways of using the props.
- \* Become more knowledgeable and proficient at talking about breathing development and its relationship to well-being and performance.

**Every night is optional Karaoke night!**

## TESTIMONIALS from OBDS students

### Yoga and Breathing

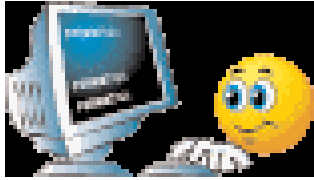
In my own yoga practice, good breathing has always been confusing. I have had experiences with teachers that were helpful and not so helpful.

The best pranayama class I have experienced was taught in a very relaxing way, mostly laying down, dim lights, with plenty of calming asanas first. There was no pressure to time the breath or to hold anywhere. It was refreshing as I had been used to a more 'formal' practice. Sometimes it is assumed that if one can perform the asanas well, then pranayama will come easily. This is not my experience. ....

Now in my second week of **Optimal Breathing** practice I can honestly say I am amazed by how it has transformed my yoga practice. The asanas have a flow, and ease about them. My jaw is relaxed and I am so much more aware of my body. Meditation comes easier, especially when preceded by the breath work, overall I have felt much more balanced in my practice, even in a class environment. As a yoga teacher I have often wished for more wisdom about breathing. I have heard so many different ideas and theories it is hard to work out what is the best way to teach.

If we look at Pilates, for example, there are useful things to learn from it, however, along with the strong core, there needs to be a softness. This is similar to the masculine/ feminine idea, also the idea of strength and flexibility or effort and ease.

There is a time for rest and listening to the body and there is a time to guide the body. I believe that resting and listening needs to come first, that way we work from our very own experience, not what we think it should be. What could be the use of being shown how to retain



# OB-UDB Online Course

## OB-UDB Online

UDB Defined and Clarified

8 credit hours  
Multiple choice

**\$40.00**  
8-credit UDB course

### SUMMARY

#### **UDB Defined and Clarified.**

Unbalanced Deep Breathing  
Undetected Dysfunctional Breathing  
Undisclosed Dysfunctional Breathing

Official Definitions of over 100 day-to-day, moment-to-moment aspects or possible indicators of breathing development related goals or concerns.

**This class is not yet ready**

#### WEBSITE FOR UDB ONLINE COURSE

<http://www.breathing.com/school/udbonline.htm>

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## Tuition & Registration 704.597.6775

**The OB trainings are guaranteed to occur.**

**Tuition for the 6 day training** = \$225.00 x 6 minus \$150.00 6 day discount = \$1,200.00

**Early bird deduction** prior to three weeks of training date  
Deduct \$200.00 = **\$1,000.00**  
Day 7 is as listed.

**Individual classes (half or whole days) at the published rate**  
Prerequisites MAY be required. Check each class page

**3 or more days of training includes our** 150+ page class outline and online 176 Fundamentals video

**All hours of these trainings** may be applied towards the 1,000 hour OBDTT Teacher Training Requirement

**Registration:** Call to see which class or classes you want and are not yet filled. Mail check or call in credit card or email paypal orders@breathing.com  
Online tuition payment : [www.breathing.com/school/tuition.htm](http://www.breathing.com/school/tuition.htm)

**Cancellation/Refund policy.** 100% refund if cancellation more than 14 days prior to class and in the format which the tuition was paid (i.e. check, money order, online PayPal or credit card).

Due to the fact that we do not deal in a high volume, or over crowded learning environment, no part of tuition or deposit can be refunded should one cancel out of a workshop within 13 days prior to class.

We will allow rolling over to a future class one time only (provided there is space available and they opt in 30 days prior to that class).

### **REFUNDS**

We will refund all monies for any cancelled trainings due to our responsibility, though we intend NOT to cancel any trainings, regardless of the class size.

**Deposits** are kept in our bank account pending student completion of class.

**Last minute deadlines** are 72 hours before days 2,3,4 to give time to read class workbook (table of contents on following page) and watch the # 176 downloadable video. **24 hours for the others**

**Accommodations.** Upon request we will email you a list of motels and hotels from \$189.00 per week including kitchenettes.

## TESTIMONIALS

from OBDS students

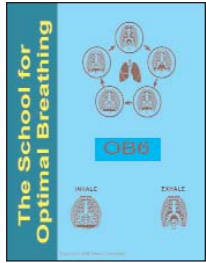
breath when that breath is in only one area of lungs, the others being shut off by tension?

In summary, we need to know the basics first. So many people today are off balance in one way or another. They need to be shown their place of center and ease first, then they can proceed with more advanced practices at their own pace under experienced guidance if they so wish. **Mary R. Syracuse NY**

A **champion swimmer** wanted to improve her ease of breathing and recovery times for multiple general race days and triathlete events. An **opera singer** was losing her high notes and sought psychotherapy but eventually just learned to breathe better and her high notes returned. An **emphysema** victim learned that breathing was not what he thought is was, for over 50 years. It had become a permanent misunderstanding even to the point of doing it improperly when shown the proper way. Several sessions were needed to change this person's breathing. An **asthmatic** was retrained to breathe easier and the symptoms disappeared. **Stuttering** and **spasmodic dysphonia** can reduce or disappear when one learns to breathe optimally. A **shy young lady** learned to breathe better. Her shyness lessened and "*I met a man and got married*". Some increased their energy many fold. Some healed from illness or near death.

**Michael Lee, real estate.** Thanks for helping me improve my breathing. As a result, my seminars on selling homes to people from diverse cultures have much more power and impact.

**More results & testimonies:**  
<http://www.breathing.com/results.htm>



# Course Material Table of Contents

<http://www.breathing.com/school/main.htm>

General Private Session Overview  
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 Strapping PICTURE  
 OBR Technique  
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 Optimal Assessments  
 Breathing Awareness/Consciousness  
 Referrals  
 Skill and Explanations with Charts  
 UDB Assessment Sheet  
 Clinical Studies  
 Agreement to train only **clients** and not  
 other trainers.

## QUALITY CONTROL

from OBDSA students

### Training Levels Overview

There is client/patient breathing development training aka **OBDSA** and **OBDS** and instructor/teacher breathing development training **OBDDT**. The **TT** stands for **Teacher Trainers** versus client/ patient trainers.

The key word in **OBDSA** is **Apprentice**. This is client/patient training to teach you to work on others and not to train teachers to use our system in toto, which is a scientific and statistically correlated, replicable, trademarked and copyrighted system. **Teacher Training OBDDT requires many private session write ups and assisting us in various classes and is a very long term program.**

By honoring the **non disclosure requirements** of the school's OB6 (including OBASSESS, OBDSA, OBPROPS et al) OBDS, and OBDDT levels you assure others of delivering the properly trained and sequential approaches that we have discovered are best for various client wellness goals. You in addition help to ensure the name and work of **Optimal Breathing®** to be regarded with quality and dependability. Also attendees of our school become insurable for using some of our hands on techniques.

Granted, you may show and/or administer any or all of our system to all the clients you can find. You may also have opportunity to show some of our documentation to referring health professionals and our techniques to other therapists but we caution you to limit that "sharing" to a reasonably small amount. We rely on your judgment and integrity, as excessive "sharing or borrowing" will result in many distortions and confusions related to Optimal Breathing Development. We have tens of thousands of proprietary statistics to support our work that can only be obtained by attending our in-person training(s). Simply show clients/peers some of your/our relevant magic and let them know there is much more to learn from you... and at the Optimal Breathing School.

**I agree to honor this OB School non-disclosure:**

Name \_\_\_\_\_

Date: \_\_\_\_\_

**Any questions.  
866 694 6425 Eastern time zone**