

BECOME AN EXPERT IN A FIELD FEW HEALTH PROFESSIONALS CLEARLY UNDERSTAND

Mike White's classes address these breathing development problems:

- **Weak voice** & unable to project
- **Respiratory illnesses** (i.e. bronchitis, asthma, emphysema)
- **Symptomatic problems** (i.e. coughing, chronic fatigue, high blood pressure)
- **Mechanical problems** (i.e. cramps in back or neck, hyperventilation, tightness across chest)
- **Emotional symptoms** (i.e. anxiety, depression, shallow breathing)
- **And everything else** that better breathing can influence or control

You will learn to facilitate significant improvement in your own, as well as most client's, breathing - including asthma, COPD, pulmonary fibrosis, and help improve speaking and singing.

Other benefits can include: improved energy, pain reduction, easing pregnancy and birthing, improved sleep, sports performance, stress management, weight loss, stopping smoking, voice strengthening and much, much more!

SAFE, FAST, EASY PAINLESS!



There are many people who have detected breathing problems, such as asthma, COPD, bronchitis — which are easy to spot —but often not easy to improve.

It's the undetected breathing problems that cause the most destruction to a person's health and longevity. These problems act like termites or dry rot because they undermine our vitality and sense of self and allow us to get or stay sick from many other illnesses that use up our oxygen and overtax our nervous, endocrine, digestion, elimination and immune systems.

My four levels of training address significant aspects of most breathing development problems.



Michael White is approved by the **National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)** as a Continuing Education Instructor.

Call 866-MyInhale
(866-694-6425)
**for listings of lectures
and workshops**
or check online calendar
www.breathing.com/calendar.htm

***“Improper breathing
is a common cause
of most ill health.”***

— Dr. Andrew Weil

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