

# The Optimal Breathing School™

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*Leading Edge Touch & Non Touch Methods to Rapidly Develop Natural Optimal Breathing Function.*

- 1. Health & Wellness Department -see below [Calendar for Training Schedule](#)*
- 2. Singers & Public Speakers Department. [Calendar for Training Schedule](#)*

Michael Grant White is approved by the National Certification Board for Therapeutic Massage and Bodywork



(NCBTMB) as a continuing education provider under category A.

**Learn to breathe better and earn a certification as an *Optimal Breathing Development Specialist* using touch and non-touch methods for Rapidly Improving Breathing and Voice.**

**Accelerate progress in your health or personal development discipline in ways you may have only dreamed of.**

**Be able to facilitate significant improvement in one's own and most client's breathing, regardless of the situation or condition and including for singing and speaking. Other benefits can include improved energy; pain reduction; pregnancy and birthing ease; improved sleep; sports performance; stress management; weight loss; stopping smoking and much, much more. Safe, fast, easy, painless. Breath is life.**

**Hands-on training, course book, video, audios, specialized education tools, 500 + page web site with individual web pages for each student. Trainings offered several times a year at convenient locations around the US and abroad.**

- [More Benefits](#)
- [Certification as Rapid Breathing Improvement Specialist](#)
- [Continuing Education Unit Programs for Massage Therapists](#)

- [Clinical studies](#)
- [Testimonials & Important Insights](#)
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With [Michael Grant White](#) "The Breathing Coach"  
Author of [Secrets of Optimal Natural Breathing](#)

## Practitioner Training Levels

[OBDSA - Optimal Breathing Development Specialist Apprentice](#)

[OBDS - Optimal Breathing Development Specialist](#)

[OBDM - Optimal Breathing Development Master](#)

[OBDDT - Optimal Breathing Development Teacher Trainer](#)

[Private one on one Certification training with Mike White & \\$100.00 per hour.](#)

[Multiple session discounts depending on any travel etc.](#)

**Level 1 OBDSA - Optimal Breathing Development Specialist Apprentice. Group rate. \$499.00 - (\$399.00 special Thanksgiving Holiday price). Massage Therapist CEUs . 25 contact hours. Includes # 191 Secrets of Optimal Natural Breathing [191 Manual](#) and [Lecture-Demonstration169 Video](#) (\$78.0 value) plus 2 hours group post-training phone conference sessions.**

[Calendar for Training Schedule at <http://www.breathing.com/calendar.htm>](#)

**Day 1.** a. Assessing For Optimal Breathing Development and the Primary Respiratory System (PRS) - Over 200 ways your breathing effects how you are, why you are and who you are; Assessing obvious and hidden breathing restrictions and poor breathing coordination.

Check sheet, visual and palpation skills)

- b. Redeveloping the Natural Breathing Reflex -
- c. Accelerated Breathing Development Phase 1 (OBRs)>

Contact and interpersonal connection

- d. Presence & grounding
- e. Anatomy of breathing

**Day 2.** Introducing Rapid Breathing Release techniques that painlessly expand chest wall, deepen natural breathing reflexes, increase diaphragm rise (excursion) and assess for changes in breathing coordination.

**Day 3.** Going deeper into Day 2; Maintaining progress (making the work "stick"); Introducing fundamentals of speaking and singing sound production/breathing coordination; Introducing extra difficult cases including chronic and life threatening conditions + individual personal growth goals. Learn about tearless trauma relief and resolution. You will need to get the [Level 3 program](#) to

prepare for the training. It is deductible from the private session tuition .

**OBDS - Optimal Breathing Development Specialist. **Advanced** 2 day intensive. Level 2 -. 15 contact hours**

**Group rate. \$275.00. Video and online options. **Massage Therapist CEUs (15 contact hours)****

Integration of optimal human sound production. Share with colleagues at training required 20 sessions data. Include client testimonials and personal observations. Practice more on each other. Become more knowledgeable and proficient at talking about breathing development and its relationship to health issues and well being. Demonstrating in-depth understanding of Optimal Breathing principles [Calendar](#)

**OBDM Optimal Breathing Development **Master**. 2 day intensive Level 3. - Master. 15 contact hours. **Difficult breathing problems.****

**Group rate. \$275.00. Video and online options. **Massage Therapist CEUs (15 contact hours).****

Logged Additional Private session data. Documented evidence of proficiency with various acute and chronic illnesses, personal growth issues and facilitations. Video lecture/demonstrations about optimal breathing. You will need the [Level 3 program](#) to prepare for the training. [Calendar](#)

**OBDDT Optimal Breathing Development Teacher Trainer. Level 4**

Training to qualify to train trainers is presently being created. It will involve written and video taped reports of several hundred hours of private sessions plus assisting Mike at Level 1,2,3 Certification Trainings. Those addicted to drugs, alcohol or tobacco smoke will not be allowed to participate until they prove 2 years abstinence. The Optimal Breathing Development Levels 1,2,3 programs will help greatly to eliminate cravings and addictions. [See our Stop Smoking Program if appropriate](#)

**Breathing-Free. Optional 2.5 days**

A weekend of breathing, rebalancing, speaking, movement, singing, karaoke and just plain fun. **\$225.00 Open to ALL. No prerequisites.**

**Refreshing each phase.** 50% of initial cost of training.

[Individual 5-15 hour Introductory and Complete trainings click here for interest \\$100.00 per hour.](#)

**Ongoing Personal Supervision (fees by negotiation)**

## **BENEFITS**

**Received from Rapid Breathing Improvement Work**

### **CLIENT:**

**Greatly improved breathing freedom, depth, ease and coordination**

**Reduced stress**

**Increased energy**

**Better sleep**

**Reduced or eliminated neck, chest and back pain including, intercostal neuralgia**

**Reduced excessive fears**  
**Lessened irritability**  
**Eased pregnancy term and delivery**  
**Myofacial releases**  
**Living longer and looking more youthful.**  
**Weight control**  
**Strengthened logical intuitive abilities**  
**Accelerating healing**  
**Excelling at athletics, theater, singing and speaking.**  
**Learn self help exercises and techniques to develop one's own breathing in simple, safe, fast and easy ways.**

### **PRACTITIONER:**

**Integrating breathing development into a professional practice**  
**Increase client referrals**  
**Increase income**  
**Deepen understanding how breathing relates to all aspects of living**  
**Improve effectiveness as a health professional**  
**Become an expert in a field that few health professionals clearly understand**

## **Health Professionals and others who will benefit from this training.**

### **Health Professionals.**

Massage Therapists\*, Occupational Therapists, Bodyworkers, Personal Trainers, Medical Doctors, Nurses, Nursing Assistants, Chiropractors, Osteopaths, Physical therapists, Psychotherapists, Inhalation Therapists, Speech therapists, Speech pathologists, Voice and singing teachers, Transformational breathworkers including Reichian, Rebirthing, Radiance, Radix, & Holotropic; Yoga, Chi kung (Qi Gong) teachers and students, Hard and soft style martial artists, Alexander work, Feldenkrais, Butoh, Pilates (aka pilatis) , Tai Chi & Kinesiology & anyone who can breathe.

### **Non health professionals.**

The trainings are designed around anyone interested in improving the way they breathe.

### **Other benefits:**

A. Chiropractors: Diagnosing and evaluating techniques in visual, audible and palpatory arenas. Techniques for increasing tissue oxygenation and reducing cost-vertebral strain ie for the relief of rib subluxations. Improved breathing coordination

B. Medical Doctors, physical therapists, nurses and osteopaths  
Rapidly and painlessly increasing tidal volume; total lung capacity; vital capacity, inspiratory reserve volume & expiratory reserve volume.

Improvement in most or all major breathing markers including :

(1) intrinsic mechanical loading (elastic and resistive) of the inspiratory muscles; (2) mechanical (volume) restriction; (3) functional inspiratory muscle weakness; (4)ventilatory demands relative to capacity; (5) gas exchange abnormalities; (6) dynamic airway compression; (7) cardiovascular factors; and (8) endogenous breathing (9) any combination of the above

C. Sensitivity (without fragility), flexibility ( without overcompensation), expansion (at individual

tolerable levels) , spontaneity, focus and internal strength.

Dozens of simple, practical and powerful breathing development techniques and exercises

### **INCREASED SKILLS AND KNOWLEDGE**

Assess breathing through observation and administration of several replicable physical measurements and tests.

Facilitate rapid change in breathing coordination, smoothness, depth and ease, plus exercises to maintain and enhance one's progress.

Identify stages of natural and unnatural breathing and explain events involved.

Cite at least three clinical studies that supply data strengthening the importance of good breathing habits and importance of optimal breathing

### **LEARNING OUTCOMES**

To explain the anatomy of breathing, the diaphragm, accessory breathing muscles, and nerve supply.

To assess breathing through observation and administration of several simple, safe & replicable tests.

To learn to differentiate between breath work and breathing work.

To improve or eliminate many breathing problems including asthma, bronchitis and COPD.

To better understand breathing and its relationship to posture.

To identify stages of breathing and explain events involved.

To increase energy, stamina, forced exhalation volume and vital capacity

To improve breathing, walking and talking

To differentiate organic learning form scholastic and academic learning

To strengthen and train the voice

To cite three studies that supply data strengthening the importance of good breathing habits.

To demonstrate techniques for improving breathing quality and quantity.

### **Health & Transformational Breathwork Professionals:**

Join our referral list.

Biography and picture will appear on the web site.

Become eligible to wear our [Breathing Dawgtor Emblem](#) Patch. click on it to enlarge it



[MORE BENEFITS see below or click here](#)

### Clinical studies

**Prove that breathing volume and life span are interdependent. Sub-optimal breathing compromises every healthy bodily function. Optimal living is impossible without optimal breathing.**

### **COMPONENTS of CURRICULUM**

We will be integrating traditional and alternative approaches include: Video cinefluorescopy, Chi kung, operatic training, neuromuscular re-education; insights borrowed from Feldenkrais, Alexander Technique, Physical Therapy, accupressure, myofacial release, ergonomics, somatics, deeptissue, breathwork, breathingwork, meditation, nutrition, and attitudinal healing.

### **TEACHING METHODS**

Lecture; demonstrations; hands-on experience; guided exercise practice; nutrition and environmental guidelines.

Handouts and classroom video of optimal diaphragm function; postural relationships to breathing; chakras, endocrine system, nerve ganglia influenced by the breath; training in specific techniques called OBR's (Optimal Breath Releases) and Strapping techniques; pictures and descriptions of simple SAFE, breathing exercises and when to use them.

### **NOTE:**

Bodyworkers will note that the work addresses the transversus thoracis, sternocostalis; triagularis sterni; pectoralus major and minor, and subscapularis, rhomboidus major and minor, serratus anterior, and serratus posterior superior and inferior, scalenes, intercostals, trapezuis and a host of other muscles and tendons not available to bodywork but responsive to techniques that foster balanced integrated breathing.

I guarantee ALL will walk away with techniques and information they can apply in their personal and professional lives.

Location: Varying in the United States, worldwide. [Email or call us for the next training near you](#)

Phone 866 My Inhale

[Sponsor a training in your locale! Click here](#)

## [Air fare, accommodations, site seeing and activities to Asheville, NC](#)

### [Lecture portion includes - click here](#)

### [Professional massage practitioners as somatic educators:](#)

Discounts: **ABMP Members: 15%.**

**Repeating classes: Space available basis. 50%**

### [TESTIMONIALS & Important Insights](#)

[MORE BENEFITS OF IMPROVED BREATHING click here](#)

## [Personal private trainings](#)

### [Professional massage practitioner, as somatic educators:](#)

Clearly, changing the breathing affects or controls functioning in the neo-cortex, limbic system, vagus nerve, autonomic nervous system, and all basic bodily functions and subtle energy systems. By appropriately and sensitively incorporating certain aspects of the breath into a massage session it can facilitate an incredible opportunity for empowerment and personal growth. For this, an experienced teacher or guide is indispensable.

The professional massage practitioner, as somatic educator, is in an excellent position to help clients regain full breathing capacity and aliveness, while simultaneously adding to the respect of a most healing and empowering art form and science.

You will want to get [Optimal Breathing Development Self Help Program](#) as a prerequisite and supplement to this training.

### **Sponsor a training?**

You sponsor the intensive(s) and share in the income or get a reduced price, or both. Call for more information. 828 456 5689

\*Opportunities for massage therapists who are trained to work in clinical environments are rapidly increasing within the health care profession, and for those who prefer private practice, the ability to treat patient musculo-skeletal and neurological disorders helps the massage therapist to develop and maintain a thriving practice.

**Massage Therapist CEUs offered on all courses. Michael Grant White is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under category A.**

### [Page 2 Testimonials & Important Insights](#)

Calendar

**REFER THIS PAGE to someone whose health & well being is important to you and receive a FREE REPORT on the HEALTH BENEFITS of OPTIMAL BREATHING**

<b>From (e-mail):</b>	
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