

River of Breath—a healing path to vitality, ease, and well-being

In this time of profound change and renewed hope, high demands are being placed on each of us. We are called upon to respond with devotion and courage. ***River of Breath*** offers a path from old to new ways of being, a path toward personal and cultural transformation. Read it—and be touched by a truth within yourself that can feed your body and soul. Many of us long for this experience.

River of Breath
by Margot Biestman

“Authentic to the core...you don’t read this book—you experience it. I breathe more consciously through each exquisite life tale, poem, and artwork. It flows and guides my flowing. Totally unique.”

Nancy Herrick, Physician’s Assistant, Homeopath

“Margot Biestman is saying something very personal and distinct, yet universal at the same time. She creates a portal through which others can walk into an experiential realm. She manages to do this succinctly, in a few lines, in such a way that I am reminded of the very best poetry—where the poet is saying the deepest truth of what he or she knows.”

Ann Nix, M.A. CHT, Artist, Teacher

“When you do things from your soul you feel a river in you, a joy.”

Rumi

Synopsis

River of Breath brings to light how we can meet today’s challenges with greater flexibility and confidence, and with less stress and fear, through a unique practice called *Breathexperience*. We can find benefit and truth in the simplicity of sensing how breath—flowing through our body without our control—can support vitality, ease, and well-being, whatever the circumstances.

Margot Biestman transports the reader beyond thinking and imagining to *sensing* the simple, ancient, yet immediate reality of breath movement in the body. Through sensing her own breath as she writes, she allows her words and drawings to emerge from her essence and flow onto the page. For the reader, just *taking in* these expressions of her truth is itself an invitation to join her in an intimate *breathexperience*.

Margot describes how, even in our culture with its fast pace and attitude to achieve at any cost, we do not have to be victims of pushing and pulling our bodies around, creating

strain, anxiety, pain, and illness. Through the experience of breath, we recognize our choices to support the truth of who we are. Conditioned patterns fall away and though some occasionally return, they lose their impact. We have the capacity to make a difference in our lives and the lives of those around us.

Margot leads us on her personal journey in the experience of breath for three-and-a-half months. She includes emotions and thoughts as parts of the *oneness* that breath creates—body, mind, soul, and spirit. Even when she loses breath awareness, she learns from these experiences in practicing the art of being human.

A separate section contains detailed guidelines for specific breathexperience sequences, inviting the reader to practice allowing and sensing the natural breath moving in the body. Principles of breathexperience, benefits, application in daily life, a breath class, individual hands-on treatment, and a brief history complete the book.

About the Author



Margot Biestman has great enthusiasm and is inspired by the practice of breathexperience in her personal and professional life. Having come to the breathexperience some twenty years ago because of debilitating back pain, she has dedicated herself to learning, practicing, and teaching this healing art with devotion. Today, at age seventy-seven, she credits this practice for allowing her to live her life with vitality and passion, less ego, and

more Self.

Margot is an internationally recognized teacher and trainer at the *Middendorf Institute for Breathexperience* in Berkeley, CA. She has appeared in interviews on national and local radio and TV programs. She is also an artist, and author of several books and articles. Her fifty-year career includes education of students ages three to ninety-five, professional consultation, and medical research collaboration. She holds a B.A. from Stanford University and an M.A. from Sonoma State University.

Margot and her husband of fifty-six years live in Sausalito and Sonoma, CA.

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Look for Dates & locations of book tour

*“Meet Margot Biestman in **River of Breath** and be inspired and encouraged to meet yourself!*

Bringing her substantial professional background and experience to her own personal story, she presents how powerful and life-changing breath can be. Her life unfolds in front of your eyes, vivid, uncovering the niches and dark corners that typically are left out, as well as a spontaneous truth that happens in just that very moment of her writing.

Margot uses simple language, introducing you to a practice that lets you access the wisdom and intelligence of breath, inviting you on a journey to find joy and fulfillment in living your own truth ...

Unique. More than just a book. An Experience!”

Juerg A. Roffler, Director
Middendorf Institute for Breathexperience
Berkeley, CA
from the Foreword to *River of Breath*

“After reading this wondrous book, I learned that ignoring my breath and taking it for granted which I so often do, can actually cheat me out of a life that can be beautifully rich, fulfilling and profound. I also realized that if I can listen to my breath, which is where my authentic self lives, I can handle any stress with greater ease and turn what appears to be a ‘negative’ situation into something beneficial for myself and others.

Julie Bernard, Homeopath, San Francisco, CA

“Margot’s presence and breath comes through ... Her breath touched me to touch my own breath.

Erin Lindbergh, Yoga teacher, Kipahulu, Maui, Hawaii

“In the book I was struck by breath as a dance and an art. In the photograph of Margot in a breath dance at the U.C. Berkeley Art Museum there is a sculpture behind her and she is a living breathing sculpture in front of it.”

Astrid Griffin, Translator, Chattanooga TN

“I’m very moved. This is a piece I’ve been looking for in healing myself so I can be with my ninety-six year old mother, when the time comes (for her to die). I will sense my breath and its healing and see her with breath” ...

Jean Janecek, “Free-lancer, always amazed at the experiences that seem to fall my way with special persons,”
Hinsdale, IL

