

River of Breath

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



River of Breath

Margot Biestman

Body, Mind, Spirit/Breath Art of Living

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*“Meet Margot Biestman in **River of Breath** and be inspired and encouraged to meet yourself!”*
Juerg Roffler, Director, *Middendorf Institute for Breathexperience*

River of Breath invites us to meet today’s challenges with greater flexibility and confidence, 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*.

“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 moving in you, a joy.”

Rumi

Margot is an internationally recognized teacher and trainer of *Middendorf Breathexperience*, an artist, and author of several books and articles. She has appeared in interviews on national and local radio and TV programs. 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.

Marketing: Author tour: Beginning in San Francisco Bay Area. National and regional radio and TV interviews, newspapers, journals, magazines.

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River of Breath by Margot Biestman

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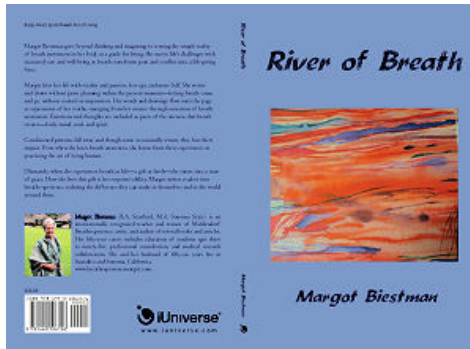
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Margot Biestman, internationally recognized teacher and trainer of *Middendorf Breathexperience*, artist, and author of several books and articles will sign her latest book

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