



OM-ALIVE

BREATHING • MOVEMENT • RELATIONSHIP

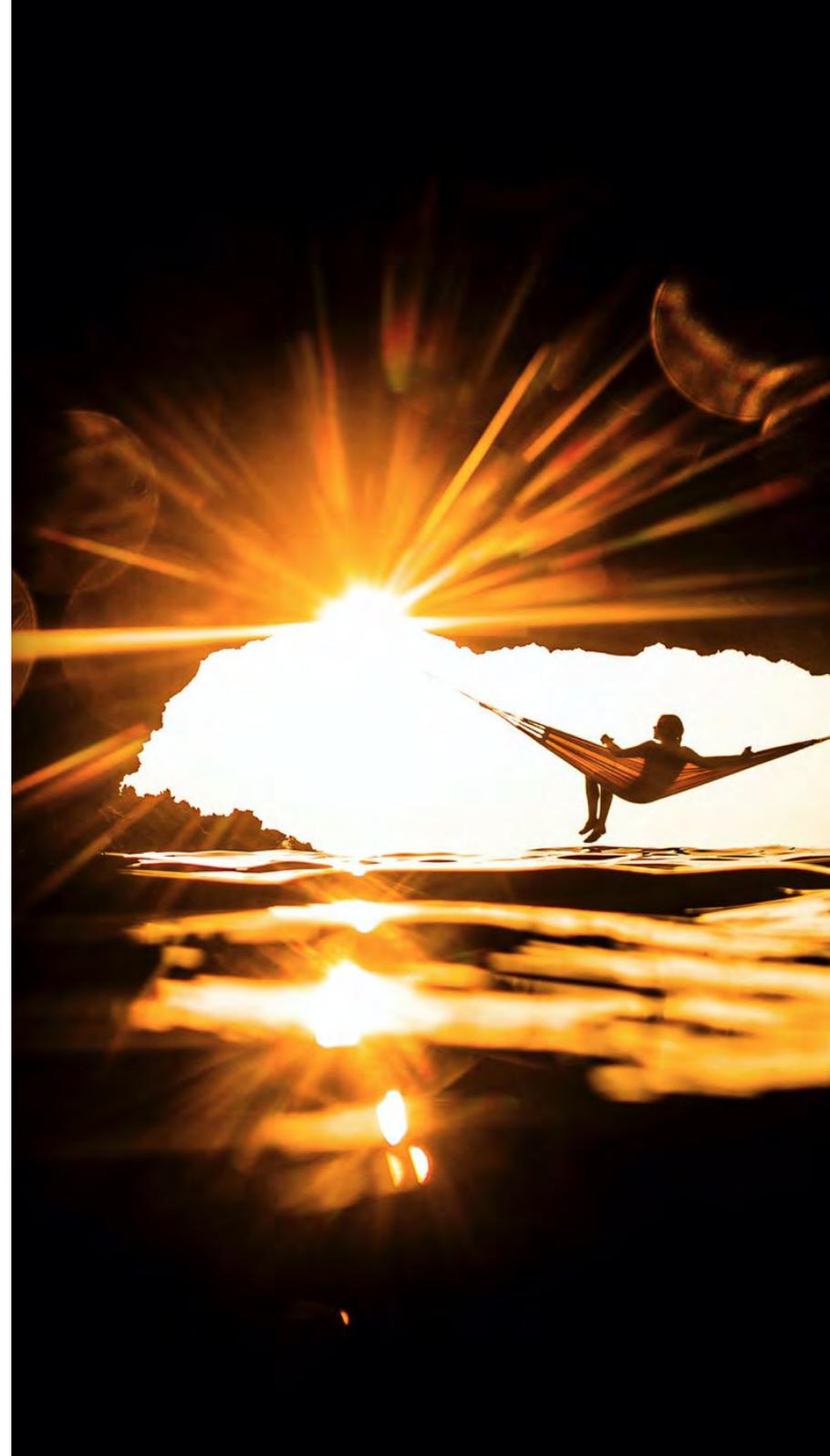
BY OLIVIER MORTARA

THE OM ALIVE

« Levels of stress, anxiety and depression have never been higher across the globe. There are many reasons for this dysfunction that are often not mentioned.

It's time to act !

You are here to experience something different. »



EXPLORE WHAT KEEPS YOU FROM USING

THE FULL POWER OF YOUR MIND

The OM-ALIVE method offers you the opportunity to take and practice while having fun. Playing develops the imagination, invigorates the mind and shapes the brain. Playing keeps everything in balance, produces resilience and flexibility in relationships, which allows you to bounce back

from misunderstanding or to achieve great goals. It is not a question of projecting overly ambitious results. On the contrary, OM-ALIVE helps you to bring together all the possibilities that will galvanize your desire and energy to reach this goal so that you don't get tired on the way. Just as your existence pushes you or takes you away from the Playing mode, you end up losing this energy. Your human development takes you away from this essence. The transmission of knowledge and learning no longer respects this need, which accompanies the child and the young animal in its development. As you grow up you become serious, you forget that one of the resources of your creativity is expressed through playing.



In order not to lose it, or rather to find it again, The OM-ALIVE method invites you to come and play in order to develop your Potential and your Full Being.

This method is aimed at all people who want to develop their potential with a sensitive and fine approach to understand how movement works in different expressions. This movement that gives life in the breath. The internal relationships that ensure the balance and functioning of our body. The relationships with your inner world and your outer world that build the world as you see it. But also, to offer you another vision that opens the spectrum of possibilities in a wonderfully creative and abundant universe. The obstacles, the blockages that prevent you from functioning or limit you, collapse to bring your experimental essence back to life to move towards new gifts.

Thus, to make your existence vibrate, transform it and plunge into creativity, the OM ALIVE method relies on an evolutionary dynamic so that you integrate a subtle experience that will radically transform your being for the rest of your life.

*Open yourself
to a more connected, creative and
experiential life.*

BECOME MORE ALIVE

BOTH IN YOUR NATURE
& IN YOUR RELATIONSHIPS

I provide you with an approach to go beyond the intellectual, analytical exercises to reach a deeper level of integral change.

You want to welcome a richer, more exuberant life experience. To enjoy a more integrated expression of your creativity. For this, it is so important to adapt to the intelligence of your heart and the intelligence of your body. To reconnect fully to break free from the separation and expand. To experience the changes you want. To honor the full truth of what's going on inside you. To hear the deep, rich, wild wisdom singing and whispering in your cells.



Your heart and body have an unsuspected intelligence to share with you. There are more subtle and different ways to communicate with you. In order to remain attentive to these messages, to hear them and to read them, it is necessary to learn this language to be constantly listening.

*I guarantee that you will feel more alive,
more aligned and more joyful !*

*Wise men know this, the real question
is not about your fear of problems or your
difficulty in not feeling up to it, but it is about
fear of your power and what is really possible
for you. You cannot hope to change something
as powerful and as strong as yourself without
encountering resistance and fear.*



GOOD NEWS

It is not necessary to go deep into Tibet or to an Ashram in India to gain access to this intelligence. All you have to do is to follow your instincts and commit yourself fully, with a dose of good will, practice, learn and play ! All in all, a few simple ideas will do the trick. To live the

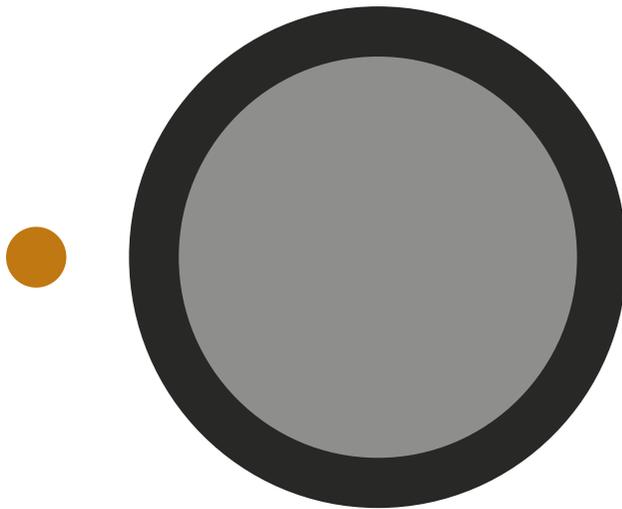
experience to the fullest, you incorporate conscious breathing exercises, fluid movements that connect you intimately to your relationships, to your emotions. Making these meaningful experiences gives you a space for creativity that invites you beyond the limits you have created for yourself. You dive into a universe of immense potential through the intelligence of your heart and body which relays the magic of creativity to your mind. Obstacles are erased to give way to new energies. Learning to feel will lead you to conscious treasures to live your life. The universe will arrange itself to confront you with many problems that block you. They repeat themselves as long as the adequate solution does

not allow you to move forward. This world in front of you works so that you can live experiences and learn from them. The situations, the obstacles, the challenges that you face allow you to move forward only if you learn to read this response through the feeling and reading of your emotions inside yourself.

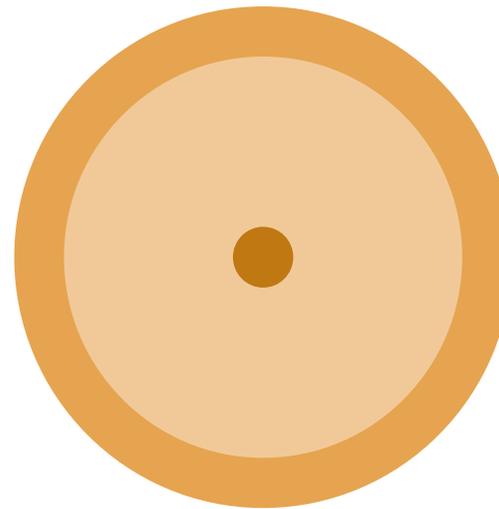
To develop a rich, vibrant, creative life it is necessary to initiate yourself to this conscious knowledge through a more refined teaching to acquire the fundamental language of this process.



Chances are you'll have fun with this approach and be surprised at developments that are taking place that you hadn't even thought of. However, if you are determined that your life is an endless struggle (and you have no desire to question your beliefs), I invite you to find another training. My approach is not really recommended. On the other hand, if you want to change your belief systems, I highly recommend it !



**SEPARATION
EXCLUSION**



**INTEGRATION
INCLUSION**



OM-ALIVE

BREATHING

METHOD

For some, there are only two breaths: the first inhalation when you enter this world and the last exhalation when you leave this same world. Between the two, the breath you take will depend on how you wish to live. No one will teach you how to breathe in your lifetime. This adaptation is vital and happens naturally, but it does not explore all facets of what is possible. You have a universe of immense richness. Your body is built on interactions between each of the cells that make it up. Breathing is an essential nutrient for its harmonious and balanced functioning.

Why learn to breathe ? Quite simply because you don't have the full range in exploring your breathing. It's like keeping a race car in the garage for fear of running it over. Exploring the subtle variations in conscious breathing that your body cannot deepen on its own gives you an extra layer of answers that will be easy to use when it becomes difficult to breathe. Have you noticed that your breathing is a barometer that indicates your level of calm or stress? Have you noticed that each situation you face is a different breathing ?

If this is not yet striking to you, just by reading this text you can see that you are paying attention to what follows your reading and that now you are practically in apnea at the moment you read these words. Isn't that right ?

You have to learn to change your rhythms and breathing is the first factor that marks this change. Thanks to the OM-ALIVE method you will learn how to enrich this breathing panoply and above all you will be able to observe at any time how your calm is the link that guarantees harmonious balance in your life. Moreover, improving your breathing has many advantages such as reducing fatigue, increasing your energy, improving your quality of sleep...

If at the end of this reading you are convinced that this does not concern you, that you already know all this. I challenge you, you are really the one to whom the method is certainly most relevant. For those who recognize themselves in this text and who do not dare to take the step. Just imagine all the benefits that conscious breathing can bring you.





OM-ALIVE

MOVEMENT METHOD

How flexible are you in the unknown? How do you respond to the unexpected? Even in the control you practice with precision, how do you react when your environment goes off the rails? The human being is a moving being connected in a universe that is in constant motion. This universe is multidimensional. At the quantum or microbial level, interactions of mutual aid or competition are organized to overcome challenges and sustain life. Most of the time, these associations are implemented in the form of micro-organisms that move from the role of cooperator to that of competitor,

whose impact determines the evolution and behavior of humans (and living organisms).

At the somatic level (the body), you are able to feel in resonance an emotion that is built up in your mind. Since it does not have a spoken language to translate its representation to you, it is expressed as an echo that touches an area of your body to let you know that something is not working well. Thus, these movements create an imbalance, in which a trauma that increases over time is quietly lodged. This Bio-Dynamic expression of an emotion reflects a change in the order of

the balance movement. Through simple exercises that involve physical movement, the OM-ALIVE method invests a safe environment for you to experience somatic and creative movement. In order to release the tensions of tissues, fascias, cells,... these movements operate a vibration and a relaxation whose experience brings back the sense of deep feeling. The choice of exercises is built as the session evolves. Just as the cell adapts to its environment, your adaptation, your spontaneity will be resources that we will explore. From simple games, to undulating waves, to dance, to the release of body tensions, to functional movements of the spine,... all these movements are the key to

reprogram a healthy pattern that is affected by a past event that caused a disorder, a trauma.

This universe of movement is discovered like an inner journey. To let your potential express itself in all the facets of your life. A real integral transformation requires to dive into the blockages to release the chronic tensions that prevent movement. Come and play ! A full range of emotions and sensations are expressed in movement to celebrate life at its best as a human being.





OM-ALIVE

RELATIONSHIP METHOD

You don't know the deeper meaning of life. But one thing's for sure, you're not just here to have a bad time. One of life's goals is to be happy. Even if you try to achieve this goal, you spend most of your time complaining, suffering,... Certainly the answer you give is not related to your dreams.

The conscious choices available to you are working out a change to create the relationships of your dreams. Thus, the tiny moments of pleasure that you were

used to will turn into abundance. All these movements are the key to programming a model that is affected by an event in the past that caused a disorder, a trauma. This universe of movements is discovered like an inner expedition. To let your potential express itself in all the facets of your life. A real integral transformation requires to dive into the blockages to release the chronic tensions that prevent movement. Come and play ! A full range of emotions and sensations are expressed in movement to celebrate life at its best as a human being. This will become regular if you decide to opt for conscious relationships with you and your environment. To unblock your

relationships, observe how you use your energy in your decisions, your choices.

The OM-ALIVE approach integrates this process through an intimate practice of relationships to heal in order to reprogram failing patterns. Thus, your relationships improve with your beloved, your parents, your family, your children, your colleagues,... You also modify the relationships that rebalance your physiological functioning. I invite you to experiment with this new way of establishing relationships. To open new possible horizons based on satisfaction,

appreciation, wonder and spontaneity.
Forget the many problems for a much
better way.

The only question you need to answer to
know if you are ready to commit on this
path of abundance is this : How much love
do you wish to give and receive through
this experience ?

If this answer scares you, it is time for you
to try the experience.



1

OM-ALIVE OCEAN WORKSHOP

DEVELOPMENT OF FULL-BEING
THROUGH WATER & BREATHING

SESSION 1&1 - GROUP
MINIMUM DURATION 2H00
(FOR MORE DETAILS CONTACT ME)
06.30.72.75.34.
OM@OLIVIERMORTARA.COM

*Just focus on what you are feeling with great interest.
Observe, where in your body you hold that feeling.
Then let yourself go.*

The contact of water makes us happy

OM_ALIVE OCEAN is based on the way we look at water to treat and reduce the daily effects of stress, burn-out, post-traumatic stress disorder, panic, fears, autism,... In short, all these modern aspects that disturb and disrupt your true nature and functioning. This approach is aimed at all people, whatever your level of physical fitness and from all walks of life

who suffer extreme and/or regular stress or trauma. This course is an asset for doctors, therapists, yoga teachers, sports coaches who wish to integrate an additional component to their healing practice. In direct relation with the ocean, you will practice in this natural environment a combination of conscious exercises played to find the source of your creativity. Breathing, movement and relationships are at the heart of this teaching through which you will find the answers to overcome the exponential difficulties in your life.

2

OM-ALIVE FORCE, GRACE, HEALING WORKSHOP

FULL-NESS DEVELOPMENT

SESSION 1&1 - TEACHING
(FOR MORE DETAILS CONTACT ME)
06.30.72.75.34.
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*Take a deeper look at your hidden patterns,
bring them to the surface and make new choices !*

Based on the Basic Principles (nutrition, breathing, relationships, movement) essential to the proper functioning of your life, The OM-ALIVE Force, Grace, Healing Method offers a teaching to reconnect you with yourself, your personal, professional and the others' environments. With more than 25 hours of individualized instruction, Olivier will guide you to reprogram your failing patterns by immersing you in the original event that sabotages your life and places you on a deviant path. This

teaching guarantees a new vision of your life and is immediately applicable. It solves your blockages and limitations in a subtle version of the knowledge of your potentials. You will dive into a rich universe that will modify your belief systems to give free expression to abundant creativity.

By changing your behavior, you will automatically live a more effective and enjoyable life.

2

OM-ALIVE FORCE, GRACE, HEALING WORKSHOP

FULL-NESS DEVELOPMENT

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Breathing & the Power of the Spirit :

The energy of the breath as a nutrient of the body ; Boosting the immune system ; Breathing and relaxation ; The conscious, unconscious & subconscious mind ; Defense mechanisms ; Things are not what they seem ; Changing conscious intentions & actions to make them work. Feeling one's emotions.

Relationships as a path to healing

The power of interconnections ; Our magic mirror; Relationships, family dynamics and life/ development processes ; Trusting the process ; Relationships and balance ; We never heal alone ; Relationships, family dynamics and healing ; The relationships of our deep mind ; Transfer and projection ; Refocusing.

The Movement, Vision, Purpose & Fulfillment

Movement gives Life ; Breathing creates Movement ; If Movement stops your life freezes ; Subtle Movements ; Chakras in balance ; Releasing energy blockages; What does Vision mean ? Vision & Happiness ; Vision & Being ; Joining your Emotional Body ; Emotional Intelligence ; Vision & Unconsciousness ; Integrating a Shadow Character ; Vision & Attack; Integrating Deep Fractures ; Joining your Emotion.

Attitude, Leadership & Power to Choose

Attitude, Investment & Emotions; Every experience is a gift ; Our attitude creates our reality ; Dynamics of change ; We have the keys to the universe ; Attitude & responsiveness ; Our attitude to the life cycle ; Offering our gifts ; Accountability & meaning ; Accountability & power ; Accountability & childhood ; Accountability & victimization ; Accountability & guilt ; Accountability & subconscious dynamics : Accountability & quality of life ; Ego & Higher Mind ; Separation & Ego ; Asking for help.

3

OM-ALIVE WORKSHOP

TRANSFORMING BREATHING
HEALING OF THE DEEP

GUIDED SESSIONS
+ MORE THAN 20 BREATHING EXERCISES
TO PERCEIVE THE WORLD DIFFERENTLY.
(FOR MORE DETAILS CONTACT ME)
06.30.72.75.34.
OM@OLIVIERMORTARA.COM

Learn how to breathe !

It sounds surprising, but it's certainly not something you had considered. Yet your breathing is a real barometer. It allows you to know how you feel. So are you sure of yourself? It's certainly hard to hear because your answer seems clear: «I can breathe ! »

Now are you convinced that you are breathing adequately in every situation you face ? Or more simply, can you say that no situation has ever changed the way you breathe? Even if only to plunge back into a traumatic memory. When a stimulus reminds you of a difficult moment, your breathing gets blocked or accelerated, which reflects an uncontrolled change in your emotions. Just as a pleasant moment expresses a burst of happiness when you (re)experience it. So yes, breathing is learned to live life to the fullest and simply let your creativity draw a harmonious path through your life.

Breathing, a nutrient for body and mind

Change your breathing pattern ; Conscious and efficient breathing ; Boost your immune system ; Breathing to relax ; Identify quiet areas in your body ; Decrease body pain ; Create space ; Daily energy gain ; Better sleep ; Dynamic breathing ; The different phases of breathing ; Pranayama ; Breatheology ; Buteyko ; Asthma ; Post-traumatic stress ; Reducing the effects of stress ; Breathing exercises from Tibetan Yoga. Ancient breathing for a vigorous life today.



OM-ALIVE

BREATHING • MOVEMENT • RELATIONSHIP

BY OLIVIER MORTARA

Olivier Mortara teaches the development of the potential to reach the Full Being, thanks to the OMALIVE method he created. His method is based on the interaction of Breathing, Movement and Relationships that confront the human being with emotions he does not know how to deal with.

Several times he has lectured at SANDUS (3 times), in Italy, Germany, India, Spain. Former teacher of physical education and sports for French institutions abroad (Turkey, Canada), student-researcher at the University of Montreal, inspired by his practices of yoga, pilates, functional rehabilitation that he practiced more than ten years in a physiotherapy centre, sports coach. Therapist in Psychiatric Clinic, coach of many business leaders, politicians, athletes, for more than 25 years not counting the number of private individual classes, Olivier helps you to find a link with the emotions that bind in your life to be at peace.

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