



Buteyko breathing re-training Workshops – 2013/2014

2013/27..... updated 6 November 2013

WEEKEND WORKSHOPS

(with 3 months mentoring follow-up - attend as many workshops as you wish for 3 months)

London Central 2014 (Regents Park) 25/26 January	Birmingham 2014 22/23 February	Stratford-upon-Avon 2013 14/15 December 2014 01/ 02 March	Bristol 2014 18/19 January
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FREE 20 minute initial Skype or Telephone consultation – call us to book!

Weekend Workshop taught by Linda Meads and/or Declan Clark **CONSISTS of**

1. **preparatory telephone/Skype call (approx 30 minutes)**
2. **LESSONS** - 4 x 2 hour - WEEKEND Saturday & Sunday morning/afternoon – see website for specific Course outline venue and timings
3. **MENTORING** - 3 months – follow-up in-person, by 'phone, email or Skype...

One-2-One courses - either **in London, Stratford-upon-Avon or by Skype** with Linda Meads and/or Declan Clark – 5 x 1.5 hour lessons, homework & support in-between and mentoring for 3 months.

Refresher/follow-up package / Childrens Skype course

Whether you have taken a Buteyko Course with us or with another practitioner. 4 x 1 hour follow-up lessons to refresh/enhance your knowledge, increase your Control Pause, lose symptoms, and improve your quality of life.

Our Buteyko course is extremely effective, you will experience benefits from day 1. However, it is not a quick fix. In our experience of teaching over 1500 people, everyone with a chronic health condition benefits from ongoing support. Whether you opt for Weekend Workshops or a One2One course, we design your programme especially for you. The 3 months mentoring included in the course fee, is offered by telephone, e-mail, Skype or face-to-face appointment in Stratford or London.

Your Investment (payment can be by cash or credit card)

Full fee payable on booking a workshop or Skype course – non-refundable once the first lessons has been given.

One-2-One Skype or 'Phone introduction 20 minutes	FREE
Consultation 1 hour (Skype or face to face)	£.75
Refresher/follow-up package (4 x 1 hour Skype lessons)	£250
Childs Skype course	£250
Weekend/Weekdays Workshop (+ 3 months follow-up)	£390
One2One Course	
Stratford, SW London OR Skype WORLDWIDE	£520

You may qualify for a Concessionary fee. Please speak with us about this.

Venues

Stratford-upon-Avon	'Lifeways' Health Centre, 30 Albany Road, Stratford-upon-Avon, CV37 6PG
Central London	The Holiday Inn, Regents Park, Carburton Street, London W1W 5EE
Birmingham - South	The Natural Health Centre, Kings Norton B38 8RS
Bristol	The Holiday Inn, City Centre, BS1 3LE