



Buteyko Breathing retraining Workshop:

The Holiday Inn, Carburton St, Regents Park
London, W1W 5EE

Friday/Saturday/Sunday - 16/17/18 January 2015:

for Adults and Children (under 16's to be
be accompanied by a significant adult)

See testimonials page on www.buteyko.co.uk

On this intensive Workshop you'll learn breathing theory, strategies and exercises to normalise your breathing, increase your oxygen levels, and improve quality of life. Practised regularly, with commitment, the Buteyko exercises significantly and immediately reduce frequency of asthma/hyperventilation attacks. Also symptoms of other disorders. Your quality of life improves, with less need for medication. Your individual programme provides you with significant benefits from Day 1. You are aiming to raise your morning Control Pause first to 20 seconds then to 40 maintaining it there for 3/6 months ensuring you lose symptoms and regain health. You can expect your CP to double within the first week of carrying out the exercises. **NB** The order of subjects may vary, depending on the composition of the class.

Lesson 1 - Friday 7.30 – 9.00 pm

- breathing assessment and Introduction to Dr Buteyko's Method. You set your personal goals
- observe and connect with your breathing pattern. The effect on the breathing of correct posture and relaxation
- check your health using the breath-hold exercise Control Pause - (CP)
- the importance of, and how to maintain, 24 hour nasal breathing, even during sleep!

Lesson 2 - Saturday 10.30 am -12.30 pm

- you learn the Reduced Breathing – (RB) and Extended Pause – (EP) exercises
- recognising early signs of an asthma, panic or HV attack, the difference, and how to overcome attacks
- overview of dysfunctional breathing conditions; asthma, snoring/sleep apnoea, migraines etc.
- review of medication and CPAP machine.
- You learn and practise the relaxation, CP, and Small BreathHolds exercises – SBH.

Lesson 3 – Saturday 1.30 – 3.30 pm

- practice and refinement of the exercises
- what is stress? - how to recognise it - the 'fight or flight' response - how stress creates CHVS.
- you learn and practise a special mind/body continuum BreathWatching technique – (BW)
- changing lifestyle habits to improve your health.
- how to speak like the Queen! Talking the Buteyko way.

Lesson 4 – Sunday 11 am – 1 pm

- feedback - looking at your results so far - further practice and personalisation of your Set of exercises
- You learn and practise learn the Steps exercise - ST
- the effects of food, drink, and triggers . What to avoid and how to manage your response
- how to recognise clearing symptoms - managing 'flu, chest infections, etc.

Lesson 5 – Sunday 2 -3.30 pm

- feedback - looking at your results so far - further practice and personalisation of your Set of exercises
- the physiology of respiration. Normal breathing and Chronic Hidden Hyperventilation, disorders of CHVS.
- how Buteyko works and how to integrate it into daily life: socialising, eating out, work, school, etc.
- exploration of physical exercise options
- we summarise the course, you receive your future programme and arrangements are made for follow-up.

Follow-up programme – OPTIONAL but strongly recommended!

As long-term sufferers (now recovered!) from breathing disorders, your practitioners understand the importance of follow-up and support on the road to recovery.

We commit to giving you all the personal attention necessary to help you achieve your personal health goals. An optional follow-up package can provided. At the end of the weekend we will advise and discuss this.