



Buteyko breathing re-training Courses 2016/09 03.08.2016

Buteyko4Asthma 2016 Weekend Workshops (5 lesson course approx. 10-12 hours of tutorial)

Stratford-upon-Avon				<u>Skype Consults & One2One Skype courses starting NOW</u>
03/04 September	01/02 October	12/13 November	17/18 December	

Buteyko4Asthma Weekend Workshop in Stratford-upon-Avon

- LESSON 1 – individual BY telephone/Skype (following receipt of enrolment form and deposit)
- LESSONS 2 – 5 – Group - Saturday & Sunday morning/afternoon (see Workshop Outline)
- FOLLOW-UP – Individual - follow-up mentoring for 3 weeks

One-2-One courses – for all health conditions –by Skype or FaceTime

Adults - 4 lessons of 1.5 hours over 4 weeks plus 3 weeks intensive follow-up.

LEARN the Buteyko exercises, strategies, and theory. Homework & support in-between lessons. An additional Follow-up package may be recommended.

Children's course - 4 x 1 hour lessons - Arrange appointments to suit your/your child's schedule.

Follow-up/Refresher package –To increase understanding, refresh/enhance knowledge, increase Control Pause, lose symptoms, and improve quality of life. One 1.5 hour lesson plus three 30 mins lessons.

Our breathing re-training is delivered safely and is extremely effective. You will experience benefits from day one. However, Buteyko is not a quick fix. In our experience of teaching over 1700 people, any person with a chronic health condition benefits from ongoing support. Whether you opt for a Weekend Workshop or a One2One course, we customise your home programme. Follow-up is offered by telephone, e-mail or Skype.

Your Investment - payable online, cash or card

One-2-One consultation (1 hour Skype or face-to-face)	£ 85
Adult/child Weekend Workshop (+ 3 weeks follow-up) -	£390
One2One Course – for all conditions	
In Stratford, OR Skype WORLDWIDE	
- Adult	£490
- child	£390
Follow-up/Refresher	£250

Booking conditions:

50% deposit payable on booking a Workshop - 50% payable on start date

Cancellations:

1 month plus – you may transfer your deposit to a Workshop or Skype start date which suits you better

Within 14 days – you will lose your deposit

Venue

Stratford-upon-Avon	Lifeways Health Centre, 30 Albany Road, Stratford –upon-Avon CV37 6PG
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Senior Practitioner - Linda Meads
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