www.Buteyko.co.uk

Buteyko Breathing re-training Courses 2017 2017/04 03.02.2017

Buteyko4Asthma Weekend Workshops

(4 lesson course approx. 10 hours of tutorial)

Stratford-upon-Avon 2017	One2One Buteyko Skype Consultations & online courses starting NOW
18/19 March 22/23 April 27/28 May	

Buteyko4Asthma Weekend Workshop for respiratory conditions **in Stratford-upon-Avon**

- LESSON 1 – Individual BY telephone/Skype (following receipt of enrolment form and deposit)
- LESSONS 2 - 4 – Group Saturday & Sunday morning/afternoon (see Workshop Outline)
- FOLLOW-UP – Individual follow-up/mentoring for 3 weeks

One-2-One course – for all health conditions by Skype or FaceTime -
Arrange appointments to suit your own schedule. LEARN the Buteyko exercises, strategies, and theory

Adults course - 4 lessons of approx. 1.5 hours over 4 weeks, support + 3 weeks intensive follow-up.

Children's course - 4 lessons of approx. 1 hour over 4 weeks, support + 3 weeks intensive follow-up.

Homework given and support in-between the lessons. An additional Follow-up package may be recommended.

Follow-up/Refresher course - increase your Control Pause, lose symptoms and improve quality of life.
one x 1.5 hour lesson plus three 30 minute 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 2000 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

Skype 20 min chat		FREE
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	£550
	- child	£390
Follow-up/Refresher package		£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*

Teaching Venue

Stratford-upon-Avon	Lifeways Health Centre, 30 Albany Road, Stratford –upon-Avon CV37 6PG

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