



## Buteyko Breathing re-training Courses 2017 2017/06 03.06.2017

### Buteyko4Asthma Weekend Workshops (4 lesson course approx. 10 hours of tutorial)

<b>Stratford-upon-Avon 2017</b>			<b>One2One Buteyko Skype Consultations &amp; online courses starting NOW</b>
29/30 July	2/3 September	21/22 October	

#### **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.

#### **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

**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

<b>Skype 20 min chat</b>	FREE
<b>One-2-One consultation</b> (1 hour Skype or face-to-face)	£ 85
<b>Adult/child Weekend Workshop</b> (+ 3 weeks follow-up)	£390
<b>One2One Course – for all conditions</b>	
In Stratford, OR Skype WORLDWIDE - Adult	£550
- child	£390
<b>Follow-up/Refresher package</b>	£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

<b>Stratford-upon-Avon</b>	Lifeways Health Centre, 30 Albany Road, Stratford –upon-Avon CV37 6PG
Senior Practitioner - Linda Meads	59 Albany Rd., Stratford-upon-Avon, Warks. CV37 6PG
Associate - Declan Clark	+44 (0)1789 298290 Skype: Buteyko.Breathing.Centre