



Buteyko4Asthma breathing retraining Workshop: Saturday/Sunday – 12/13 November 2016

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

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

See testimonials page on www.buteyko.co.uk

On this intensive Workshop you'll learn the Buteyko breathing exercises, strategies to normalise your breathing, increase your oxygen levels, and improve quality of life, and a bit of theory. Practised regularly, with commitment, the Buteyko exercises significantly and immediately reduce frequency of asthma attacks. Your quality of life improves, with less need for reliever medication. Your individual programme provides you with significant benefits from Day 1. You are aiming to raise your morning breath-hold time (Control Pause) first to 20 seconds then to 40, maintaining it there for 3/6 months to ensure 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 - by telephone or Skype One2One (following receipt of your completed enrolment form and deposit)

- Breathing assessment, you observe and connect with your breathing pattern.
- 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 10.00 am -12.30 pm

- breathing assessment and Introduction to Dr Buteyko's Method. You set your personal goals
- The effect on the breathing of correct posture and relaxation
- you learn the Reduced Breathing – (RB) and Extended Pause – (EP) exercises
- overview of how respiratory breathing conditions, asthma, COPD, etc. are addressed by Buteyko Method
- recognising early signs of an asthma, panic or HV attack, the difference, and how to STOP an attacks
- review and learning about your asthma medication
- learn and practise the relaxation, CP, and Small BreathHolds exercises – SBH.

Lesson 3 – Saturday 1.30 – 4.00 pm

- practice and refinement of the exercises
- the physiology of respiration. Normal breathing and Chronic Hidden Hyperventilation, disorders of CHVS.
- what is stress? - how to recognise it - the 'fight or flight' response - how stress creates CHVS.
- changing lifestyle habits to improve your health.
- how to speak like the Queen! Talking the Buteyko way.

Lesson 4 – Sunday 10- 30 am – 1.00 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 – STEPS
- you learn and practise a special mind/body continuum BreathWatching technique – (BW)
- 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

- exploration of physical exercise options
- how to integrate your Buteyko practice into daily life: socialising, eating out, work, school, etc.
- a vision of the future, what results to expect from your Buteyko practice
- 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 be provided. At the end of the weekend we will advise and discuss this.