

## FOLLOW-UP/REFRESHER - 2017 PROGRAMME

### ≈ SKYPE or in PERSON

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[www.buteyko.co.uk](http://www.buteyko.co.uk)



### **Follow-up programme – OPTIONAL but strongly recommended!**

As long-term sufferers (now recovered!) from breathing disorders, your Buteyko teachers 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.

The purpose of this Refresher course is to continue the progress you have made during your original Weekend Workshop or Skype course. It consists of one x 1 hour lesson to assess progress, review the Buteyko exercises you are using, along with your health, lifestyle and current medication usage. Following the first lesson homework is given and this is followed by three x 30 minute Skype lessons to review progress you have made in the intervals and to encourage you to continue improving your health with Buteyko.

For the best chance of losing symptoms and regaining health, you are aiming to raise your Morning Control Pause (MCP) to 20 seconds then to 40 and to keep it at 40 seconds for 3/6 months. To achieve their goals most people will need to practice the Buteyko exercises for a minimum of 3 months.

#### **WEEK 1 Lesson 1 - 1 hour**

- Assessment of breathing, medication, symptoms and progress so far.
- The effect on the breathing of nasal breathing, mouth taping, correct posture and relaxation.
- Any issues arising from the Practice.
- Review and practice of Pauses, Reduced Breathing,.
- Design of a set of Buteyko exercises for you.
- Homework is given and arrangements are made for the second lesson within 5 days.

#### **WEEK 1 Lesson 2 - 30 mins**

- Feedback on your homework. Review of and refining of Buteyko exercises done in the past few days.
- Why the Control Pause is important. Why you are aiming for 40 seconds. You set your own goals.
- Managing `flu, chest infections, etc.
- Clearing/cleansing symptoms. How to recognise them and what to do if they occur.
- Homework is given and arrangements made for next weeks lesson.

#### **WEEK 2 Lesson 3 – 30 mins**

- Feedback on your homework, practice and refinement of the exercises
- Clarification on how to avoid triggers/stress. What to avoid and how to manage your response.
- Homework is given and arrangements made for next weeks lesson.

#### **WEEK 3 Lesson 4 – 30 mins**

- Feedback on your homework – looking at your results.
- Covering the Important Points from your course.
- How to safely reduce medication and the Buteyko exercises.
- A vision of the goal. Recovering perfect health through normalising the breathing.

CONGRATULATIONS ! You should know what you are doing now and continue with the exercises and strategies as long as you need to. However - you don't have to go it alone – we are still here for you to contact at any time for inspiration and encouragement. You are also welcome to join any future Buteyko weekend workshops. We hope to hear about your progress and to see you again soon.