



## Buteyko Breathing re-training Courses 2018 2018/01 08.01.2018

### Buteyko4Asthma Weekend Workshops in Stratford-upon-Avon

(4 lesson course - approx. 10 hours of tutorial)

<b>2018</b> 20/21 January    17/18 February    10/11 March 07/08 April    12/13 May    09/10 June    07/08 July	One2One Buteyko Consultations & online courses starting NOW
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#### One-2-One course – for all health conditions - 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 and support are given in-between the lessons. Additional Follow-up package may be recommended.

#### Buteyko4Asthma Weekend Workshop (respiratory conditions only) 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 package

lose symptoms...improve quality of life.

- one x 1.5 hour lesson plus 3 x 45 minute lessons at weekly intervals

Our breathing re-training is extremely effective and delivered safely. You'll experience benefits from day One. However, Buteyko is not a quick fix. In our experience of teaching 2000 people since 2002, those with a chronic health condition benefit 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 by PayPal, or BACS online

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
<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:

- Skype One2One** - payable before the course starts
- Weekend Workshop** - 50% deposit payable on booking a - 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
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Senior Practitioner - Linda Meads  
Associate - Declan Clark

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