



**AsthmaCare UK**

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59 Albany Road, Stratford-upon-Avon, CV37 6PG  
Practitioners: **Linda Meads & Declan Clark (Associate)**  
www.asthmacare.org.uk

**Buteyko breathing re-training Workshops for asthma** & other respiratory conditions - hay-fever, COPD, emphysema, rhinitis, sinusitis, adenoids, polyps, snoring/sleep apnoea, insomnia  
**2012/3** updated 23.01.2012

<p><b>SW London – (Chiswick)</b> 03/ 04 March 26/ 27 May 30 June &amp; 1 July <b>Central London</b> 28/ 29 April 11/ 12 August</p>	<p><b>Stratford-upon-Avon</b> 11/ 12 February 24/ 25 March 05/ 06 May 23/ 24 June 25/ 26 August (Bank Holiday weekend)</p>
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**Introductory talk** – starts at 10 am on the Saturday of the Workshop and lasts for an hour. We aim to answer all your questions so you can make an informed decision about taking a Buteyko course with us to improve your health. **Please drop us an email or call us to confirm you are coming.**

**Weekend Workshop** consists of a preparatory telephone session + 4 learning sessions of 2 hours, Saturday am, Saturday pm, Sunday am, and Sunday pm - See specific **Workshop outlines** for times.

**Skype one-2-one course – for acute or chronic conditions.** Five 1.5 hours lessons - with 6 months follow-up. Sessions are arranged to suit you, the client. **To obtain maximum benefit** from the class or One2One teaching you are encouraged to do homework exercises between the Workshop sessions.

**Ongoing Support and follow-up sessions** Your programme is individually tailored for you. Ongoing support is provided by telephone, e-mail or by appointment.

**Money-back guarantee** – Within 30 days of starting a course, you should experience reduction in symptoms and improvement in key indicators of health. If you don't, you may attend a **FREE** Workshop. Following this Workshop and practising the AsthmaCare programme for a further month, if your condition has still not improved, we will refund your fee. This guarantee applies only to those with **asthma** as other conditions may take a little longer to show improvement.

**Your Investment**

(fees may be paid by cash, cheque or by PayPal)

Consultation	1.5 hour (Skype or face to face)	£ 75
Weekend Workshop	Adult/Child fee	£390
Skype course	One2One	£490

**Venues**

<b>Stratford-upon-Avon</b>	'Lifeways' Health Centre, 30 Albany Road, Stratford-upon-Avon, CV37 6PG
<b>London – SW (Chiswick)</b>	The London Hotel School, 1 Essex Square, London W4 5UJ
<b>London - Central</b>	The Holiday Inn, Carburton Street, London W1W 5EE