

Buteyko Breathing Centre

www.Buteyko.co.uk

Learn to breathe the Buteyko way –

**GET CONTROL - 50% less coughing, wheezing and breathlessness within 2 weeks -
REDUCE DEPENDENCY on medication, improve quality of life!**

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SKYPE ONE-2- ONE COURSE CONTENT

As the Skype course is given on a One2One basis, the following is a guide to what you will learn in a course. The order of subjects will necessarily vary, depending on the needs of the Client. You are aiming to raise your Control Pause to 40 seconds and to keep it there for 3 months. This will ensure you lose symptoms and regain health.

Session 1 -

....Following our receipt of your Registration form and course fee and your receipt of a workbook to record your results to monitor your progress

- individual assessment and brief overview of the Buteyko Method
- check your health using the breath-hold exercise (Control Pause)
- the importance of, and how to maintain, 24 hour nasal breathing, even during sleep!.

Session 2 -

- Introduction to Dr Buteyko's Method, use & development - the clinical trials and benefits then you set personal goals - to reach a Control Pause of 40 seconds
- observe your breathing pattern and the effect on the breathing of correct posture
- learn and practise a special mind/body continuum BreathWatching technique
- overview of medication you may be taking - how to use minimum for maximum effect.
- learn and practise the relaxation, Control Pause, and Small BreathHolds exercises.

Session 3 –

- practice and refinement of the exercises
- learn the Reduced Breathing and Extended Pause exercises
- what is stress? - how to recognise it - the 'fight or flight' response - how stress creates CHVS.
- the difference between normal breathing and Chronic Hidden Hyperventilation, disorders CHVS produces - how Buteyko reduces your symptoms
- recognising early signs of an asthma, panic or HV attack, the difference, how to overcome attacks

Session 4 –

- feedback – we check your results to make sure you are practising correctly.
- You learn and practise learn the Steps exercise
- the effects of food, drink, and triggers such as allergens and stressful events on the body. What to avoid and how to manage your response to triggers.
- how to recognise clearing symptoms - managing 'flu, chest infections, etc.
- changing lifestyle habits to improve your health.

Session 5 -

- feedback - looking at your results so far
- further practice and personalisation of the core exercises
- how to integrate Buteyko into daily life: socialising, eating out, work, school, etc.
- exploration of physical exercise options – how to speak proper! the Buteyko way.
- we summarise the course and you receive a personalised future programme
- 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, support and encouragement on the road to recovery. We commit to giving you as much personal attention as you need to help you achieve your personal health goals.