

# Buteyko Breathing Centre

59 Albany Road, Stratford-upon-Avon, CV37 6PG  
Senior Practitioner: Linda Meads

+44 (0)1789 298290 www.buteyko.co.uk  
Associate Practitioner: Declan Clark

*...offering you Safe and Effective breathing re-training for improved health and longevity*

## Course Enrolment 2015

*Clinical evidence and our experience of teaching Buteyko to over 1500 people indicates that by taking this course you can expect to improve your quality of life in many ways. Within 3 months you can expect to be....*

**NAME**.....

TITLE : Miiss/Ms/Mr/Mrs.....Age.....

Address.....

Town .....Postcode.....

Tel: home ..... work .....

Email .....

Skype address .....

**Please enrol me on a Buteyko Skype one2one course OR Workshop AT**

**VENUE**..... **DATE**.....

**Do you now or have you ever suffered from:**

*Please tick*

- Arthritis
- Asthma
- Anxiety
- Angina
- Depression
- Chronic Fatigue Syndrome
- Chronic Obstructive Pulmonary Disorder
- Diabetes
- Emphysema
- Eczema – Psoriasis - Dermatitis
- Heart Condition or symptoms
- Hypoglycaemia
- Hypertension – high blood pressure
- Hypotension – low blood pressure
- Kidney Disorder or symptoms
- Migraine Headaches
- Panic Attacks
- Thyroid – under-active
- Thyroid – over-active
- Snoring / Sleep Apnoea
- Stress
- 

**What is your most severe health problem?**

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- breathing easily and gently
- sleeping quietly to wake refreshed
- feeling and acting from a calmer state
- SAFELY needing less pills and puffers
- Improving your sports / exercise ability/performance
- feeling increased vitality and well-being
- enjoying eating, better digestion and appetite
- normalising body weight
- experiencing less symptoms of migraines, asthma, allergies, hay-fever, ME/Chronic Fatigue Syndrome, etc.

I understand that this Buteyko Breathing Centre course is a series of lectures and practical training in breathing reconditioning. It does not constitute medical treatment. I agree not to attempt to teach the Buteyko method to others until I have undertaken professional training.

I understand there is no Money Back guarantee on this course.

I agree to modify my prescribed medication only after direct consultation with a medical doctor. If asthmatic, I am aware that my reliever medication be kept handy at all times.

I will agree with Buteyko Breathing Centre which course is an appropriate investment in my current health and confirm relevant course fees and agree to pay the fee which applies to me (before the first lesson of my course).

**Consultation** *Please tick*

- FREE** 20 minute Skype/Call
- 1.5 hour (Skype/ face to face)
- 4 session refresher/follow up

**Workshop**

- Adult /child
- Couple
- Family – 2 adults/ 2 children

**Course** One-to-one

Stratford,/London /Skype

Cheque amount .....or bank transfer ref.....  
OR phone us if you wish to pay by credit card  
Please make cheque(s) payable to Linda Meads

Signature.....Date.....

*Buteyko – to be less breathless - breathe less.....*

*.....gain side-benefits rather than side-effects!*

