

Linda's Background

As the daughter of a medical doctor, and an asthmatic/atopic child, I was given all the latest asthma medications as soon as they were available. My symptoms were under control for years - I avoided fur, feathers and pollen as much as possible and just used anti-histamines & a little reliever medication when necessary. Then in my 40s it all started again - I had three winters with bronchitis & a couple of summers with awful hay-fever - back to childhood illness levels & increased use of reliever medication. For two years, my skin blew up in recurrent episodes of weeping, incredibly itchy & painful urticaria, reaching from my thighs to my forehead.



In January 1999 I suffered my third chest infection of the winter, leading to an asthma attack I couldn't control. After a trip to the A & E (where I was put on nebulisers and hydrocortisone) I was admitted to hospital & kept in for 10 days. What wonderful treatment I received from the Consultants & ward staff - and what a great rest I was able to have - I just hadn't realised how chronically exhausted I'd become. I've now observed this over & over again with asthma sufferers - you just get used to having horrible symptoms - you learn to live with your asthma. Until you learn Buteyko - then you have to learn to live without it!

I left hospital on a large daily dose of inhaled steroids, which I hadn't used since childhood, plus various skin creams, plus steroid & reliever inhalers. This calmed everything down, but it wasn't solving the underlying problem. Having heard good things about Buteyko from some contacts in the US, then from friends in Birmingham (whose children had had wonderful results from a Buteyko course) I did some research into the Method.

The whole Buteyko theory made such sense. It explained why the allopathic medicine couldn't help any asthmatic in the long-term - **I simply had to help myself**. So in April 1999, I took a Buteyko breathing course in London with Alexander Stalmatsky. I watched 30 people improve over a weekend & my own symptoms drastically over the next few weeks, meaning less Ventolin. Since that time I have had absolutely no problems with my skin. The improvements in my energy levels and general health were so amazing that in 2000 I decided to train as a Practitioner. Over the past 16 years, it has been so satisfying to be able to use my own experience of normalising the breathing to help people overcome the same awful symptoms as I had - something good has come out of all that illness!

My Practitioner training was with Russell & Jennifer Stark (from New Zealand, who were trained by Alexander Stalmatsky then set up the Buteyko Institute of Breathing & Health in Australia). This brilliant training course was tough - because it is specifically aimed at teaching & managing the teaching and follow-up of small groups of clients. The course lasted nine months, involving background reading & written assignments, including an intensive month of observation of at least 50 clients. This was followed by supervised teaching, then by an assessment period until the first 50 clients had been taught. Over the next 3 years, I assisted the Starks by arranging courses in the UK & observed practitioner training to students from all over the world.

I have now successfully taught more than 1200 people of all ages and with all degrees of health disorders and helped to train 2 practitioners.

Further Qualifications

I have been a teacher of meditation since 1990, and in partnership with my husband, I run a Centre in the Midlands teaching corporate and private meditation courses. In 1987/88 I spent 2 years in an AyurVedic Clinic co-ordinating patient care and treatments. I am also a Certified Practitioner of the Neuro-Linguistic Programming Technique (NLP), having completed my training with Ian McDermott at International Training Seminars in 2005. I am trained in Callahan Thought Field Therapy (TFT) and use this with individual clients where appropriate.

In 2006, I undertook further Buteyko training in the Netherlands with Masha Antonissen-Kotosouva, a Russian practitioner trained by Dr. Buteyko in Russia in the 1970's. The following year, I undertook a training course in Pranayama Yoga with Swami Ram Dev in Coventry, and gained useful insight and experience in the use of various

pranayama techniques to facilitate healing. Where appropriate I also use these for individual clients, particularly those with Chronic Obstructive Pulmonary Disorder/Emphysema.