

Buteyko Breathing re-training Courses 2019 2019/02 30.01.2019

Buteyko4Asthma Weekend Workshops in Stratford-upon-Avon

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

2019				One2One Buteyko Consultations & online courses starting NOW
02/03 March	30/31 March	27/28 April	18/19 May	

One-2-One course – for all health conditions - Skype , FaceTime or Zoom

Arrange appointments to suit your own schedule. LEARN the Buteyko exercises, strategies, and theory

Adults course - 5 lessons of approx. 1.5 hours over 4 weeks, support + 3 months 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 (for respiratory conditions) 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 over 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)	£420
One2One Course – for all conditions	
In Stratford, OR Skype WORLDWIDE - Adult / child	£525 / £390
Follow-up/Refresher package	£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

Stratford-upon-Avon	'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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