Buteyko Breathing re-training Courses 2019

Weekend Workshops in Stratford-upon-Avon

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One2One Buteyko Consultations & online courses starting NOW

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. An 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 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

- **One-2-One consultation** (1 hour Skype or face-to-face) £85
- **Adult/child Weekend Workshop** £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 and - 50% payable on start date
- **Cancellations:** Within 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