



## Buteyko Skype/Personal One-2-One breathing re-training Course

### KEY TAKEAWAYS from your Buteyko breathing re-training Course

- Improved breathing pattern
- Improved relaxation response
- Reduction in severity of anxiety.
- Improved digestion and ability to enjoy food
- Balancing of metabolism, and normalisation of body weight
- Reduced frequency and elimination of panic attacks
- Improved mood, concentration and cognitive ability
- Reduced reactivity to triggers (stressful events, fur/feathers/pollen or food intolerances)
- Improved ability to physically exercise
- Reduction in frequency and volume of snoring.  
Reduced need for CPAP machine
- Normalisation of sleep patterns - quieter more restful sleep