



www.buteyko.co.uk

Buteyko breathing retraining Workshop: Saturday/Sunday 2019

for Adults and Children (under 16's to be accompanied by a significant adult)

VENUE: 59 Albany Road, Stratford-upon-Avon CV37 6PG

On this Workshop you'll learn the Buteyko breathing exercises, strategies and some Buteyko theory, to normalise your breathing, and increase your oxygen levels. With commitment, what you learn here will significantly reduce frequency of asthma attacks, improving your quality of life, with less need for reliever medication. Your individual programme provides you with significant benefits from Day 1. You are aiming to raise your morning breath-hold time (Control Pause) first to 20 seconds then to 40, maintaining it there for 3/6 months to ensure you lose symptoms and regain health. **NB** The order of subjects may vary, depending on the composition of the class.

Lesson 1 - by telephone or Skype One2One (following receipt of your completed enrolment form and deposit)

- Breathing and health assessment. You observe and connect with your breathing pattern.
- check your health using the breath-hold exercise Control Pause - (CP)
- the importance of mindfulness of your breathing, and how to maintain 24 hour nasal breathing, even during sleep!

Lesson 2 - Saturday 10.00 am - 12.30 pm

- Introduction to the history and process of Dr Buteyko's Method. You set your personal goals
- The effect on the breathing of correct posture and relaxation
- you learn the Reduced Breathing – (RB), and (if appropriate) Extended Pause – (EP) and STEPS exercises
- overview of how respiratory breathing conditions such as asthma and COPD are addressed by Buteyko Method
- recognising early signs of an asthma, panic or HV attack, the difference, and how to STOP an attack
- review of and learning about your asthma medication
- learn and practise the relaxation, CP, and Small BreathHolds exercises – SBH.

Lesson 3 – Saturday 1.30 – 4.00 pm

- practice and refinement of the exercises
- the physiology of respiration. Normal breathing and Chronic Hidden Hyperventilation, disorders of CHVS.
- what is stress? - how to recognise it - the 'fight or flight' response - how stress creates CHVS.
- changing lifestyle habits to improve your health. How the PH balance is affected by your breathing pattern.
- how to speak like the Queen! Talking the Buteyko way.
- exploration of physical exercise options
- how to integrate your Buteyko practice into daily life: socialising, eating out, work, school, etc.
-

Lesson 4 – Sunday 10- 30 am – 1.00 pm

- feedback - looking at your results so far - further practice and personalisation of your Set of exercises
- the effects of food, drink, and triggers on your breathing. What to avoid and how to manage your response
- how to recognise clearing symptoms - managing 'flu, chest infections, etc.
- a vision of the future, what results to expect from your Buteyko practice
- we summarise the course, you receive your future programme and arrangements are made for follow-up.

Follow-up programme – OPTIONAL but strongly recommended!

As long-term sufferers (now recovered!) from breathing disorders, your practitioners understand the importance of follow-up and support on the road to recovery.

We commit to giving you all the personal attention necessary to help you achieve your personal health goals. An optional follow-up package can be provided. At the end of the weekend we will discuss and advise you individually on this.