



**Buteyko Breathing normalisation Courses 2020** 2020/02 25.02.2020

<b>Weekend Workshops</b> in Stratford-upon-Avon	<b>One2One Buteyko</b> Consultations & online courses starting NOW
28/29 March    25/26 April    16/17 May    13/14 June	

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

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 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 30 minute Skype/FaceTime lessons

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

<b>One-2-One consultation</b> (1 hour Skype or face-to-face)	£ 85
<b>Adult/child Weekend Workshop</b>	£420
<b>One2One Course – for all conditions</b>	
In Stratford, OR Skype WORLDWIDE - Adult / child	£525 / £390
<b>Follow-up/Refresher package</b>	£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 lose your deposit*