



Buteyko Breathing normalisation Courses 2021 2021/01 12.02.2021

Online (Zoom) Weekend Workshops from Stratford-upon-Avon		One2One Buteyko online Consultations and courses starting NOW
03/04 April	05/06 June 21/22 August	

One-2-One course – all health conditions. **Face-to-face in Stratford/online** (Skype, Zoom, FaceTime etc)

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

Adults course - 5 lessons of approx. 1.5 hours over 4/5 weeks, support + 3 weeks intensive follow-up.

Children's course - 4 lessons of 1 hour over 4/5 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 online (Zoom) Weekend Workshop - small group (max 5 CPs) online Zoom

- LESSON 1 – Individual on Zoom (by appointment following receipt of enrolment form and deposit)
- LESSONS 2 - 4 – Group Saturday & Sunday morning/afternoon (see Workshop Outline)
- LESSON 5 – Individual on Zoom (by appointment) followed by -up/mentoring for 3 weeks
- FOLLOW-UP – + 3 weeks intensive support

Follow-up/Refresher package - one x 1 hour lesson plus 3 x 30 minute Skype/FaceTime lessons at intervals to suit.

Our breathing re-training is extremely effective and delivered safely. You'll experience benefits from day One. However, Buteyko is not a quick fix. Whether you opt for a Weekend Workshop or a One2One course, we customise your home programme. In our experience of teaching over 2000 people since 2002, those with a chronic health condition will benefit from ongoing support. Follow-up by phone, e-mail or Skype/Zoom.

Your Investment - payable by PayPal, or BACS online

One-2-One consultation (1 hour Skype or face-to-face)	£ 85
Adult/child Weekend Workshop (incl followup)	£425
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 lose your deposit