



## Buteyko Breathing normalisation Courses 2023/24 2023/04 06.09.23

<b>Buteyko4Asthma 2023 Weekend Workshops</b> In Stratford-upon-Avon In person or on Zoom 23/24 September                      25/26 November 2024 20/21 January      16/17 March                      25/26 May	<b>One2One Buteyko online Consultations and courses starting NOW</b>
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**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 Weekend Workshop - small group (max 5 CPs) in Stratford-upon-Avon (or online Zoom)**

- LESSON 1 – Individual on Zoom (by appointment following receipt of enrolment form and deposit)
- LESSONS 2 - 4 – Group Saturday morning/afternoon and Sunday morning (see Workshop Outline)
- LESSON 5 – Individual on Zoom (by appointment)
- FOLLOW-UP – + 4 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 BACS online

<b>One-2-One consultation</b> (1 hour Online or face-to-face)	£ 90
<b>Child Course (incl. follow-up)</b>	£430
<b>Adult Course – for all conditions</b>	
In Stratford, OR online WORLDWIDE - Adult	£550
<b>Follow-up/Refresher package</b>	£275

### **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

Senior Practitioner - Linda Meads  
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