



Buteyko Breathing normalisation Courses 2024 2024/01 09.04.24

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| Buteyko4Asthma 2024 Weekend Workshops In Stratford-upon-Avon In person 29/30 June 27/28 July 31Aug/1 Sept 28/29 September | One2One Buteyko online Consultations and courses starting NOW |
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One-2-One course – all health conditions. **In-person/online** (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 4 CPs) in Stratford-upon-Avon

- 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 1.5 hour lesson + 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

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| One-2-One consultation (1 hour Online or face-to-face) | £ 90 |
| Child Course (incl. follow-up) | £450 |
| Adult Course – for all conditions | |
| In Stratford, OR online WORLDWIDE - Adult | £590 |
| Follow-up/Refresher package | £295 |

Booking conditions:

One2One - payable before the course starts

Weekend Workshop - £90 deposit payable on booking . Balance payable on start date

Cancellations: Within 14 days – you lose your deposit