



## Buteyko Breathing normalisation Courses 2024 2024/02 13.10.24

<b>Buteyko4Asthma Weekend Workshops</b> In Stratford-upon-Avon In person	One2One Buteyko online Consultations and courses starting NOW
2024 23/24 November	
2025 01/02 March 05/06 April 17/18 May	

### 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

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