

## **BUTEYKO ONLINE COURSE OUTLINE – 2025/6**

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This 5 lesson (of approx. 1.5 hours each) Buteyko breathing re-training course is taught on a One2One basis and offered online (via BUTEYKO Zoom, FaceTime or WhatsApp) or in person in Stratford-upon-Avon. The following is a guide, as the order of subjects will necessarily vary, depending on the individual client. Homework exercises are completed in between the lessons. For maximum personal empowerment and the best chance of losing symptoms and regaining health, you are aiming to raise the Morning Control Pause (MCP) to 20 seconds then to 40 and to keep it at 40 seconds for 3/6 months. To achieve their goals most people will need to practise the Buteyko exercises for a minimum of 3 months.

### **WEEK 1 Lesson 1 -**

Following receipt of your Registration form & CHVS symptom checklist

- Observe/connect with your breathing. The effect on the breathing of correct posture and relaxation.
- The importance of, and how to maintain, 24 hour nasal breathing, even during sleep!
- Breathing assessment and introduction to Dr Buteyko's Method. You set your personal goals.
- Check your health using the breath-hold measurement Control Pause - (CP).
- Homework is given to be practised until the next lesson

### **WEEK 2 Lesson 2 -**

- You learn the Relaxed Breathing - (RLB) and, if appropriate, the Extended Pause - (EP), exercises.
- Recognising early signs of an asthma, panic or HV attack, and learning how to overcome attacks.
- What is normal breathing and what is Chronic Hidden Hyperventilation?
- The effect on the breathing of food, drink and triggers. What to avoid & how to manage your response.
- Homework exercises are given to be practised twice a day until the next lesson.

### **WEEK 3 Lesson 3 -**

- Feedback – looking at your results so far – further practice and personalisation of your set of exercises.
- You learn the Reduced Breathing - (RB) and learn and practise the Small Breath Holds exercises – (SBH).
- Overview of dysfunctional breathing conditions; asthma, snoring/sleep apnoea, migraines etc. Review of medication, CPAP machine etc.
- Changing lifestyle habits to improve your health. Exploration of sleep patterns and exercise options.
- Homework strategies and exercises are given to be practised until the next lesson.

### **WEEK 4 Lesson 4 -**

- Feedback – looking at your results so far – further practice and personalisation of your exercises.
- You learn and practise the Steps exercise – (ST), if appropriate.
- How to recognise clearing symptoms - managing 'flu, chest infections, etc.
- Anxiety? Stress? - How to recognise 'Fight or Flight' - how stress contributes to over-breathing pattern (CHVS).
- Homework strategies and exercises are given to be practised until the next lesson

### **WEEK 5 Lesson 5 -**

- Feedback – looking at your results so far – further practice and personalisation of your set of exercises.
- How to speak like the Queen! Speaking the Buteyko way.
- How to integrate Buteyko into daily life: socialising, eating out, work, school, etc.
- We summarise the course, you receive your future programme and arrangements made for follow-up

### **Follow-up programme – OPTIONAL but strongly recommended!**

As long-term sufferers (now recovered!) from breathing disorders, your Buteyko teachers understand the importance of follow-up and support on the road to recovery. We commit to giving you all the personal attention necessary to help you achieve your personal health goals. An optional follow-up package is provided.