

Introduction to Buteyko study day

A complementary self-help breathing technique for people with asthma and breathing problems

Wednesday 16th January 2008, 9.30am–4.00pm

Friends Meeting House

173-177 Euston Road

London NW1 2BJ

(opposite Euston station)

- Explore the relationship between breathing and health •
 - Learn about the core components of Buteyko •
- Find out more about the research basis for this effective technique •
 - Practise the basic breathing techniques of Buteyko •

Speakers

Janet Brindley, whose background is in medical science, is a founding member of the Buteyko Breathing Association and an experienced Buteyko teacher.

Kathryn Godfrey qualified as a nurse and health visitor before becoming interested in breathing therapy. She runs a Buteyko clinic at a complementary health centre in North London.

Cost: £65 per person which includes tea and coffee. Lunch is available in the Friends Meeting House restaurant or at nearby cafes.

This introductory day fulfils one of the entry requirements for the Buteyko teacher training course (MBBA), see www.teachingbuteyko.co.uk.

To book onto this course please contact kg@teachingbuteyko.co.uk for an application form, or call Kathryn Godfrey on 0207 254 5638. Due to the nature of this study day numbers are restricted to 20 participants with places being allocated on a first-come-first-served basis.