Breathe Well -**Buteyko**

Breathe Well is a course in the Buteyko method of breathing, facilitated by leading naturopath Mim Beim.



"The perfect man breathes as if he does not breathe" — Lao Tzu philosopher 6th century BCE

Based on the Buteyko method of breathing, **Breathe Well** corrects the cause of many health concerns, over-breathing or chronic hyperventilation. Through a series of easy techniques, Mim will show you how to change breathing style. Results are noticed very quickly.

If you suffer from:

- snoring
- sleep apnoea
- tight chest or breathlessness
- pins and needles
- poor concentration (brain fog)
- stress
- asthma
- sinusitis
- anxiety
- high blood pressure
- fatique
- · chronic exhaustion
- fibromyalgia
- constipation
- bed wetting
- muscle cramps or spasm
- insomnia
- ADHD

And you experience one or more of the following:

- Breathing through the mouth
- Hearing breathing during rest
- · Sigh regularly
- Regular sniffing
- Irregular breathing
- Taking large breaths prior to talking
- Yawning
- Upper chest movement
- Noticeable breathing movement
- Holding of breath (apnoea)
- Heavy breathing at night
- Wheezing
- Coughing

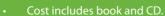
Then you will benefit from doing the course Breathe Well.

Two locations — Bowral & Sydney

- 1.5 hours per week for 5 consecutive weeks
- Perfect for those with insomnia, sleep apnoea, asthma, high blood pressure, ADHD and more
- 100% money back guarantee if your symptoms aren't reduced

Enrolment and payment

5 sessions of 1.5 hours each \$495 per person \$395 Students



- 50% deposit required to secure enrolment.
- Direct deposit details as follows:

ACCT Name: Beaming With Health BSB: 012 140

ACCT No: 3524 79203

Bowral course

Location/Day/Time

Stationmaster's Residence 25 Station St, Bowral Saturdays 1-2.30pm

Dates

Feb 18

Feb 25 (missing Saturday 3rd March)

March 10

March 17

March 24

Sydney course

Location/Day/Time

ACNT College 57 Foveaux St Surry Hills (5 mins from Central Station) Tuesdays 5.45-7.15pm

Dates

March 27*

April 10

April 17

April 24

May 1

May 8

*March 27 is a make-up date for the Week 1 workshop, for those unable to attend April 10 due to Easter.



BEAMING WITH HEALTH

P 0411 748 749

A P.O Box 6228 Kangaroo Valley 2577

E mim@beamingwithhealth.com.au

W www.beamingwithhealth.com.au

To find out if this course is appropriate for you ring Mim on 0411 748 749.