

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
- fatigue
- 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



- Cost includes book and CD.
- 50% deposit required to secure enrolment.
- Direct deposit details as follows:
 - ACCT Name: Beaming With Health
 - BSB: 012 140
 - ACCT No: 3524 79203
- Cheque / credit card facilities also available on request.

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**

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