

Essentials of Healthy Breathing Course:

Breathing is our most essential bodily function. Snoring, sleep apnoea, asthma, hay fever and chronic nasal congestion are just some of the symptoms of dysfunctional breathing. This 2 day course is for health professionals who want to know the signs and symptoms of dysfunctional breathing, how to diagnose it and what to do about it.

Purpose:

- Recognition, diagnosis and assessment of dysfunctional breathing
- Understand the causes of breathing dysfunction
- Become aware of the symptoms of breathing dysfunction
- Learn why a variety of disorders and syndromes can be related to breathing dysfunction
- Become confident to teach breathing awareness to your clients, to make immediate improvements to their health

Who is it for:

- All health practitioners - particularly GPs, dentists, osteopaths, and chiropractors
- Yoga instructors
- Sports physiologists
- Massage therapists
- Personal trainers and professional sports coaches

Attendees at this workshop may choose to go on to become fully qualified Breathing Educators with the Buteyko Institute of Breathing and Health (BIBH) with an affiliated BIBH trainer. BIBH is an ISO 9001 accredited institute.

This workshop will serve as a valuable foundation towards this. Furthermore, it will entitle you to a \$1500 reduced cost to train with an affiliated BIBH trainer.

Cost:

2 day workshop - 14 hours CPD - \$1900

Syllabus

- diagnosis and assessment of dysfunctional breathing
- causes of dysfunctional breathing
- Myths and misconceptions about breathing
- nutritional links to breathing patterns
- the sympathetic nervous system and its effects on breathing patterns
- how dysfunctional breathing can affect multiple organ systems
- snoring and sleep apnoea
- chronic nasal congestion
- nasal polyps
- allergies/hay-fever
- asthma and other respiratory disorders
- adenoid and tonsil enlargement
- states of mind - anxiety / panic disorders and links to breathing patterns
- dental effects
- bruxism and TMD
- postural issues
- live assessment for breathing dysfunction - using your eyes, asking questions, and using various tools to assist and diagnose
- the top 5 things to look for in your patient/ client
- practical tools you can use in your practice
- six things you can do to help your patient/client get immediate relief from breathing related symptoms
- what can you do and when should you refer