



## BUTEYKO COURSES JULY- December 2008

DATES	LOCATION	TIMES
Monday 7 <sup>th</sup> July – Friday 11 <sup>th</sup> July <b>School holiday programme</b>	Buteyko clinic Auckland	11:00 - 12:00 pm 4:00 - 5:00 pm
Monday 21 <sup>st</sup> July – Friday 25 <sup>th</sup> July	Buteyko clinic Auckland	7:00 - 8:30 am 11:00 - 12:30 noon
Friday 8 <sup>th</sup> July – Monday 11 <sup>th</sup> July	Bali Spirit Yoga Studio Ubud, Bali	6:00 - 7:30 pm
Monday 1 <sup>st</sup> Sep – Friday 5 <sup>th</sup> Sep	Wanaka, South Island	4:00 - 5:30 pm 6:00 - 7:30 pm
Monday 8 <sup>th</sup> Sep – Friday 12 <sup>th</sup> Sep	Queenstown, South Island	4:00 - 5:30 pm 6:00 - 7:30 pm
Monday 22 <sup>nd</sup> Sep – Friday 26 <sup>th</sup> Sep	Buteyko clinic Auckland	4:00 - 5:30 pm 6:00 - 7:30 pm
Monday 6 <sup>th</sup> Oct – Friday 10 <sup>th</sup> Oct <b>School holiday programme</b>	Buteyko clinic Auckland	11:00 - 12:00 pm 4:00 - 5:00 pm
Monday 13 <sup>th</sup> Oct – Friday 17 <sup>th</sup> Oct	Buteyko clinic Auckland	4:00 - 5:30 pm 6:00 - 7:30 pm
Monday 3 <sup>rd</sup> Nov– Friday 7 <sup>th</sup> Nov	Newtown Wellington *	4:00 - 5:30 noon 6:00 - 7:30 pm
Monday 10 <sup>th</sup> Nov – Friday 14 <sup>th</sup> Nov	Buteyko clinic Auckland	4:00 - 5:30 noon 6:00 - 7:30 pm
Monday 24 <sup>th</sup> Nov– Friday 28 <sup>th</sup> Nov	Buteyko clinic Auckland	11:00 - 12:30 noon 6:00 - 7:30 pm
Monday 1 <sup>st</sup> Dec – Friday 5 <sup>th</sup> Dec	Buteyko clinic Auckland	4:00 - 5:30 pm 6:00 - 7:30 pm

Auckland courses are held at the Buteyko Breathing Clinic: 20 Arthur Street, Freemans Bay

\* The Wellington course will be held at the Grandstand function room, Newtown Park

For information and bookings email: [info@buteykocourses.com](mailto:info@buteykocourses.com)

Auckland Tel: 09-360 6291

Wellington Tel: 04- 479 3107

Wanaka Tel: 03-443 5240

Bali Tel: 61-361-970 992