



Wellington Buteyko Course and Free Seminar June 2008

Due to the success of the Wellington Buteyko course in May, Glenn White is running a second course from Monday 15th – Friday 19th June. He will also be giving a free seminar on Sunday 14th June from 4:00 - 5:30 pm. Members of the public and health professionals who would like to know more about the Buteyko breathing programme are welcome to attend the seminar.

Free Buteyko Seminar

Sunday 14th June 4:00 - 5:30 pm

In the seminar Glenn will explain how conditions including snoring, sleep apnoea, insomnia, asthma, sinusitis, hay fever and anxiety attacks can be quickly and permanently overcome with the Buteyko breathing programme. The seminar includes practical demonstrations with guidelines for healthy breathing and individual breathing assessments.

Buteyko Breathing Course

Dates: Monday 15th June through Friday 19th June

**Times: 4:00 - 5:30 pm
6:00 - 7:30 pm**

The course will be taught in 90 minute sessions over five consecutive days. You learn breathing exercises and life-style guidelines that will help you overcome asthma, allergies, hay fever, snoring, insomnia, sleep apnoea, panic attacks and many other breathing related conditions. Enjoy restful sleep and greater energy levels. **Learn breathing techniques used by professional athletes to improve performance.**

Unlike other treatments that only address the symptoms Buteyko treats the problem at source by helping to normalise your breathing pattern. Symptoms normally improve within the first week. Snorers and their partners can enjoy **snore free sleep within the first week of the course.** Noses un-block and asthma symptoms improve on the first few days. The exercises are practised daily for six weeks to achieve permanent results.

Medication reduction and safety of the Buteyko Method have been demonstrated in clinical trials both in New Zealand and internationally.

The course comes with a 30 day money-back guarantee.

Seminar and Course Venue

Grandstand Function room, Newtown Park, Roy Street, Newtown (free parking at venue)

For more information contact:

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