



## Skype & App Training Course “Getting Started” £75

The Skype Buteyko Training Course is given on a 1-2-1 basis, the following is a guide to what you will learn in a course.

There may be variations on content and timing depending on the client's needs.

We aim to improve your breathing, reducing chronic hidden hyperventilation and raising your Control Pause (the Buteyko measure of your breathing) by the end of the course. This will ensure your symptoms reduce and you regain better health. Our Skype name is “BUTEYKOMIKE”

Once we have received your completed registration form and course fee & you have downloaded the MyButeyko App for your training on your computer or smart phone you can begin. Three month's follow-up support & monitoring is usually essential to break what is essentially a lifetime's bad breathing habit, you can discuss this with us in Part Five of the course.

### PART ONE

- 1.1 Assessment and brief overview of the Buteyko Method
- 1.2 Check your breathing using the breath-hold test, the Control Pause (CP)
- 1.3 The significance of nose breathing 24 hour nasal breathing, even during sleep!
- 1.4 Setting up the MyButeyko app; download, introduction, completing your profile.

### PART TWO

- 2.1 Introduction to Dr Buteyko's Method- clinical trials and benefits. How to reach a 40sec. CP
- 2.2 Note your breathing pattern and the effect on the breathing of correct posture
- 2.3 Learn and practice relaxation & reduced breathing.
- 2.4 Your medication you are taking – the potential for safe reduction.
- 2.5 Start your exercises with CP, Pulse, RB (relaxed /reduced breathing)
- 2.6 Food and its effect on your breathing, food allergies/intolerances.

### PART THREE

- 3.1 Practice and modification of the exercises to work for you The Mini Pause.
- 3.2 Learn the Reduced Breathing and Extended Pause exercises
- 3.3 The effects of stress - Signs of Stress - The 'fight or flight' response – and CHVS.
- 3.4 The difference between normal breathing and CHVS, disorders CHVS produces - how Buteyko reduces your symptoms
- 3.5 Early warning sign of an asthma, panic or HV attack, the difference, how to overcome attacks
- 3.6 The Anti-hyperventilation Exercises

### PART FOUR

- 4.1 Assessing your progress – we check your results to make sure you are practising correctly.
- 4.2 You learn how to “Talk like the queen” to avoid mouth breathing when talking.
- 4.3 How to recognize clearing symptoms - managing 'flu, chest infections, etc.
- 4.4 Changing lifestyle habits to improve your health.

### PART FIVE

- 5.1 Review of your progress so far.
- 5.2 When you are ill, advice on taking better care of yourself for faster recovery.
- 5.3 Physical exercise, making it safe, an essential element for progress.
- 5.4 Looking ahead, reducing your Buteyko exercises, stopping taping, incorporating the Buteyko Method into your daily life.
- 5.5 Final assessment and your personalized plan for the future including a follow-up programme.

Follow-up programme – Optional but strongly recommended!

We commit to giving you as much personal attention as you need to help you achieve your personal health goals.

The new MyButeyko app makes real time monitoring simple and effective.

MyButeyko App Close Support & Monitoring (30 minutes Skype/tel./email support per month) £25/month

MyButeyko App basic monitoring & text/email support as required £10/month

**You may complete the Registration Form & Course Booking Form below & return it by e-mail or by post to:**

**M.Lingard, TotalHealthMatters, St Bridgets, Rye Road, Hawkhurst, Kent TN18 5DA**

**Tel: contact: +44(0) 1580 752852 e-mail: [info@buteykokent.co.uk](mailto:info@buteykokent.co.uk)**

**Michael Lingard BSc DO BBEC**

**The BBEC is the UK Registration Body for Buteyko Training Visit the site at <http://www.bbecouncil.co.uk>**



## New Format MyButeyko Training Course Registration Form

Forename \_\_\_\_\_ Surname \_\_\_\_\_ Date of birth \_\_\_\_\_

e-mail address: \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postal code \_\_\_\_\_ Phone number: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Mobile number: \_\_\_\_\_

Skype name: \_\_\_\_\_ Medical practitioner \_\_\_\_\_

Your Condition (eg. asthma, emphysema) \_\_\_\_\_ Degree eg, mild) \_\_\_\_\_

Age originally diagnosed \_\_\_\_\_ Regularity of attacks or problem \_\_\_\_\_

Have you ever suffered from any of the following conditions?

Heart problems	High blood pressure	Low blood pressure	High cholesterol
Diabetes	Schizophrenia	Kidney disease	Underactive thyroid
Angina	Overactive thyroid	Migraines	Hypo-glycaemia
Depression	Epilepsy	Fluid retention	Panic attacks
Stroke	Brain damage/trauma	Organ transplant	(Women) Are you pregnant?

What drugs are you allergic to? \_\_\_\_\_

What else besides drugs are you allergic to? \_\_\_\_\_

Please list all the medication you are currently taking, or have taken in the last two months, whether related to breathing problems or not: \_\_\_\_\_

\_\_\_\_\_

Symptoms before the course (Please tick appropriate box) A) Rarely/Never B) Sometimes C) Often D) Very Often

	A	B	C	D		A	B	C	D		A	B	C	D
Shortness of breath					Mouth breathing					Tightness of chest				
Frequent deep breaths					Lack of concentration					Headaches/migraines				
Dizziness					Ringling/buzzing in ears					Insomnia/restless sleep				
Mental fatigue					Trembling & tics					Apathy/depression				
Irritability					Loss of feeling in limbs					Loss of smell				
Fear without reason					Dryness of mouth					Allergies				
Coughing					Deterioration of vision					Itching				
Asthma attacks					Pains in heart region					Muscle pains				
Dry skin/eczema					Painful/irregular periods					Loss of hearing				
Rhinitis/hay fever					Prone to colds/flu etc.					Snoring				
Flashes before eyes					Shuddering in sleep					Pains in bones				
Physical exhaustion					Chest pains					Digestive problems				
Loss of memory					Sudden chilling of limbs					Frequent yawning				
Breathing without pause					Diarrhoea/constipation					Bloated abdomen				
Frequent sighing					Wheezing					Tingling/numb fingers feet				

Continued over.....

## Course Booking Form

I understand that the Buteyko Breathing Reconditioning Program is a series of lectures and training. It does not constitute medical treatment. Furthermore I the undersigned, agree to only modify prescribed medication after consulting with a medical doctor. I also agree that, as I am not a trained Buteyko Educator, I will not attempt to teach other people without written permission of my Buteyko trainer.

Name.....Date.....

Signed.....

If the course participant is under 18 a parent or guardian must sign.

**A parent or guardian must accompany under 18's at all times on the course.**

### Course Fees

#### **New Format Hawkhurst MyButeyko Training Course - Introduction**

This course fee covers full afternoon or evening (3 hours) training, MyButeyko app, workbook if required, telephone /text /email or Skype real-time live support for one week. It is designed to get you started learning the Buteyko Method. See separate information sheet for details of course content. .... **£ 75 (Group)      £125 (1-2-1)**

#### **New Format Hawkhurst MyButeyko Training Course – Completion of Course**

This course fee covers: full afternoon or evening (3 hours), review of your exercises and progress so far, help with any problem areas that may have arisen during your earlier training, more about lifestyle factors and practical advice that will improve your breathing. Get further training modules. Learn more about the warning signs to be aware of and how to help yourself when ill. Re-assessment of your breathing. Updating your health & condition profiles. .... **£75 (Group)      £125 (1-2-1)**

**Post Course MyButeyko Support & Real-time Monitoring** Many students recognize the need for some long-term support and monitoring to break what are often lifetime bad breathing habits. This new MyButeyko service will give e-mail/text/telephone or Skype real-time live support & monitoring using your smartphone or computer. Six months is the minimum recommended. .... **£150**

**Continuing Basic MyButeyko Monitoring** with weekly e-mail or text support & monitoring using your smartphone or computer. Provisional booking \_\_\_\_\_ months at £10 per month **£ \_\_\_\_\_**

#### **Full Standard Buteyko Training Course (Group Sessions)**

This course fee covers workbook, telephone/email support for 12 months, two optional free follow-up sessions, five 90 minutes training sessions, information booklet for your doctor & laminated check list of important points, two free follow-up consultations after the end of the course.

Adult..... **£ 350**

Child/Student..... **£ 250**

Additional family members.....only **£100** each

**Skype Distant Learning Course “Getting Started”..... £75**

**Completion of Skype Training with Three month's Follow-up Support & Real-time Monitoring (This may be extended if needed, see above)..... £75**

### **Payment**

Payment may be made at the start of each course or monitoring period.

Make cheques payable to “Totalhealthmatters” or alternatively payment may be made by cash or credit/debit card.

**A 10% discount** may be deducted if full payment of either the New Format MyButeyko Course & Post Course monitoring (£300 group, £400 1-2-1) or full payment of the Standard Buteyko Training Course (£350) is made at the start of training.

**Special reminder: Please do not eat a large meal just before you come to the classes, although eating a snack, if you want, is fine.**