



The Breath Connection

"Better breathing means better health"



The Breath Connection Training Course

Registration Form

| | | | |
|---------------|--------|-------------|--|
| Forename | | Surname | |
| Email Address | | | |
| Date of Birth | | Occupation | |
| Address | | | |
| Town/City | Region | Postal Code | |

| | |
|----------|--------|
| PhoneNo. | Mobile |
|----------|--------|

| | |
|-------------------------|-----------|
| Medical Practitioner/GP | Telephone |
|-------------------------|-----------|

| |
|------------|
| Skype Name |
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| | |
|---------------------|-----------------------|
| Your Main Condition | Year First Diagnosed? |
|---------------------|-----------------------|

Have you ever suffered from any of the following conditions?

| | | | | | | |
|----------------|---------------------|---------------------|------------------|----------------------|---------------|--------------------|
| Heart problems | High blood pressure | Low blood pressure | High cholesterol | Organ transplant | Panic attacks | Diabetes |
| Schizophrenia | Kidney disease | Underactive thyroid | Angina | Fluid retention | Stroke | Overactive thyroid |
| Migraines | Hypo-glycaemia | Depression | Epilepsy | Brain injury /Trauma | | |

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|---------------------------------------|------------------------------------------------------------------|
| Any other serious condition (specify) | (Women) Are you pregnant or currently trying to become 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:

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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 | | | | | Ringing/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 be sign.
A parent or guardian must accompany under 18's at all times on the course.

Course Fees

Full Training Course (Including Part One, Part Two, & Three Month Support)

Group Sessions: £225 (Less 10% if paid at start £202)

**1-2-1 Sessions: £325 (Less 10% if paid at start £292)
£125 extra per additional family member.
e.g. Husband & wife £450 (Less 10% if paid at start £405)**

**Skype Distant Learning Course "Getting Started..... £75
Completion of Skype Training with Three month's Follow-up Support & Monitoring
..... £75**

Course Overview:

The Breath Connection Training Course - Introduction Part One

This course fee covers full afternoon or evening (3 hours) training, workbook, Doctor's Guide to Buteyko Method, The Breath Connection Book, telephone /text /email or Skype 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)**

The Breath Connection Training Course – Completion Part Two

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 Support & Monitoring Many students recognize the need for some long-term support and monitoring to break what are often lifetime bad breathing habits. This service will give e-mail/text/telephone or Skype support & monitoring. (£25 per month) Three months is the minimum recommended.

..... **£75**

Note: Group is two to five students registered on the same course.

Payment by cash, credit/debit card or cheque payable to "Totalhealthmatters"

To develop clinical research up to 50% reduction may be available if referred by your GP.

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.

Contact: Michael Lingard 0800 781 2534

Email: lingard@ohsoeasy.net

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