

## **The Breath Connection Course News**

There are many ways you can learn to improve your breathing and your general health:

### **DIY**

Download the “MyButeyko App” and follow the training information on the app. £1.99 to open up the full app content.

Pro: Low cost DIY

Con: If you have any problems doing the exercises you don't have any support or training from a qualified Educator. If you have any serious health problem it would be unwise to use a DIY approach.

### **DIY plus Buteyko Educator Support**

As above but you link up with your chosen Buteyko Educator ( Check for a local one on the app) A fee will be charged for such support, ask for details.

Pro: Economic & safer.

Con: A good route if you have no significant health problem but just want to improve your health.

### **Skype**

This is the nearest to a 1-2-1 training that you can achieve over the internet. £150 ( This includes three months support) Less 10% if paid at start £135.

Pro: An excellent training facility if you cannot get to an Educator close by.

Distance is no object, we have trained people at the other side of the world this way.

Con: Although effective nothing replaces face-to-face training on site, especially for complex health problems that need close supervision.

### **The New Format Full MyButeyko Training Programme**

Two three-hour sessions of classroom training, three months support and monitoring in real-time using the MyButeyko App on your smartphone or your computer. A comprehensive and personally tailored course to give the best results as quickly as possible. £ 325 for 1-2-1 or £225 for Group Courses, both less 10% if paid at start, £292 & £202 .

Pro: The best way to learn in a personal & thorough closely monitored programme.

Con: Distance to travel is the only draw back of this route.

### **NEXT COURSES IN HAWKHURST:**

**Friday 7<sup>th</sup> August 3pm to 6pm**

**Thursday 20<sup>th</sup> August 3pm to 6pm**

**Phone for details: Michael Lingard Buteyko Educator 01580 752 852**