

# MIMBEIM BUTEYKO

## A course of Buteyko Breathing with naturopath Mim Beim

Helpful for: asthma, sinus, sleep apnoea, snoring, anxiety, IBS, constipation, diarrhoea, reflux, teeth grinding and TMJ pain. Improve sports performance.

Learn simple techniques that will transform  
your health and life.

Each lesson is a combination of practical breathing  
exercises and theory, where you learn how this life  
changing technique works within the body.

You will be given specific breathing exercises  
according to your symptoms and health needs,  
as prescribed by Mim.



**SYDNEY 202/147 King St**
**3 WEEK - ADULT**

Term	Tuesdays 5pm – 7pm	Wednesdays 8am – 10am	Wednesdays 12pm – 2pm
2	08 May – 29 May	09 May – 30 May	09 May – 30 May
3	21 Aug – 11 Sep	22 Aug – 12 Sep	22 Aug – 12 Sep
4	13 Nov – 04 Dec	14 Nov – 05 Dec	14 Nov – 05 Dec

**BOWRAL 263A Bong Bong St (above Subway)**
**3 WEEK - ADULT**

Term	Saturdays 1.30pm – 3.30pm
2	05 May – 19 May
3	18 Aug – 01 Sep
4	10 Nov – 24 Nov

**WEBINAR**
**3 WEEK - OPEN**

Term	Tuesdays 11.30am – 1.15pm AEST	Wednesdays 6.15pm – 8.00pm AEST
2	08 May – 22 May	09 May – 23 May
3	21 Aug – 04 Sep	22 Aug – 05 Sep
4	13 Nov – 27 Nov	14 Nov – 28 Nov

**BUTEYKO WITH PATRICK MCKEOWN**

Novotel Surfers Paradise

<b>3 DAY ADULT</b>	<b>2 DAY CHILDREN (6-12 yrs)</b>
27 – 29 Oct 2018 11.00am – 12.30pm	30 – 31 Oct 2018 2.15pm – 3.30pm

**PRICES**

<b>3 WEEK</b>		<b>WEBINAR</b>	<b>PATRICK MCKEOWN</b>	
Adult	\$395	Open \$355	Adult	\$270
Concession	\$355		Children	\$180

**ENROL TODAY**

mimbeim.com or 1800 748 749