

BREATHING

The Missing Piece of the Therapeutic Puzzle

Professional 1 Day Course
Presented by MIM BEIM

BREATHING is the most fundamental bodily process, and the breath is often the vital missing piece of the therapeutic puzzle.

Learn how breathing, especially dysfunctional breathing, can affect your health and that of your clients.

Participate in an actual Buteyko class being taught by Mim Beim.

LEARNING OUTCOMES

- Become aware of the signs and symptoms of dysfunctional breathing.
- Gain an appreciation of how breathing works including: anatomy, physiology and biochemistry.
- Learn practical breathing techniques that you will be able to teach your clients and value add to your treatment protocol.
- Develop the ability to prescribe different breathing exercises for specific conditions.

WHO WILL BENEFIT?

Physiotherapists, osteopaths, yoga teachers, massage therapists, GPs, speech pathologists, psychologists, counsellors, chiropractors, personal trainers, dentists, dieticians, naturopaths and nutritionists.

CONDITIONS SUITED TO BREATHING THERAPY

- Anxiety
- Asthma
- Sleep apnoea
- Snoring
- Temporomandibular joint (TMJ) pain
- Bruxism
- Hypertension
- Headaches
- Irritable Bowel Syndrome (IBS)
- Gastro-oesophageal Reflux Disease (GORD)
- Constipation
- Diarrhoea
- Fibromyalgia
- Chronic Fatigue Syndrome (CFS)

MIM BEIM



One of Australia's leading naturopaths, Mim Beim completed Buteyko training in 2011 with leading Buteyko practitioner, Patrick McKeown. Mim has taught the technique to hundreds of people, and continues to be amazed at the effectiveness and simplicity of breathing therapy. **Breathing – The**

Missing Piece to the Therapeutic Puzzle is a blend of Buteyko and other breathing techniques.



MORE INFO

[mimbeim.com/buteyko/
health-professionals](http://mimbeim.com/buteyko/health-professionals)

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As a naturopath I find Buteyko helpful for so many of my patients. Relaxing via the parasympathetic nervous system response, to improving circulation and of course it's a stand out for those with asthma. It is such a great 'value add' part of my practice, and patient numbers have increased since I qualified last year.”

– Joanne, Naturopath Sunshine Coast

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The Buteyko Technique has transformed the way I practice physiotherapy. Improving breathing is an excellent 'way in' to the body, fast tracks other treatment options. I use Buteyko with over 60% of my clients.

– Sandy, Physio Auckland

QUESTIONS?

ring MIM BEIM

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