

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.

Discover the connections between breathing and conditions as diverse as asthma, sleep apnoea, reflux and anxiety.

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, psychologists, counsellors, chiropractors, personal trainers, dentists, dieticians, naturopaths and nutritionists.

Gain CPD points

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.



DATE

Sunday June 24, 2018
10am-5pm

VENUE

Physiocise Willoughby Studio
Suite 14, 77 Penshurst Street
Willoughby, NSW
(Parking at rear)

COST

\$295 (Inc GST)

TO BOOK

mimbeim.com/buteyko/teach

Exclusive offer to

10% off if enrol before

Add voucher code

at checkout.

Places are strictly limited.

FOR MORE INFO

ring MIM BEIM

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or email mim@mimbeim.com