

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
3	21 Aug – 04 Sep	22 Aug – 05 Sep	22 Aug – 05 Sep
4	13 Nov – 27 Nov	14 Nov – 28 Nov	14 Nov – 28 Nov

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

Term	Saturdays 1.30pm – 3.30pm
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

LEARN BUTEYKO FAST... AT SURFERS PARADISE

Novotel Surfers Paradise

3 DAY - ADULT	2 DAY - CHILD (6-12 yrs)
27 – 29 Oct 2018 11.00am – 12.30pm	30 – 31 Oct 2018 9.30am – 10.45am

PRICES

3 WEEK		WEBINAR	SURFERS PARADISE	
Adult	\$395	Open \$355	Adult	\$240
Concession	\$355		Children	\$150

ENROL TODAY
mimbeim.com or 1800 748 749