

MIM BEIM 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.

ENROL TODAY
mimbeim.com or 0411 748 749

SYDNEY 202/147 King St
3 WEEK - ADULT

Term	Tuesdays 5pm – 7pm	Wednesdays 8am – 10am	Wednesdays 12pm – 2pm
1	12 Mar – 26 Mar	13 Mar – 27 Mar	13 Mar – 27 Mar
2	14 May – 28 May	15 May – 29 May	15 May – 29 May
3	06 Aug – 20 Aug	07 Aug – 21 Aug	07 Aug – 21 Aug
4	12 Nov – 26 Nov	13 Nov – 27 Nov	13 Nov – 27 Nov

BOWRAL 263A Bong Bong St
3 WEEK - ADULT
3 WEEK - CHILD

Term	Thursdays 5pm - 7pm	Saturdays 1.15pm – 3.15pm	Saturdays 3.30pm – 4.45pm (with Clair Ingleton)
1	–	09 Mar – 23 Mar	09 Mar – 23 Mar
2	–	11 May – 25 May	11 May – 25 May
3	–	03 Aug – 17 Aug	03 Aug – 17 Aug
4	14 Nov – 28 Nov	09 Nov – 23 Nov	09 Nov – 23 Nov

MELBOURNE North Fitzroy Library
3 DAY - ACCELERATED ADULT

Thu 28 Mar 12pm – 2pm, Fri 29 Mar 12pm – 2pm, Sat 30 Mar 12pm – 2pm

Thu 28 Mar 5pm – 7pm, Fri 29 Mar 5pm – 7pm, Sat 30 Mar 12pm – 2pm

PERTH City of Perth Library
3 DAY - ACCELERATED ADULT

Mon 12 Aug, Tue 13 Aug, Wed 14 Aug 10.30am – 12.30pm

WEBINAR
3 WEEK - OPEN
INTRO TO BUTEYKO (FREE)

Term	Tuesdays 12.45pm – 2.30pm AEST	Wednesdays 6.15pm – 8.00pm AEST	Wednesdays 6pm – 7pm AEST
1	12 Mar – 26 Mar	13 Mar – 26 Mar	6 Mar
2	14 May – 28 May	15 May – 29 May	8 May
3	06 Aug – 20 Aug	07 Aug – 21 Aug	31 Jul
4	12 Nov – 26 Nov	13 Nov – 27 Nov	6 Nov

PRICES

3 WEEK COURSE		3 DAY ACCELERATED	3 WEEK WEBINAR
Adult	\$395	Adult	Open
Concession	\$355	\$355	\$355
Child (under 12 years old)	\$295		

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