



## 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***

The 2-week Adult Buteyko Breathing course is ideal for those who wish to condense the maximum amount of practice and theory into a short amount of time.

Interested to know what Buteyko Breathing is all about?  
Join MIM BEIM in her **FREE** live webinar.

**REGISTER ONLINE**  
[mimbeim.com/buteyko/free-webinar](http://mimbeim.com/buteyko/free-webinar)

## 2-WEEK COURSE FOR ADULTS

Lesson 1 revolves around learning the breathing exercises that will, in effect, retrain your breathing pattern. In a safe hands-on environment, you will be expertly guided by Mim to understand and recognise what sensations you should be experiencing with each exercise.

Lesson 2 is deliberately scheduled one week further on, to allow you time to practice your breathing exercises and experience the benefits. Lesson 2 brings refinement to the exercises, and Mim is on hand to answer all your questions.

	SOUTHERN HIGHLANDS CWA HALL MITTAGONG Winifred West Park, Main St	SYDNEY PHYSIOCISE WILLOUGHBY 14/77 Penshurst St
	Sundays	
Term	Week 1: 11.00am - 5.00pm Week 2: 11.00am - 1.00pm	
1	16 Feb, 23 Feb	8 Mar, 15 Mar
2	17 May, 24 May	21 Jun, 28 Jun
3	9 Aug, 16 Aug	13 Sep, 20 Sep
4	8 Nov, 15 Nov	22 Nov, 29 Nov

## WEBINAR VIA ZOOM 2-WEEK ONLINE COURSE

Term	Tuesday Evenings 10.00am - 12.00pm AEST 6.00pm - 8.00pm AEST	Term	Tuesday Evenings 10.00am - 12.00pm AEST 6.00pm - 8.00pm AEST
1	18 Feb, 25 Feb	3	11 Aug, 18 Aug
2	23 Jun, 30 Jun	4	10 Nov, 17 Nov

## 2-WEEK COURSE FOR CHILDREN

The children's Buteyko course is deliberately 'short and sweet' to maintain the attention of the target audience! The course is delivered using slides, videos and of course practical breathing exercises. Parents/guardians are integral to the class, as homework in the form of breathing exercises will need to be continued to ensure lasting changes. For 7-12 year olds.

	SOUTHERN HIGHLANDS CWA HALL MITTAGONG Winifred West Park, Main St	SYDNEY PHYSIOCISE WILLOUGHBY 14/77 Penshurst St
	Sundays	
Term	9.30am - 10.45am	
1	16 Feb, 23 Feb	8 Mar, 15 Mar
2	17 May, 24 May	21 Jun, 28 Jun
3	9 Aug, 16 Aug	13 Sep, 20 Sep
4	8 Nov, 15 Nov	22 Nov, 29 Nov

## PRICES

ADULT		WEBINAR		CHILD
Adult \$249	Concession \$229	Open \$149	Concession \$129	\$99

**BREATHING RESET** course and **INTRODUCTION TO BUTEYKO BREATHING FREE WEBINAR** are available. Contact MIM or visit website for more info.

## ENROL TODAY

[mimbeim.com/buteyko/learn](http://mimbeim.com/buteyko/learn) or 0411 748 749