

MIM BEIM BREATHING

A COURSE OF BREATHING RETRAINING 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 Breathing Retraining 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 Breathing Retraining is all about?
Join MIM BEIM in her **FREE** live webinar.

REGISTER ONLINE
mimbeim.com/buteyko/free-webinar

BREATHING RETRAINING 2-WEEK COURSE FOR ADULTS (14YO+)

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 DAY 1: 11.00am - 5.00pm DAY 2: 11.00am - 1.00pm	SUNDAYS DAY 1: 11.00am - 5.00pm DAY 2: 11.00am - 1.00pm
1	7 Feb, 14 Feb	21 Feb, 28 Feb
2	2 May, 9 May	16 May, 30 May <i>Day 1 and Day 2 are 2 weeks apart</i>
3	1 Aug, 8 Aug	15 Aug, 22 Aug
4	7 Nov, 14 Nov	21 Nov, 28 Nov
COST: \$249 (\$229 Concession)		

LIVE WEBINAR VIA ZOOM 2-WEEK ONLINE COURSE

Perfect for learning remotely the basics of Breathing Retraining.
MIM is on hand to answer all your questions.

TERM	TUESDAYS 10.00am - 12.00pm AEDT 6.00pm – 8.00pm AEDT	TERM	TUESDAYS 10.00am - 12.00pm AEDT 6.00pm – 8.00pm AEDT
1	16 Feb, 23 Feb	3	17 Aug, 24 Aug
2	4 May, 11 May	4	16 Nov, 23 Nov
COST: \$109 (\$99 Concession)			

BREATHING RESET

Breathing re-set classes are perfect if you need a breathing brush-up, or feel the need to finesse your breathing style. A quick 2 hour class (Lesson 2 of the Buteyko course). Practical review of all breathing exercises. Available only to those who have previously done one of MIM's courses.

	SOUTHERN HIGHLANDS CWA HALL MITTAGONG Winifred West Park, Main St	SYDNEY PHYSIOCISE WILLOUGHBY 14/77 Penshurst St
	SUNDAYS 11am – 1pm	SUNDAYS 11am – 1pm
1	14 Feb	28 Feb
2	9 May	30 May
3	8 Aug	22 Aug
4	14 Nov	28 Nov
COST: \$49 (\$39 Concession)		

2021 COURSE SCHEDULE

OXYGEN ADVANTAGE – SPORTS PERFORMANCE BREATHING

Learn new ways to breathe, combined with specific exercises designed to improve blood chemistry. This results in an increase of oxygen flow to all your body's systems. Increased oxygen means increased endurance, strength, and power. This workshop is suitable for persons of all fitness levels (over 12yo).

	SOUTHERN HIGHLANDS CWA HALL MITTAGONG Winifred West Park, Main St	SYDNEY PHYSIOCISE WILLOUGHBY 14/77 Penshurst St
TERM	SUNDAYS 1.30pm – 4.30pm	SUNDAYS 1.30pm – 4.30pm
1	Sun 14 Feb	Sun 28 Feb
2	Sun 9 May	Sun 30 May
3	Sun 8 Aug	Sun 22 Aug
4	Sun 14 Nov	Sun 28 Nov

COST: \$95 (\$85 Concession)
Pre requisite - Breathing Retraining course

BREATHING RETRAINING 2-WEEK COURSE FOR CHILDREN (7-13YO)

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.

	SOUTHERN HIGHLANDS CWA HALL MITTAGONG Winifred West Park, Main St	SYDNEY PHYSIOCISE WILLOUGHBY 14/77 Penshurst St
TERM	SUNDAYS 9.30am - 10.45am	SUNDAYS 9.30am - 10.45am
1	Sun 7 Feb, Sun 14 Feb	Sun 21 Feb, Sun 28 Feb
2	Sun 2 May, Sun 9 May	Sun 16 May, Sun 30 May <i>Day 1 and Day 2 are 2 weeks apart</i>
3	Sun 1 Aug, Sun 8 Aug	Sun 15 Aug, Sun 22 Aug
4	Sun 7 Nov, Sun 14 Nov	Sun 21 Nov, Sun 28 Nov

COST: \$99

INTRODUCTION TO BREATHING RETRAINING FREE WEBINAR
available. Contact MIM or visit website for more info.



ENROL TODAY:
mimbeim.com/buteyko/learn or 0411 748 749