

Buteyko Clinic International Certificate Training

- Four days intensive training.
- Each morning session – practical. Learn and teach the breathing exercises, facilitated by Mim Beim.
- Each afternoon – theory. Live with Patrick McKeown.
- Adult and children’s course – taught by Mim Beim
- Required reading of articles and presentations in preparation for face to face training – access to an extensive collection of papers, articles and presentations by Patrick McKeown is available upon registration.
- Join Aus & NZ Facebook group for practitioners.
- Free access to bi monthly 2 hour online classes for practical and theoretical Buteyko Method for asthma, sleep issues and anxiety.
- The requirement to complete case studies and exam to achieve certification.
- Upon successful completion of case studies and exam, a certificate in the Buteyko Clinic Method is granted by Buteyko Clinic International.

Buteyko Clinic International Certificate Training Syllabus

- Respiratory physiology
- Optimising oxygen uptake and delivery
- Mouth breathing: physical, mental and emotional consequences
- Examining dysfunctional breathing patterns
- Practical application of the Buteyko method

1. Nose unblocking exercise
 2. Breathe Light (five variations)
 3. Breathe Light physical exercise (two variations)
 4. Walking with breath holds
 5. Steps exercise (three variations)
 6. Breathing recovery
- Contraindications
 - Tailoring exercises to specific people
 - Week to week format to train adults
 - Mouth breathing in children
 - Teaching children & teenagers
 - Week to week format to train children
 - Functioning of autonomic nervous system
 - Breathing and heart rate variability
 - Breathing re-education in sleep
 - Phenotypes of sleep apnea
 - Breathing & TMJ disease
 - Exhaustion, anxiety, panic disorder and breathing