

“Mim’s breathing course should be required learning for the modern day human. I came to help with my anxiety and left learning so much more.”

Edwina

breathe well...

with **MIM BEIM**

one of australia’s leading naturopaths

helpful for: **ASTHMA, SINUS, SNORING,
SLEEP APNOEA, ANXIETY, REFLUX, IBS,
HEADACHES, INSOMNIA, MOUTH
BREATHING, TEETH GRINDING,
SPORTS PERFORMANCE**

MIMBEIM



NATUROPATHY



BREATHING



HERBAL TEAS

breathe well...

with **MIM BEIM**

Mim Beim has practised naturopathy for nearly 35 years. Her breadth of knowledge and experience was recognised in 2017 when she was honoured with the coveted 'Bioceuticals Excellence in Practice' Award. Mim was also awarded a Fellowship to the NHAA Naturopaths and Herbalists Association of Australia, the oldest association of its kind in Australia.

In recent years, Mim has been exploring the influence of breath on our health. She has studied with the world's leading Buteyko Breathing practitioner, Patrick McKeown. Mim is one of Australia's foremost breathing educators helping people overcome conditions including asthma, sleep apnoea, snoring, anxiety, reflux and irritable bowel syndrome. In 2008 Mim was awarded a Fellowship of the BPI (Buteyko Practitioners International).



NATUROPATHY



BREATHING



HERBAL TEAS

“We all take breathing for granted but if you don't pay attention to your breath, no matter how healthy you think you are, if you don't breathe right, you won't feel right. Step into my *breathe better* course and improve the way you feel.”

Mim Beim

breathe well FOR ADULTS

BREATHE WELL course is run over 3 sessions. It is available 4 terms of the year in Sydney, Southern Highlands and online.

1 Session 1: *breathing* BASICS

You can choose to undertake the BREATHING BASICS course as either a 4 hour face-to-face or 2 x 2hr sessions online. This masterclass will restore your body and mind to peak health and performance.

Learn how to recalibrate and re-establish functional breathing patterns and break old habits. You will be guided by Mim Beim in a gentle and safe environment. Discover the principles and physiology of breathing and equip yourself with the knowledge to take control of your breathing health.

2 Session 2: *breathing* SOLUTIONS

The 3 hour BREATHING SOLUTIONS workshop in person or online, is a deep dive into advanced breathing exercises specifically tailored to individual needs. Here you will further refine your breathing to support your particular requirements for peak physical and mental health, and/or improving your sports performance. Mim will integrate naturopathic principles in addition to the breathing techniques providing a holistic health approach.

3 Session 3: *breathing* RESET (online only)

A few weeks after completing the BASICS and SOLUTIONS workshops you will have noticed significant changes to your breathing pattern and many other benefits. This 1.5 hour RESET workshop will reset and focus your breathing to help you adjust to your new and improved breathing pattern and fitness levels. You will be able to streamline and finetune your breathing and have a chance to ask Mim any questions.

breathe well TUNE UP (online only)

BREATHE WELL TUNE UP is available to those who have completed a BREATHE WELL course. It is a stand-alone workshop as well as being session 3 of the BREATHE WELL course (RESET). People like to take the TUNE UP workshop every few months to top up on their breathing skills.

breathe well FOR KIDS

BREATHE WELL course is run over 3 sessions. It is available 4 terms of the year in Sydney, Southern Highlands and online.

Set your child up for a lifetime of breathing well. Dysfunctional breathing patterns increase your child's risk of snoring, sleep apnoea, enlarged tonsils and adenoids, glue ear, poor concentration, compromised academic performance, anxiety, bedwetting, asthma, sinusitis, frequent coughs and colds and dental malocclusion.

1 Session 1: *breathing* BASICS

A parent(s)* or guardian is required to attend SESSION ONE BREATHING BASICS, to prepare to bring the child to session two one week later. It is important you understand the basics of breathing well, and to learn and experience the breathing exercises before your child attends.

You can choose to undertake the BREATHING BASICS course as either a 4 hour face-to-face or 2 x 2hr sessions online. This BREATHING BASICS workshop is a breathing masterclass where you will learn how to recalibrate and re-establish functional breathing patterns and break old habits. Discover the principles and physiology of breathing and equip yourself with the knowledge to help your child breathe well... and along the way improve your own breathing!

Mim will give you suggestions and homework to take home to your child in order to prepare for the following week's workshop where you attend together.

*One or more parents, guardians or family are welcome to attend.

2 Session 2: *breathing* SOLUTIONS

The 1.5 hour BREATHING SOLUTIONS workshop is where you and your child attend together. Mim will teach your child some basic breathing principles and exercises. Mim will ensure your child is doing the exercises properly and will prescribe ongoing exercises.

3 Session 3: *breathing* RESET (online only)

A few weeks after completing SESSION ONE and SESSION TWO with your child, you will have noticed significant changes to your child's breathing pattern and many other benefits. This one hour online class will help to finetune and streamline your child's breathing and have a chance to ask Mim any questions you may have.

“I had read the books but found the course invaluable. A week down and I'm already starting to feel a shift with my breathing. As a chronic asthma sufferer, this is a life changer. Relief and excitement for my health is an understatement.”

Jacqui

SECURE YOUR SPOT

Places are limited, so book your course today.

	In Person	Webinar
<i>breathe well</i> FOR ADULTS	\$365 (conc \$335)	\$285 (conc \$255)
<i>breathe well</i> FOR KIDS	\$335	\$255
<i>breathe well</i> TUNE UP Online only. For those who have previously completed a BREATHE WELL course		\$85 Adults (conc \$55) \$55 Kids

Book at www.mimbeim.com/breathebetter

See following page for dates, times and locations



“Henry and I both learned a huge amount in the kids breathing course. Your teaching methods were perfectly adapted for shorter attention spans and we enjoyed the fun games, videos and practical tips. Your gentle and kind manner also ensured we retained all of your tips too.”

Nicole



We adhere to NSW Government Covid Safe recommendations. Workshop numbers are capped to allow for social distancing. Masks are not mandatory, but may be worn.

2021

<i>term</i> THREE	Southern Highlands	Sydney	Webinar*
<i>breathe well</i> FOR ADULTS			
1 <i>breathing</i> BASICS 4 hours	1 August 10am-2pm	15 August 10am-2pm	3 & 10 August 10am-12 noon OR 6pm-8pm
2 <i>breathing</i> SOLUTIONS 3 hours	8 August 10am-1pm	22 August 10am-1pm	17 August (2 hours) 10am-12pm OR 6pm-8pm
3 <i>breathing</i> RESET 1.5 hours online only			29 August 10am-11.30am OR 31 August 6pm-7.30pm

breathe well FOR KIDS

1 <i>breathing</i> BASICS 4 hours parent(s)/ guardian only	1 August 10am-2pm	15 August 10am-2pm	3 & 10 August 10am-12 noon OR 6pm-8pm
2 <i>breathing</i> SOLUTIONS 1.5 hours parent(s)/ guardian and child	8 August 1.30pm- 3pm	8 August 1.30pm- 3pm	17 August (1 hour) 9am-10am OR 5pm-6pm
3 <i>breathing</i> RESET 1 hour online only parent(s)/guardian and child			29 August 9am-10am OR 31 August 5pm-6pm

breathe well TUNE UP

<i>breathe well</i> TUNE UP ADULTS 1.5 hours online only			29 August 10am-11.30am OR 31 August 6pm-7.30pm
<i>breathe well</i> TUNE UP KIDS 1 hour online only parent(s)/guardian and child			29 August 9am-10am OR 31 August 5pm-6pm

*BREATHING BASICS Webinar is held over 2 weeks. All webinars are recorded. After each session you will be sent a link to the recording. BREATHING RESET Webinar: Regardless if you did a live or online BREATHING BASICS and BREATHING SOLUTIONS stage, you are welcome to attend either Sunday or Tuesday BREATHING RESET (or both if you like!).

2021

<i>term</i> FOUR	Southern Highlands	Sydney	Webinar*
<i>breathe well</i> FOR ADULTS			
<i>breathing</i> BASICS 4 hours	7 November 10am-2pm	21 November 10am-2pm	9 & 16 November 10am-12 noon OR 6pm-8pm
<i>breathing</i> SOLUTIONS 3 hours	14 November 10am-1pm	28 November 10am-1pm	23 November (2 hours) 10am-12pm OR 6pm-8pm
<i>breathing</i> RESET 1.5 hours online only			30 November 6pm-7.30pm OR 5 December 10am-11.30am

breathe well FOR KIDS

<i>breathing</i> BASICS 4 hours parent(s)/ guardian only	7 November 10am-2pm	21 November 10am-2pm	9 & 16 November 10am-12 noon OR 6pm-8pm
<i>breathing</i> SOLUTIONS 1.5 hours parent(s)/ guardian and child	14 November 1.30pm-3pm	28 November 1.30pm-3pm	23 November (1 hour) 9am-10am OR 5pm-6pm
<i>breathing</i> RESET 1 hour online only parent(s)/guardian and child			30 November 5pm-6pm OR 5 December 9am-10am

breathe well TUNE UP

<i>breathe well</i> TUNE UP ADULTS 1.5 hours online only			30 November 6pm-7.30pm OR 5 December 10am-11.30am
<i>breathe well</i> TUNE UP KIDS 1 hour online only parent(s)/guardian and child			30 November 5pm-6pm OR 5 December 9am-10am

WORKSHOP LOCATIONS
See website

2022

<i>term</i> ONE	Southern Highlands	Sydney	Webinar*
<i>breathe well</i> FOR ADULTS			
<i>breathing</i> BASICS 4 hours	20 February 10am-2pm	6 March 10am-2pm	22 Feb & 1 March 10am-12 noon OR 6pm-8pm
<i>breathing</i> SOLUTIONS 3 hours	27 February 10am-1pm	13 March 10am-1pm	8 March (2 hours) 10am-12pm OR 6pm-8pm
<i>breathing</i> RESET 1.5 hours online only			15 March 6pm-7.30pm OR 20 March 10am-11.30am

breathe well FOR KIDS

<i>breathing</i> BASICS 4 hours parent(s)/ guardian only	20 February 10am-2pm	6 March 10am-2pm	22 Feb & 1 March 10am-12 noon OR 6pm-8pm
<i>breathing</i> SOLUTIONS 1.5 hours parent(s)/ guardian and child	27 February 1.30pm- 3pm	13 March 1.30pm- 3pm	8 March (1 hour) 9am-10am OR 5pm-6pm
<i>breathing</i> RESET 1 hour online only parent(s)/guardian and child			15 March 5pm-6pm OR 20 March 9am-10am

breathe well TUNE UP

<i>breathe well</i> TUNE UP ADULTS 1.5 hours online only			15 March 6pm-7.30pm OR 20 March 10am-11.30am
<i>breathe well</i> TUNE UP KIDS 1 hour online only parent(s)/guardian and child			15 March 5pm-6pm OR 20 March 9am-10am



Scan to book or go to
www.mimbeim.com/breathewell

2022

term TWO	Southern Highlands	Sydney	Webinar*
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breathe well FOR ADULTS

1 breathing BASICS 4 hours	8 May 10am-2pm	22 May 10am-2pm	3 & 10 May 10am-12 noon OR 6pm-8pm
2 breathing SOLUTIONS 3 hours	15 May 10am-1pm	29 May 10am-1pm	17 May (2 hours) 10am-12pm OR 6pm-8pm
3 breathing RESET 1.5 hours online only			5 June 10am-11.30am OR 7 June 6pm-7.30pm

breathe well FOR KIDS

1 breathing BASICS 4 hours parent(s)/ guardian only	8 May 10am-2pm	22 May 10am-2pm	3 & 10 May 10am-12 noon OR 6pm-8pm
2 breathing SOLUTIONS 1.5 hours parent(s)/ guardian and child	15 May 1.30pm- 3pm	29 May 1.30pm- 3pm	17 May (1 hour) 9am-10am OR 5pm-6pm
3 breathing RESET 1 hour online only parent(s)/guardian and child			5 June 9am-10am OR 7 June 5pm-6pm

breathe well TUNE UP

breathe well TUNE UP ADULTS 1.5 hours online only			5 June 10am-11.30am OR 7 June 6pm-7.30pm
breathe well TUNE UP KIDS 1 hour online only parent(s)/guardian and child			5 June 9am-10am OR 7 June 5pm-6pm

*BREATHING BASICS Webinar is held over 2 weeks. All webinars are recorded. After each session you will be sent a link to the recording. BREATHING RESET Webinar: Regardless if you did a live or online BREATHING BASICS and BREATHING SOLUTIONS stage, you are welcome to attend either Sunday or Tuesday BREATHING RESET (or both if you like!).

2022

term THREE	Southern Highlands	Sydney	Webinar*
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breathe well FOR ADULTS

breathing BASICS 4 hours	7 August 10am-2pm	21 August 10am-2pm	2 & 9 August 10am-12 noon OR 6pm-8pm
breathing SOLUTIONS 3 hours	14 August 10am-1pm	28 August 10am-1pm	16 August (2 hours) 10am-12pm OR 6pm-8pm
breathing RESET 1.5 hours online only			30 August 6pm-7.30pm OR 4 September 10am-11.30am

breathe well FOR KIDS

breathing BASICS 4 hours parent(s)/ guardian only	7 August 10am-2pm	21 August 10am-2pm	2 & 9 August 10am-12 noon OR 6pm-8pm
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WORKSHOP LOCATIONS
See website

2022

term FOUR	Southern Highlands	Sydney	Webinar*
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breathe well FOR ADULTS

breathing BASICS 4 hours	23 October 10am-2pm	6 November 10am-2pm	18 & 25 October 10am-12 noon OR 6pm-8pm
breathing SOLUTIONS 3 hours	30 October 10am-1pm	13 November 10am-1pm	8 November (2 hours) 10am-12pm OR 6pm-8pm
breathing RESET 1.5 hours online only			15 November 6pm-7.30pm OR 20 November 10am-11.30am

breathe well FOR KIDS

breathing BASICS 4 hours parent(s)/ guardian only	23 October 10am-2pm	6 November 10am-2pm	18 & 25 October 10am-12 noon OR 6pm-8pm
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*breathe
well...*

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