



Breathe Well *new Sydney dates

A course in the Buteyko method of breathing facilitated by leading naturopath Mim Beim
1.5 hours per week for 5 consecutive weeks

THE PERFECT MAN BREATHES AS IF HE DOES NOT BREATHE
Lao Tzu, philosopher, 6th century BCE

If you suffer from

- snoring
- sleep apnoea
- tight chest or breathlessness
- pins and needles
- poor concentration (brain fog)
- stress
- asthma
- sinusitis
- anxiety
- high blood pressure
- fatigue
- chronic exhaustion
- fibromyalgia
- constipation
- bed wetting
- muscle cramps or spasm

Conditions

Snoring
Sleep apnoea
Asthma
Fatigue
Sinusitis
Hayfever
Fibromyalgia
ADHD

Method

Based on the Buteyko method of breathing, Breathe Well corrects the cause of many health concerns, over-breathing or hyperventilation. Through a series of easy techniques, Mim will show you how change breathing style. Results are noticed very quickly.

And you experience one or more of the following:

- Breathing through the mouth
- Hearing breathing during rest
- Sigh regularly
- Regular sniffing
- Irregular breathing
- Taking large breaths prior to talking
- Yawning
- Upper chest movement
- Noticeable breathing movement
- Holding of breath (apnoea)
- Heavy breathing at night

Then you will benefit from doing the course Breathe Well.

Next course begins Feb 2012 – two locations
Bowral (Saturdays) & Sydney (Tuesdays)

Bowral Saturdays 1–2.30pm
Stationmaster's Residence
25 Station St, Bowral
Feb 18
Feb 25
(missing Saturday 3rd March)
March 10
March 17
March 24

Sydney Tuesdays 5.45-7.15pm
ACNT College
57 Foveaux St Surry Hills
March 27*
April 10
April 17
April 24
May 1
May 8
*March 27 is Week 1 for those absent on April 10/ Easter.

5 sessions of 1.5 hours each

\$495 Per person

\$395 Students

Cost includes book and CD

50% deposit required to secure enrolment.

Email mim@beamingwithhealth.com.au or ring 0411 748 749

Banking details ANZ Beaming with Health BSB 012 140

Acct # 352479203 in box 'Buteyko Bowral/Sydney'

Cheques made payable to Beaming with Health. Send to PO BOX 6228 Kangaroo Valley NSW 2577.

★ 100% money-back guarantee if your symptoms aren't reduced ★