



4-5  
AUGUST  
2018

PROGRESSIVE  
PRACTICE

## Advanced Breathing Re-Education with Patrick McKeown

A world leader in breathing exercises for health  
and sport of the Buteyko Clinic

### PATRICK MCKEOWN

DIRECTOR OF EDUCATION AND TRAINING  
OF BUTEYKO CLINIC

BA, MA (TCD), DIP BM (PROF KP BUTEYKO), FBPI, FRSB



SCHOOL OF  
LINGUADONTICS

#### Advanced Breathing Re-Education for Healthcare Professionals

- Identify breathing pattern disorders in your patient population
- Investigate the relationship between breathing, sleep, and craniofacial development
- Perform exercises to decongest the nose
- Teach techniques to help establish nasal breathing
- Deliver breathing retraining guidelines to help restore physiologically normal breathing

#### Course Details:

##### 4th August 2018 (Morning Session)

- Basics of respiratory physiology
- Functions of nasal breathing and detrimental effects of oral breathing on health

##### 4th August 2018 (Afternoon Session)

- Breathing re-education tailored for children and adults
- Practical application of each breathing exercise

##### 5th August 2018 (Morning Session)

- Breathing re-education tailored for children and adults
- Examining the link between BPD and sleep apnea, craniofacial development, asthma, anxiety

##### 5th August (Afternoon Session)

- Detailed format to teach breathing re-education to children and adults
- Motivating patients and measuring progress

#### Lecture Rates:

Regular	SGD1,605
Early Bird	SGD1,391 (before 4th June 2018)
Group Rate	*Group rate available for 3 or more, Please email us for details



#### PATRICK MCKEOWN'S BIO

Director of Education and Training  
of Buteyko Clinic  
BA, MA(TCD), Dip BM (Prof KP Buteyko), FBPI, FRSB


Patrick McKeown is a graduate of Trinity College Dublin. In 2002, Patrick completed his clinical training in the Buteyko Breathing Method at the Buteyko Clinic, Moscow, Russia.

To date, Patrick has worked with over 5,000 clients, trained 400 healthcare professionals from 41 countries, written eight books and produced four DVD sets on addressing breathing pattern disorders.

#### Lecture venue:

Royal Plaza on Scotts  
Ardmore Suite, Level 5, 25 Scotts Road,  
Singapore 228220

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