

BUTEYKO PRACTITIONER TRAINING 2020

Are you interested in becoming one of a select group of Buteyko practitioners in Australia?

The world's leading authority on the Buteyko Method, **Patrick McKeown** with naturopath and Buteyko Educator, **Mim Beim**, will run an exclusive four day training program for an intimate group from **22–25 March 2020 at East Sydney Community and Arts Centre.**

This is your opportunity to be at the forefront of this fast emerging field of natural medicine. Hundreds of thousands of people in the Western world have successfully applied the Buteyko method to resolve and relieve symptoms of breathing problems, coupled with a myriad of health conditions, including:

- Asthma, chronic sinusitis, recurrent respiratory infections
- IBS, constipation, diarrhoea, GORD
- Anxiety
- TMJ, teeth clenching, teeth grinding
- Insomnia, restless sleep
- Headaches, stiff and sore neck and shoulder muscles
- Sleep apnoea, snoring

You will be equipped with the theory that underpins this highly effective breathing technique, namely –

- Relaxing smooth muscle (respiratory tract, GIT, blood vessels)
- Switching on Parasympathetic Nervous System
- Increasing Nitric Oxide
- Improving peripheral circulation
- Improving athletic performance

Course participants will receive an internationally acknowledged Certificate from Buteyko Professionals International, coupled with continued membership.

No Prerequisites required

Earn CPD Points

Who can attend? Anyone! The Buteyko Method is of particular interest to Naturopaths, Nutritionists, Psychologists, Massage Therapists, Osteopaths, Physiotherapists, Dentists, Dental Hygienists and Speech Pathologists.

For further information ring **MIM BEIM 0411 748 749**
or email mim@mimbeim.com



Patrick McKeown



Mim Beim, Facilitator

Date:

22-25 March 2020

Venue:

**East Sydney Community and Arts Centre
Lower Ground Floor
34 Burton St, Darlinghurst NSW 2010**

Cost: **\$1,950**

Places are strictly limited.

To enrol:

www.mimbeim.com/buteyko/practitioner-training

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As a naturopath I find Buteyko helpful for so many of my patients. Relaxing via the parasympathetic nervous system response, to improving circulation and of course it's a stand out for those with asthma. It is such a great 'value add' part of my practice, and patient numbers have increased since I qualified last year.”

– Joanne, Naturopath Sunshine Coast

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The Buteyko Technique has transformed the way I practice physiotherapy. Improving breathing is an excellent 'way in' to the body, fast tracks other treatment options. I use Buteyko with over 60% of my clients.

– Sandy, Physio Auckland

