

Writer's Guidelines for *The Breathing Issue* (revised 16 March 2016)

INTRODUCTION: 'The Breathing Issue' is the quarterly publication of *Buteyko Professionals International*. In that is circulated to Buteyko professionals and other healthcare professionals with an interest in Buteyko, the articles it publishes will include:

- (a) Articles related to the Buteyko method and/or other breathing re-training/re-education methods.
- (b) Articles on pertinent topics in the fields of health, wellbeing, wellness, anxiety and stress management, and sports performance improvement.
- (c) Articles on the business aspects of being a successful Buteyko educator/practitioner.
- (d) Articles related to skill sets that are important in ensuring a Buteyko professional is effective in their work e.g. teaching/training skills, coaching skills, interpersonal/communication skills, and behaviour change skills.
- (e) Articles related to new research findings concerning any of Buteyko's applications
- (f) Book reviews on books about Buteyko or relevant to Buteyko
- (g) News about Buteyko in a particular country or countries

Case histories will not be published.

STYLE: Articles should generally be written in an informal, interesting, and easy to read style. We stress readability and we prefer a reader oriented approach that enables readers to ask and have answers to questions such as: What can this information do for me? How can it help me be a more effective and/or more knowledgeable Buteyko professional?

MANUSCRIPTS: Articles should focus on one topic and stay with that subject until the end. Short articles (450 to 800 words) will be welcome. Feature articles should not exceed 2,000 words (excluding any references provided).

SUBMISSIONS: Completed articles should be submitted to Ana Mahe and me via e-mail.

Ana's e-mail addresses is: info@buteykoclinic.com

Articles should be submitted in WORD format. Please put your full name at the top of your submission.

PHOTOGRAPHS: Only photographs of the author or photos that illustrate a submitted article will be considered.

Please note: There will no payment made for articles published.

Buteyko Professionals International, 16 March 2016