

Patrick McKeown



CERTIFICATE IN THE BUTEYKO METHOD (CertBBM) TRAINING WITH PATRICK MCKEOWN

WHEN: 23-26 JUNE 2022

WHERE: BUTEYKO CLINIC INTERNATIONAL,
LOUGHWELL, MOYCULLEN, CO. GALWAY, IRELAND

DO YOU WANT TO LEARN AN EASY, SCIENTIFIC BREATHING TECHNIQUE DESIGNED TO HELP YOUR CLIENTS ACHIEVE THEIR HEALTH AND WELLNESS GOALS?

After two years of only being able to provide courses online, Patrick McKeown, the world's leading authority on the Buteyko Breathing Method, is facilitating four days of in-person training. The training will occur at Buteyko Clinic International, Co. Galway, in the West of Ireland, from [June 23rd](#) to [June 26th 2022](#), from [9.30 am](#) – [12.30 pm](#) and [2 pm](#) – [5 pm](#) each day.

This is an excellent opportunity to learn and become certified in the Buteyko Breathing Method via in-person training from a leading expert. To date, numerous individuals have incorporated the Buteyko Breathing Method into their daily lives to alleviate and significantly reduce the symptoms of a many health conditions. Additionally, it has been adopted by thousands of health professionals worldwide to enhance their clients' physical and mental health.



The Buteyko Breathing Method can be applied for the following conditions:

- Asthma and Rhinitis
- Respiratory conditions such as Emphysema, COPD, Bronchiectasis
- Anxiety and Panic Disorder
- Sleep issues such as Obstructive Sleep Apnea, Snoring and Insomnia
- Chronic Fatigue Syndrome
- High Blood Pressure
- Migraines
- Hormonal Imbalances, PMS
- Children's Asthma, Sleep Issues, ADHD
- ... and much more!

Course participants will certify as Buteyko Breathing Instructors and be equipped to teach the science of functional breathing with confidence. The training will enable them to practically apply the method to a host of health conditions, and work with clients of varying ages, ranging from children right through to the elderly.



BUTEYKO CLINIC
INTERNATIONAL
Certified Practitioner

By attending this training, you will learn 7 key Buteyko breathing exercises and how to teach them to your clients based on their age and health profile. Completing the program will not only improve your client's health parameters, but you will also join a growing international community of certified instructors from who you can get support.



The training costs €1,250.00 or equivalent in your currency.

This includes a host of learning materials, including books, a complete training manual, lifetime access to the online training portal, and continuous online education following on from the certification. Upon certification, your instructor profile will be added to **www.buteykoclinic.com** for your location.



The first day of training will focus on respiratory physiology, nasal breathing, slow breathing, nitric oxide, and breathing mechanics. Day two will examine dysfunctional breathing patterns and begin the practical application of the Buteyko Breathing Method.

On day three, Patrick will go through guidelines, lifestyle, and how to tailor specific exercises for clients. The final day will focus on mouth breathing in children, recognising oral breathing in children, children's sleep, ADHD, academic performance, and craniofacial development.

CLIENT CLINICS DURING YOUR TRAINING:

On days 3 and 4 of your training, Patrick invites some clients to attend to demonstrate how he teaches the Buteyko Method to both children and adults. You will enjoy observing and learning from Patrick as he teaches clients directly in your presence.

Days 3 and 4 (25th and 26th June) client clinics for children and adults are held at set times during the day as part of your training.



Patrick McKeown is a leading global authority on the Buteyko Breathing Method. He was accredited in 2002 by the method's founder, the late Dr. Konstantin Buteyko. Patrick has trained thousands of clients and instructors. He has also authored and published several books, including three Amazon bestsellers.

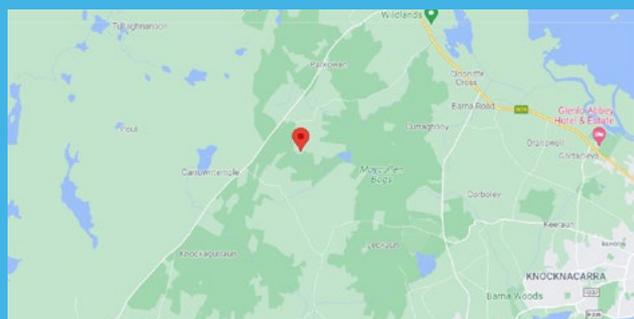


Patrick is regularly invited to speak at dental and respiratory conferences across the globe. He is a Fellow of the Royal Society of Biology and the Academy of Applied Myofunctional Sciences. He has dedicated his life to sharing the Buteyko Breathing Method to help people take control of their health.

WHO CAN ATTEND? *Anyone; however, this breathing technique is usually of particular interest to Nutritionists, Massage Therapists, Physiologists, Physiotherapists, Doctors, Dentists, Dental Hygienists, Psychologists, and various other health professionals.*

For further information, please contact info@buteykoclinic.com

We can advise on accommodation in the area and travel to Ireland.



When: 23-26 June 2022

Where: Buteyko Clinic International, Loughwell, Moycullen, Co. Galway, Ireland

Trainer: Patrick McKeown

Investment: €1250.00

Number of Attendees: Limited to 30 persons