

*Patrick McKeown*



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

WHEN: 24, 25, 26, 27 APRIL 2024

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?

Patrick McKeown, the world's leading authority on the Buteyko Breathing Method, is delivering four days of in-person training at his headquarters in the West of Ireland. The training takes place [from 24 - 27 April 2024, from 9.30am-12.30pm and 2pm - 5pm](#) daily.

This is a unique opportunity to delve into and become certified in the Buteyko Breathing Method through an immersive training with Patrick- leading global breathing expert with over 20 years of teaching experience.

To date, thousands of individuals have incorporated the Buteyko Breathing Method into their daily lives to alleviate and significantly reduce the symptoms of many varied 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 Craniofacial Development
- ... 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.



During this training, you will be taught the complete science of Functional Breathing (breathing physiology in depth and practical application of the Buteyko Method). This includes the complete Buteyko Clinic Breathing Program (7 key breathing exercises and their variations, and application rules for clients with different health profiles) and lifestyle protocols for better breathing. You will have a chance to practice teaching the exercises under Patrick's guidance, and to observe him teaching clients.

### **The training fee is €1,250.00 payable in two steps:**

- 1) A deposit of €500 to reserve your place on the training
- 2) Balance of fee €750 due 4 weeks from the training start date

The training can also be paid in USD (based on exchange rate).

\*Your deposit is fully refundable up to 8 weeks before the training start date should you become unable to attend\*

### **This fee includes:**

- 4 days of in-person training with Patrick McKeown, where he teaches you the complete theoretical and practical application of the Buteyko Method for Certification.
- Lifetime access to a dedicated online training portal which includes all learning materials (videos, presentations, manual, research papers, start teaching tools).
- A 300-page physical copy of the Buteyko Method Instructor Training Manual and Breathing Cure book, samples of Myotape and other breathing products.
- Online exam and case studies guidelines to complete certification after your training.
- Ongoing support from our dedicated team via our Instructors Facebook Group, email and monthly refresher zoom classes with Patrick.
- Your profile listed on our website once certified for future clients.

Join our growing worldwide community of certified instructors today and book your chance to learn directly IN-PERSON with Patrick McKeown!



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 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 [nikki@buteykoclinic.com](mailto:nikki@buteykoclinic.com)  
We can advise on accommodation in the area and travel to Ireland.

**When:** 24-27 April 2024

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

**Trainer:** Patrick McKeown

**Investment:** €1250.00

**Number of Attendees:** Limited to 30  
persons

