

*Patrick McKeown*



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

WHEN: 16, 17, 18 JANUARY 2025

WHERE: LAUDERDALE HOUSE

WATERLOW PARK, HIGHGATE HILL, HIGHGATE HL, LONDON N6 5HG,  
UNITED KINGDOM

### 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 a 3-day in-person training at Lauderdale House in London, UK. The training takes place **from 16-18 January 2025, from 9.30am-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 Method can help your clients overcome some of the most common and debilitating health problems such as:**

- 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!



There is currently huge global interest in breathing. This means there is growing demand for breathing instructors and breath specialists. From well-being to sports, and in the dental, medical, scientific, and therapeutic communities, awareness of breathing re-education is growing. Buteyko breathing exercises deliver results for clients in the first session.

There aren't many disciplines that provide such immediate, positive feedback.

The exercises you will learn are explained alongside relevant scientific research. The method is safe and natural if taught as instructed. In fact, in order to ensure safe and efficient use, only certified instructors can teach the Buteyko Method.

Learn how to apply the techniques with clients whatever their age, health or goals. The breathing method is easy for anyone to successfully integrate into their routine. Improve stress, sleep, energy, focus and nervous system balance along with many other vital health parameters.

### **Your Investment is £1,250.00**

- 1) Places on this training are limited. Full payment of fee is required to secure your place.
- 2) Should you need to cancel your place on the training, a full refund can be claimed up to 16 November 2024, and thereafter we will transfer your fee to one of Patrick's online or future in-person instructor certification trainings.

### **This fee includes:**

- 3 days of immersive training with Patrick McKeown, where he teaches you in person the complete theoretical and practical application of the Buteyko Method.
- Lifetime access to a dedicated online training portal which includes all learning materials (videos, presentations, training manual, research papers, teaching materials).
- 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.

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.

Over the three days training, Patrick will also focus on breathing and childhood development, including addressing oral breathing in children, children's sleep, ADHD, academic performance, and craniofacial development.

## **ABOUT THE VENUE:**

Lauderdale House is an historic house, now run as an arts and education centre, based in Waterlow Park, Highgate in north London, England. The training will take place in the Long Gallery.



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](mailto:info@buteykoclinic.com)

**Please note accommodation and lunches are not included in the training fee**

**When:** 16, 17, 18 January 2025

**Where:** Lauderdale House, Waterlow Park, Highgate Hill, Highgate HI, London N6 5HG, United Kingdom

**Trainer:** Patrick McKeown

**Investment:** £1250.00 GBP

**Number of Attendees:** Limited to 40 persons

