

## DO YOU HAVE DYSFUNCTIONAL BREATHING?

- Can you **hear yourself breathe**?
- Do you ever **breathe through your mouth**?
- Do you **wake with a dry mouth and throat**?
- Do you **snore**?
- Do you **stop breathing in your sleep**?
- Do you **wake up tired**?
- Do you suffer from **asthma**?
- Do you **frequently cough**?
- Do you **frequently clear your throat**?
- Do you often have a **blocked nose**?
- Do you suffer from **hay fever**?
- Do you get **short of breath**?
- Can you feel your **upper chest move**?
- Do you suffer from **reflux**?
- Do you **grind your teeth**?
- Do you suffer **panic attacks** or **anxiety**?

If you answer **yes** to any of the above then Buteyko Breathing technique training may benefit you.

## BOOKINGS & CONTACT

To find out more or to book into the training or information session

Contact Bronwyn:

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[www.chirobron.com](http://www.chirobron.com)



**Bronwyn Lakay**

Chiropractic - Massage - Healing - Wellbeing Workshops

# BUTEYKO BREATHING

For adults and children who suffer from **asthma, hay fever, reflux, anxiety**, and other **dysfunctional breathing habits**.

## TECHNIQUE TRAINING & INFORMATION SESSIONS

with **Bronwyn Lakay**

B.Sc(Hons)., M.Chiro., DRM, DSIT, CBB



**Retrain yourself to breathe for a better life!**

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# BUTEYKO BREATHING

## TECHNIQUE TRAINING & INFORMATION SESSIONS

with **Bronwyn Lakay**

**Buteyko Breathing is a method of breathing re-education for people who have habitual dysfunctional breathing.**

Breathing is innate, but functional breathing may require re-training if bad habits have been adopted. Change takes practise and commitment – you only get out what you put in.

## FOR CHILDREN

**Good nasal breathing habits learned early on with children can be particularly beneficial for their development.**

**Buteyko Breathing can assist children with:**

- Optimal craniofacial development
- Improving bad posture
- Reducing restlessness and lethargy
- Boosting concentration
- Decreasing the incidence of badly formed teeth



Inadvertently, good breathing can also improve physical looks, immunity and energy levels.

## FOR ADULTS

**Breathing re-education for adults can have a positive impact on lifestyle and overall wellbeing.**

**Buteyko Breathing can assist adults with:**

- Improving sleep habits
- Manage respiratory conditions
- Boosting the immune system
- Reducing anxiety
- Improving fitness

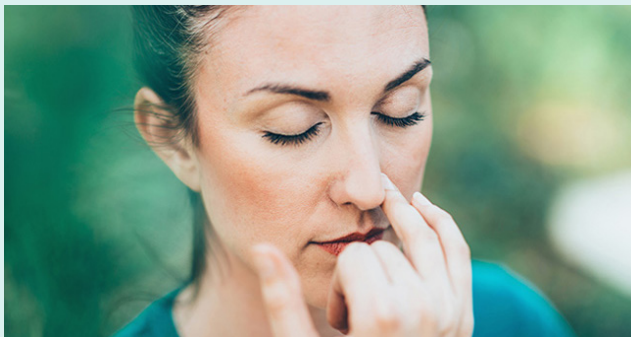


Added benefits may also include stress reduction, maintaining a healthy weight, and exercise promotion.

## BUTEYKO BREATHING INFORMATION SESSION

**1 hour session**

This informative session is an opportunity to find out more about Buteyko breathing and to determine whether you may benefit from breathing re-training sessions.



## CHILDRENS BUTEYKO BREATHING TRAINING

**2 x 1 hour sessions**

This fun, interactive program has been designed for children alongside their parent/guardian – guiding them through relevant exercises that can significantly impact their developmental growth – physically, mentally and emotionally.

Each session is one hour long, on 2 different days to allow time to practise, apply and integrate into daily living.

Parent/guardian attendance and participation is encouraged to ensure that that you know exactly what the kids are experiencing and is for your benefit too!

## ADULTS BUTEYKO BREATHING TRAINING

**4 x 1 hour sessions**

This interactive program has been designed to guide attendees through all the exercises that can be used to re-train your respiratory centre to more natural breathing patterns.

Each session is one hour long, on 4 different days to allow time to practise, apply and integrate into daily living.

Essentially it is likened to breathing “bootcamp”, where you will be guided according to your needs.

It is ideal to complete all four sessions so that you can monitor and assess your progress.