

BUTEYKO BREATHING, LEVEL-1 TRAINING

Time – Ordered Agenda

Day-1

8:30 9:00 (0:30) Introduction to Buteyko Lecture

9:00 10:30 (1:30) Chronic HV Lecture

10:30 10:45 (0:15) Break

10:45 12:15 (1:30) Buteyko exercises-set Lecture, discussion of rationale, and practice

12:15 13:00 (0:45) Lunch

13:00 14:30 (1:30) Respiratory Physiology Lecture

14:30 14:40 (0:10) Break

14:40 15:40 (1:00) Physical exercise and food Lecture

15:40 15:45 (0:05) Break

15:45 16:45 (1:00) More Buteyko exercises Lecture, discussion of rationale, and practice

Day-2

9:00 9:30 (0:30) Buteyko set Practice

9:30 10:30 (1:00) Working with kids Lecture and practice

10:30 10:45 (0:15) Break

10:45 12:00 (1:15) Buteyko exercises review Practice and discussion

12:00 12:30 (0:30) Lunch

12:30 13:45 (1:15) The use of Buteyko principles and techniques in managing upper airway disorders
Lecture

13:45 13:50 (0:05) Break

13:50 15:20 (1:30) Breathing for speaking and singing Lecture

15:20 16:00 (0:40) Breathing for speaking and singing Discussion