

# Buteyko Breathing Clinics

## WELLINGTON SEMINAR

30<sup>th</sup> April 2015



Relieve **SNORING** and **SLEEP APNOEA**  
Stop **ASTHMA** ♦ Reduce **STRESS** ♦ Save your **TEETH**  
Improve **ENERGY** levels, **HEALTH** and **FITNESS**



Presented by **Glenn White**, this seminar is for anyone who wants to:

- Relieve snoring, sleep apnoea or insomnia
- Control asthma naturally
- Alleviate suffering from allergies, hay fever or blocked nose
- Learn breathing techniques to de-stress and overcome anxiety/panic attacks
- Practise correct breathing for Yoga, Pilates, all sports and fitness training

*Also recommended for dental and other health professionals, sports coaches, teachers and all who want to learn simple breathing techniques to improve health.*

*As seen on Campbell Live and TV One's IS MODERN MEDICINE KILLING YOU?*

### SEMINAR DETAILS

**Tawa Recreation Centre**  
**38 Duncan Street, Tawa, Wellington**  
**Thursday 30<sup>th</sup> April, 6:00-7:30pm**

Seminar fee: \$55\*, discount for families

\*Seminar fee is waived for those who book onto the course

**PHONE or EMAIL US** for more information  
or to book your place:

■ **09 360 6291**

■ **info@buteykobreathing.nz**



*Buteyko is a clinically proven, drug-free technique delivering immediate and sustained relief from breathing-related problems in children and adults.*



**www.buteykobreathing.nz**

**A Buteyko Breathing COURSE will be held the following week at the Tawa Recreation Centre:**  
Monday 4<sup>th</sup> – Thursday 7<sup>th</sup> May, 4:00 – 5:30pm OR 6:00 – 7:30pm