



BREATHING SEMINAR & COURSE

WELLINGTON, 21ST OCTOBER 2019

A SEMINAR AND COURSE FOR ANYONE WHO WANTS TO:

- Relieve snoring, sleep apnoea or insomnia
- Improve asthma self-management
- Alleviate suffering from allergies, hay fever or blocked nose
- De-stress and overcome anxiety/panic attacks
- Improve their energy, health and fitness

SEMINAR DETAILS

This 90-minute seminar will be presented by Glenn White of Buteyko Breathing Clinics in collaboration with Asthma New Zealand.

Since 2001, Glenn has helped thousands of adults and children in New Zealand with asthma, allergies, sleep apnoea, stress and many other breathing disorders.

The seminar will include:

- How to alleviate disorders such as asthma, hay fever, snoring, sleep apnoea, anxiety/panic attacks and stress by learning correct breathing techniques
- Techniques and guidelines to start relieving symptoms

Attendees receive a breathing basics guide.

Date/Time: Monday 21st October 2019
6:00pm - 7:30pm

Venue: Asthma Wellington,
Level 1, Salvation Army Building,
125 Johnsonville Rd,
Johnsonville 6037

Seminar Fee: \$25 - All proceeds go to
Asthma New Zealand

A Buteyko Breathing Course will be held at the same time/venue in the week of the Seminar: Tuesday 22nd - Friday 25th October 2019. Course fee \$695 (ask about our early bird discount).

The seminar fee is waived for those who enrol on the course.

In collaboration with:

asthma
NEW ZEALAND

TO BOOK OR FOR MORE INFORMATION CONTACT:

Buteyko Breathing Clinics, Auckland | Phone 09 360 6291 | info@buteykobreathing.nz
Asthma Wellington | Phone 04 237 4520

Click here to book online or go to www.buteykobreathing.nz