



# The Breath Connection

*"Better breathing means better health"*



## The Breath Connection Student Training (Three 2 Hour Sessions)

### Part One: £75pp

1. Welcome & introduction to the Breath Connection Course.  
Check Registration Form. Give out Patient Screening Form for completion during the session & Student Training Modules 1 and 2
2. Brief overview of relationship between Stress, Hyperventilation and Symptoms: The Vicious Circle Diagram
3. Run Video "Hyperventilation 21st Century Epidemic"
4. Discuss Nose Clearing Exercises & reason for nose breathing
5. Take five minutes relaxed breathing while observing the student's breathing patterns, respiratory rate, posture etc.
6. Explanation of the Control Pause & common errors to be avoided.
7. Do first exercise on paper: CP Pulse RB (2 min) Rest (1min) CP Pulse
8. Give practice exercises.

### Part Two: £75pp

1. Review of progress since last session.
2. Run Capnography Assessment and training
3. Discuss results of above.
4. Discuss Reduced Breathing & CP best practice.
5. Full Exercise
6. Give out Student Training Modules 3 & 4
7. Review of the week's work, deal with any problems arising; taping, sleep, relaxation, medication, etc.
8. Give out practice exercises.

### Part Three: £50pp

1. Recap on training covered so far and give out Student Training Modules 5 & 6.
3. When you are ill.
4. Warning signs & "sealing the leaks" recap.
5. Medication and your breathing.
6. Advice given for physical exercise to improve your breathing.
7. When to stop taping
8. When to stop doing training exercises
9. What are the limits to better breathing?
10. The longer term plans for breathing improvement and your health
11. The end of the course & the beginning of continuing support & monitoring.
12. Discuss student future training plan.

Contact: Michael Lingard 01580 752 852

Email: [lingard@ohsoeasy.net](mailto:lingard@ohsoeasy.net)

TotalHealthMatters! St. Bridgets, Rye Road, Hawkhurst, Kent TN18 5DA