



The Breath Connection

"Better breathing means better health"



The Breath Connection Training Course

Registration Form

Forename		Surname	
Email Address			
Date of Birth		Occupation	
Address			
Town/City	Region	Postal Code	

PhoneNo.	Mobile
----------	--------

Medical Practitioner/GP	Telephone
-------------------------	-----------

Skype Name

Your Main Condition	Year First Diagnosed?
---------------------	-----------------------

Have you ever suffered from any of the following conditions?

Heart problems	High blood pressure	Low blood pressure	High cholesterol	Organ transplant	Panic attacks	Diabetes
Schizophrenia	Kidney disease	Underactive thyroid	Angina	Fluid retention	Stroke	Overactive thyroid
Migraines	Hypo-glycaemia	Depression	Epilepsy	Brain injury /Trauma		

Any other serious condition (specify)	(Women) Are you pregnant or currently trying to become pregnant?
What drugs are you allergic to?	What else besides drugs are you allergic to?

Please list all the medication you are currently taking, or have taken in the last two months, whether related to breathing problems or not:

--

Symptoms before the course (Please tick appropriate box) A) Rarely/Never B) Sometimes C) Often D) Very Often

	A	B	C	D		A	B	C	D		A	B	C	D
Shortness of breath					Mouth breathing					Tightness of chest				
Frequent deep breaths					Lack of concentration					Headaches/migraines				
Dizziness					Ringing/buzzing in ears					Insomnia/restless sleep				
Mental fatigue					Trembling & tics					Apathy/depression				
Irritability					Loss of feeling in limbs					Loss of smell				
Fear without reason					Dryness of mouth					Allergies				
Coughing					Deterioration of vision					Itching				
Asthma attacks					Pains in heart region					Muscle pains				
Dry skin/eczema					Painful/irregular periods					Loss of hearing				
Rhinitis/hay fever					Prone to colds/flu etc.					Snoring				
Flashes before eyes					Shuddering in sleep					Pains in bones				
Physical exhaustion					Chest pains					Digestive problems				
Loss of memory					Sudden chilling of limbs					Frequent yawning				
Breathing without pause					Diarrhoea/constipation					Bloated abdomen				
Frequent sighing					Wheezing					Tingling/numb fingers feet				

Continued over.....

Course Booking Form

I understand that the Buteyko Breathing Reconditioning Program is a series of lectures and training. It does not constitute medical treatment. Furthermore I the undersigned, agree to only modify prescribed medication after consulting with a medical doctor. I also agree that, as I am not a trained Buteyko Educator, I will not attempt to teach other people without written permission of my Buteyko trainer.

Name		Date	
------	--	------	--

Signed	
--------	--

If the course participant is under 18 a parent or guardian must be sign.
A parent or guardian must accompany under 18's at all times on the course.

Course Fees

Full Training Course (Including Part One, Part Two, & Three Month Support)

Group Sessions: £225 (Less 10% if paid at start £202)

**1-2-1 Sessions: £325 (Less 10% if paid at start £292)
£125 extra per additional family member.
e.g. Husband & wife £450 (Less 10% if paid at start £405)**

**Skype Distant Learning Course "Getting Started"..... £75
Completion of Skype Training with Three month's Follow-up Support & Monitoring
(This may be extended if needed @ £25 per month).....£75**

Course Overview:

The Breath Connection Training Course - Introduction Part One

This course fee covers full afternoon or evening (3 hours) training, workbook, Doctor's Guide to Buteyko Method, The Breath Connection Book, telephone /text /email or Skype support for one week. It is designed to get you started learning the Buteyko Method. See separate information sheet for details of course content. **£ 75**

(Group) **£125 (1-2-1)**

The Breath Connection Training Course – Completion Part Two

This course fee covers: full afternoon or evening (3 hours), review of your exercises and progress so far, help with any problem areas that may have arisen during your earlier training, more about lifestyle factors and practical advice that will improve your breathing. Get further training modules. Learn more about the warning signs to be aware of and how to help yourself when ill. Re-assessment of your breathing. Updating your health & condition profiles. **£75 (Group) £125 (1-2-1)**

Post Course Support & Monitoring Many students recognize the need for some long-term support and monitoring to break what are often lifetime bad breathing habits. This service will give e-mail/text/telephone or Skype support & monitoring. (£25 per month) Three months is the minimum recommended.

..... **£75**

Note: Group is two to five students registered on the same course.

Payment by cash, credit/debit card or cheque payable to "Totalhealthmatters"

Special reminder: Please do not eat a large meal just before you come to the classes, although eating a snack, if you want, is fine.

Contact: Michael Lingard 0800 781 2534

Email: lingard@ohsoeasy.net

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