

# Buteyko Workshop

for

Sleep Apnea, Snoring, COPD  
Asthma, Allergies, Anxiety,  
Panic Attacks or Fatigue

Are you faced with those challenges ?  
Could the way you're breathing be affecting your health?  
BREATHING should be EASY

Come and learn how to breathe efficiently by using **The Buteyko Method of Breathing**. Buteyko is a physician-developed, clinically-proven breath retraining method. Buteyko uses a series of exercises that can be learned by anyone (children as young as 4 have mastered the technique with dramatic results).

Learn to restore normal breathing patterns so you can use your body's own regulating mechanisms to avoid those symptoms and attacks.

## MORE BENEFITS OF THE BUTEYKO BREATHING METHOD

- Sleep through the night, better rest, breathe easier
- Better performance, mental clarity, focus, memory
- More energy, efficient metabolism encourages weight adjustment
- Reduces stress, aids pain management, detoxifies and cleanses
- Reduces/eliminates need for many drugs

**When: January 28, 29, 30, 31, 2010**

Option1:

Thu 11 am – 1 pm

Fri 11 am – 1 pm

Sa 10 am – 1 pm

Sun 10 am – 1 pm

Option 2:

Thu 6:30 – 8:30 pm

Fri 6:30 – 8:30 pm

Sa... 3 pm – 6 pm

Sun 3 pm – 6 pm

**Where:** Rt 50/Jaguar Trail, Falls Church, VA

**Cost:** \$ 250 - early registration by Jan. 16  
\$ 285 - there after. Family price plans available  
.....\$ 50 nonrefundable deposit to secure your spot

More info on Buteyko:

**Carol Baglia, RRT, CBP**

Certified Buteyko Practitioner

Registered Respiratory  
Therapist

Tel. 1-888-748-8874

[www.correctbreathing.com](http://www.correctbreathing.com)

[www.buteyko.info/](http://www.buteyko.info/)

Contact Petra Tel. 703.698 8806, [petra22042@msn.com](mailto:petra22042@msn.com) for workshop questions

# Registration for Buteyko Workshop

Jan 28 - 31, 2010

Option 1 – early class

Option 2 – late class

Name: \_\_\_\_\_

Phone: day \_\_\_\_\_ evening \_\_\_\_\_

Email: \_\_\_\_\_

Make check out to and send to:  
Petra Riedel-Willems  
7573 Chrisland Cove  
Falls Church, VA 22042

## Did you ever consider that the way you are breathing could be making you sick?

Inhale, exhale is what we do more than anything else with taking over 20,000 breaths a day. There are definite ramifications if breathing is not done correctly, so even though you may be treating your body well by eating a nutritious diet, getting adequate physical activity and sufficient rest, you could still be suffering from ailments, if your breathing is dysfunctional. Breathing is the foundation for all other body systems and if it is out of balance then it compromises the entire body.

**Correct breathing is the most vital component to everyone's health.**

Lately I learned about the Buteyko Method of Breathing to be very successful in teaching a way of breathing that our system readily adapts and keeps using it even when we sleep.

I found **Carol Baglia in Cleveland, OH. a certified and experienced Buteyko Practitioner and Registered Respiratory Therapist who graduated with top honors in her class.** She is one, of a select few such qualified practitioners in the United States, she has the credentials and experience to provide us with the knowledge & training that we need to optimize it.

Carol is really eager to share her expertise, as she is an asthmatic and has learned first hand what life-saving benefits are achieved from breathing

We are fortunate to have her in Falls Church, VA for a

**Buteyko is a physician-developed, clinically-proven, breath retraining program** providing effective techniques and strategies for treating

- **sinus drainage**
- **stuffy nose**
- **chronic cough**
- **chest tightness**
- **snoring**
- **dry mouth**
- **shortness of breath**
- **asthma, allergies**
- **eczema**
- **COPD**
- **sleep apnea**
- **chronic fatigue**
- as well as a variety of stress related conditions such as
  - **panic attacks,**
  - **insomnia,**
  - **hypertension, etc.**

Learn to breath better – be better