



## Aaron Lumsdaine's Breath Power - Buteyko Training Services

Postal Address PO Box 400 SOUTH PERTH 6951 WESTERN AUSTRALIA

Telephone: 61 8 (08) 9316 0193 Facsimile: 61 8 (08) 9316 0193

Mobile: 0404 21 7753 International 61 404 21 7753

Web Site: <http://www.buteyko.com.au> e-mail: [bts@buteyko.com.au](mailto:bts@buteyko.com.au) ABN: 27 002 006 915

*"A method whose time has come - A self generating way of optimising oxygenation to every cell and taking the body from a state of defence & merely existing to truly living by perfecting what you do most - Breathing!"*

# What you will learn by attending a Breath Power - Buteyko Workshop

Hyperventilation, whether hidden or intentional, is defined as a rate and depth of breathing which is too much for the body's need at a particular time.

The effect of hyperventilation is a "blow-off" of carbon dioxide.

Efficient functioning of the body's metabolic processes depends on a specific balance between oxygen and carbon dioxide in the lungs and bloodstream.

The Buteyko technique re-creates this balance by reprogramming the breathing centre.

The Buteyko technique teaches you how to breathe properly - normally - for optimum health.

## How is the technique taught?

The technique is taught by a trained and qualified Buteyko Practitioner, usually in a course conducted for two hours per day over five consecutive days or over a weekend..

## Who can learn?

Children as young as three have been able to learn the technique and adults of advanced years have improved their health substantially.

## How many people in a group workshop?

Dependent on location the Scheduled Workshops range from 3 to 10 people.

## Should I do an Individual Program?

Individual programs can be conducted either at our Head Office or at your home. The main benefits being individual attention and the ability to be more flexible with timings to suit your lifestyle. People with more severe conditions or those with anxiety may prefer this program.

## Participants receive:

- \* Individual assessment of their present and past conditions and symptoms by a qualified Breath Power - Buteyko Breathing Practitioner.
- \* Information on the history, theory & philosophy of the Buteyko Technique.
- \* Guided instruction and practice in Breath Power - Buteyko Breathing exercises, including how to overcome & prevent attacks, symptoms, aches & pains.
- \* Individual breathing exercise regimes.
- \* Information on the effect of diet on breathing.
- \* Information on how to incorporate buteyko breathing with exercise, talking and other tasks.

## Participants regularly report:

- \* Noticeable improvements as early as the first day of the course.
- \* Reduction in pharmaceutical and medical costs.
- \* Greater understanding of their condition.
- \* The ability to monitor their condition accurately and naturally.
- \* Better sleep and improved energy levels.
- \* Improved quality of life.

## Participants leave the course with

- \* A rational theory of how the body functions and why it implements certain defence mechanisms.
- \* Personal goals and targets.
- \* Ways of monitoring and improving their condition.
- \* Control of their health.
- \* Access to phone and e-mail support.
- \* An appointment for a post course assessment.

The results the Technique achieves are simply from the natural physiological changes that occur through the increased ability to absorb oxygen.

## How much does it cost?

Please refer to the "Instructions for application" form which accompanies this letter. Group workshop prices are on the inside left hand page and the individual programs and home visits on the right hand page. Payment plans are also shown. Deposits are required when booking.

For more details phone or email now.



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# Where and how are the programs held

## Types of Programs Offered

### How are the Programs structured?

The programs are structured to cover all aspects of breathing usually in a 10 hour program and include a follow up session either by appointment, telephone or email consultation.

The sports performance program includes an extra four hours of specific training in relation to the type of sport you are involved with or an exercise program you wish to develop.

### Group Workshop Weekday (3 - 10 people)

Scheduled programs at the head office usually commence on a Tuesday.

The most popular times are:

Tuesday 1 - 3 pm or 6.30 - 8.30pm  
Wednesday 1 - 3 pm or 6.30 - 8.30pm  
Thursday 1 - 3 pm or 6.30 - 8.30pm

The following sessions will either be 2x2 hour over the next two weeks or 4 x1 hour sessions over the next four weeks.

Interstate and Overseas usually commence on a Monday and conclude on a Friday. Early bookings can dictate program timings.

### Weekend Workshop (3 - 10 people)

Currently the most commonly attended program. Commencing on a Friday evening for two hours with two, two hour sessions on Saturday & Sunday. Time structures are usually as follows however early bookings can dictate timings

Friday 7 - 9pm  
Saturday 12.30 - 2.30 pm & 4 - 6 pm  
Sunday 11 - 1.00pm & 2.30 - 4.30 pm

### Individual Programs

Structured by mutual arrangement and on clients progression and implementation. Times can start as early as 6am and can conclude by 10pm.

### Home Visits

Structured by mutual arrangement and on clients progression and implementation. Times can start as early as 6am and can conclude by 10pm.

### Sports Performance

Structured by mutual arrangement and on clients progression and implementation. Times can start as early as 6am and can conclude by 10pm.

### How much does it cost?

Please refer to the "Instructions for application" form which accompanies this letter. Group workshop prices are on the inside left hand page and the individual programs and home visits on the right hand page. Payment plans are also shown.

A 25% Deposit is required when booking within Australia and a 50% deposit is required for Overseas bookings.

Pricing is in Australian dollars within Australia and US dollars for overseas.

Refer to the current scheduled programs for specific details at:  
<http://www.buteyko.com.au/product/scheduledworkshops.html>

I will go anywhere.

Start a program in your town by booking now.

For more details phone or email now.



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## What are you doing this weekend?

# I think I'll feel better!

*"I found the program beneficial in the very short period thus far. The concepts are logical and I feel equipped with the skills that I can progress to achieve sporting goals I'd given up on. Certainly for the decrease in pain to my shoulders and neck alone, is well worth it. Many thanks."*

DAVID BALDWIN, CITY BEACH, WA

*"It's amazing that changes in symptoms can be seen after just one session I feel the weekend workshop was great to keep you "on-track", checking in and being motivated to think about your breathing, almost constantly, to improve by the next session, only a few hours away. Thank you for your patience and guidance."*

DEB PETHER, MOSMAN PARK, WA

*"The program filled in many gaps left from having read the book "every breath you take". An interesting and fulfilling seminar."*

KEN PETHER, MOSMAN PARK, WA

*"I was so impressed at how quickly my wife had been able to stop coughing. After having a persistant cough and wheeze for at least the last three years the difference was noticeable after returning from the first session ."*

DANIEL WARD, MANLY, NSW

*"An enlightening exercise into having more control over one's own body and health, completely naturally."*

WENDY HANSEN, SA

*"I really enjoyed the simplicity of the course & the overall improvement I felt in my health. For the first time I could feel my nasal passage as it was so much clearer. I enjoyed the group dynamics & the non-threatening way Aaron facilitated the course."*

INGRID LEWIS, WATERVALE, SA

*"Has been a full programme of ways to learn to change our health and old learned habits from young. It will benefit so many things connected to health & breathing. Aaron is the epitomy of what the course does for everyone."*

MARY H, SA.

## So, what are you doing this weekend?

Most people who attend Aaron Lumsdaine's weekend workshop program report they feel better, have greater energy and are sleeping better.

With over 55 years of research behind this fantastic program you can learn to self oxygenate your body.

In just one weekend you can transform your health and wellbeing by learning skills and techniques that can be integrated into your daily routine for the rest of your life.

Suffer no longer, join the thousands of people who have enriched their health and lifestyle.

Aaron Lumsdaine a highly motivated and enthusiastic presenter with over fourteen years experience travels extensively throughout the world imparting this winning formula for implementing the Breath Power - Buteyko Technique.

Your attendance is required for five two hour sessions scheduled over a weekend program commencing Friday evening and includes a thirty day check-in either by visit, email or telephone.

A deposit is required as program numbers are limited to between five and ten special people depending on location.

Visa, Mastercard, BPAY & PayPal accepted.

For more details phone or email now.



drug-free solutions & lifestyle strategies

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## Instructions for application

### 1 Complete Personal Details

(ie. for yourself and/or other family members)

### 2

**Under the Payment Options, choose the correct program and payment option.**

(please tick the appropriate boxes) Pricing for Australia, NZ, PNG & Indonesia is Australian Dollars all other Countries pricing is in US Dollars.

### 3

**Under the Payment Details, please choose the most appropriate payment method by either:**

- forwarding the initial deposit ( BPAY, cheque/money order or creditcard ) along with the application form to the Central Office as listed, or:
- forwarding the initial deposit and remaining balance of payment to the Central Office.
- or book online at <http://www.buteyko.net.au> and save! Select the appropriate workshop links to the secure server ( BPAY, Credit Card, PayPal )

**NB! If paying by Credit Card your forms can be faxed to the number listed below.**

**If you need further assistance in completing this application contact the Central Office  
ABN Number 27 002 006 915 Price List is inclusive of GST in Australia**

## Central Office Details

### Contact Numbers

Telephone (08) 9316 0193  
International Users 61 8 9316 0193  
Mobile 0404 217753  
International Mobile 61 404 217753

### Postal Address

BUTEYKO TRAINING SERVICES  
PO BOX 400  
SOUTH PERTH 6951  
WESTERN AUSTRALIA

### Fax Number

(08) 9316 0193  
International Users 61 8 9316 0193

### Website

<http://www.buteyko.com.au>

### E-mail

16.2.A.P1

[bts@buteyko.com.au](mailto:bts@buteyko.com.au)

### OFFICE USE ONLY

Reference number:	<input type="text"/>
Workshop type:	<input type="text"/>
Program type:	<input type="text"/>
Payment Details:	<input type="text"/>
Deposit Rcvd:	<input type="text"/>
Date:	<input type="text"/>
Receipt number:	<input type="text"/>
PCA:	<input type="text"/>
Commenced:	<input type="text"/>
Practitioner:	<input type="text"/>
Referred by:	<input type="text"/>
Advertising source:	<input type="text"/>

# Personal Details



16.2A.P2

<b>Client Name</b>	<b>Age</b>	<b>Program type</b>
1. <input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Postal Address</b>	<b>Phone Home</b>	
<input type="text"/>	<input type="text"/>	
<b>Suburb</b>	<b>State</b>	<b>P/code</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Occupation</b>	<b>email</b>	<b>Mobile</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Other Client Names</b>	<b>Age</b>	<b>Program type</b>
2. <input type="text"/>	<input type="text"/>	<input type="text"/>
3. <input type="text"/>	<input type="text"/>	<input type="text"/>
4. <input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Workshop venue &amp; location</b>	<input type="text"/>	

<b>Payment Options</b>	Published workshop program schedule consists of advertised Standard five by two hour sessions over a one week course or 3 two hour session plus three one hour sessions 30 day program
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## Yes!

I wish to enrol in a Scheduled Group  
 Breath Power - Buteyko Technique Reconditioning Program  
 (Bookings received 28 days prior to commencement may receive a further discount on option one)

Select one ↓	Option one	Option two	Option three
<input type="checkbox"/> <b>Per Person</b> Program Booking Deposit \$250. Then select one ⇒	<input type="checkbox"/> Payment on program commencement \$745 (total investment \$995)	<input type="checkbox"/> Payment on commencement \$400, followed by three \$130 fortnightly installments (total \$390) (total investment of \$1035)	<input type="checkbox"/> Payment on commencement \$270, followed by three \$185 monthly installments (total \$555) (total investment of \$1075)
<input type="checkbox"/> <b>Concession</b> Pensioner & Student Program Booking Deposit of \$235.	<input type="checkbox"/> Payment on program commencement \$660 (total investment \$900)	<input type="checkbox"/> Payment on commencement \$360 followed by three \$115 fortnightly installments (total \$345) (total investment of \$940)	<input type="checkbox"/> Payment on commencement \$265 followed by three \$160 monthly installments (total \$480) (total investment of \$980)
<input type="checkbox"/> <b>Special Rate</b> Parent & Child 3-12yr Program Booking Deposit of \$300.	<input type="checkbox"/> Payment on program commencement \$875 (total investment \$1175)	<input type="checkbox"/> Payment on commencement \$450 followed by three \$155 fortnightly installments (total \$425) (total investment of \$1215)	<input type="checkbox"/> Payment on commencement \$285 followed by three \$220 monthly installments (total \$660) (total investment of \$1245)
<input type="checkbox"/> <b>Family Rate</b> 2 people same family Program Booking Deposit of \$375.	<input type="checkbox"/> Payment on program commencement \$1100 (total investment \$1475)	<input type="checkbox"/> Payment on commencement \$380 followed by three \$160 fortnightly installments (total \$480) (total investment of \$1135)	<input type="checkbox"/> Payment on commencement \$355 followed by three \$275 monthly installments (total \$825) (total investment of \$1555)
<input type="checkbox"/> <b>Family Rate</b> 3 people same family Program Booking Deposit of \$450.	<input type="checkbox"/> Payment on program commencement \$1300 (total investment \$1475)	<input type="checkbox"/> Payment on commencement \$650 followed by three \$230 fortnightly installments (total \$690) (total investment of \$1790)	<input type="checkbox"/> Payment on commencement \$510 followed by three \$290 monthly installments (total \$870) (total investment of \$1830)
<input type="checkbox"/> <b>Family Rate</b> 4 People same family Program Booking Deposit of \$500.	<input type="checkbox"/> Payment on program commencement \$1500 (total investment \$2000)	<input type="checkbox"/> Payment on commencement \$790 followed by three \$250 fortnightly installments (total \$750) (total investment of \$2040)	<input type="checkbox"/> Payment on commencement \$605 followed by three \$325 monthly installments (total \$975) (total investment of \$2080)

# Payment Options

Individual programs scheduled to fit your timetable  
3 two hour session plus three one hour sessions 30 day program

## Yes!

I wish to enrol in an Individual  
Breath Power - Buteyko Technique Reconditioning Program.

Select one ↓	Option one	Option two	Option three
<input type="checkbox"/> <b>Individual</b> Program Booking Deposit \$450. Then select one ⇒	<input type="checkbox"/> Payment on program commencement \$1050 (total investment \$1500)	<input type="checkbox"/> Payment on commencement \$445, followed by three \$215 fortnightly installments (total \$645) (total investment of \$1540)	<input type="checkbox"/> Payment on commencement \$320, followed by three \$270 monthly installments (total \$810) (total investment of \$1580)
<input type="checkbox"/> <b>Concession</b> Pensioner & Student Program Booking Deposit of \$400.	<input type="checkbox"/> Payment on program commencement \$950 (total investment \$1350)	<input type="checkbox"/> Payment on commencement \$390, followed by three \$200 fortnightly installments (total \$600) (total investment of \$1390)	<input type="checkbox"/> Payment on commencement \$290, followed by three \$250 monthly installments (total \$750) (total investment of \$1440)
<input type="checkbox"/> <b>Sports</b> Performance Program Booking Deposit of \$500.	<input type="checkbox"/> Payment on program commencement \$1250 (total investment \$1750)	<input type="checkbox"/> Payment on commencement \$540, followed by three \$250 fortnightly installments (total \$750) (total investment of \$1790)	<input type="checkbox"/> Payment on commencement \$430, followed by three \$300 monthly installments (total \$900) (total investment of \$1830)
<input type="checkbox"/> <b>Local Home</b> Visit Program Booking Deposit of \$500.	<input type="checkbox"/> Payment on program commencement \$1250 (total investment \$1750)	<input type="checkbox"/> Payment on commencement \$540, followed by three \$250 fortnightly installments (total \$750) (total investment of \$1790)	<input type="checkbox"/> Payment on commencement \$430, followed by three \$300 monthly installments (total \$900) (total investment of \$1830)

## Other Services

- |  |   |   |  |
|--|---|---|--|
| <input type="checkbox"/> <b>Consultation</b><br>\$110.00 | <input type="checkbox"/> <b>Refresher program</b><br>for past clients \$200 | <input type="checkbox"/> <b>Personal Training</b><br>\$175 per hour | <input type="checkbox"/> <b>Corporate &amp; "Live-in" POA</b><br><input type="checkbox"/> <b>Practitioner Training POA</b> |
|--|---|---|--|

Help us to  
help others!

Organise a group of 4 people anywhere in Australia or 8 people anywhere in the World and we will come to you. Inquire how you can benefit by benefitting others. Phone for our Promotors Package 61 8 93160193

## Payment Details



- Deposit:**  I have used **BPAY** for my **deposit** of \$ \_\_\_\_\_ (Copy emailed to bts@buteyko.com.au).  
 I attach my **cheque** or **money order deposit** for \$ \_\_\_\_\_ (Made payable to Buteyko Training Services).  
 Please charge the deposit of \$ \_\_\_\_\_ to my **credit card** (My credit card details follow).

### Program Commencement Payment:

I wish to pay the program commencement amount of \$ \_\_\_\_\_ by:

- Cheque/Money Order**  **Cash**  **Credit Card** or  **BPAY**

**Please debit my:**  B/Card  M/Card  Visa Biller Code: **20206** Ref: **118 043 934**

Card holder's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Exp date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Card Number

### Options two and three installment payments:

- Direct debit from my bank account.** ( I have completed the attached Authority for Periodical Payments ), the balance of \$ \_\_\_\_\_ to be debited to my account until amount is paid in full.

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