

Buteyko Breathing Educators Association
Buteyko Breathing Educator Training
in San Antonio, TX October 14-26, 2011 \$3500

with Robert Litman

Buteyko Breathing Educator Trainer & founder of Asthma Free Arizona and The Breathable Body

Criteria for this training are as follows:*

1. Completion of a Buteyko workshop (as a client) ideally 1-3 months prior to the training, with an attempt to reach a CP of 35 or better,
2. Completion of readings (list available on request).

***Interested persons are strongly encouraged to contact Robert Litman now** for guidance concerning criteria (some can be completed after the training), payment, and all other questions. BBEA requirements are designed to enable you to get the most out of the training program, raise the credibility of Buteyko practitioners with the medical profession, and ensure your ability to handle emergency situations as a practitioner.

The Buteyko Breathing Educator Training will provide you with the following knowledge, "know-how", and benefits:

- Principles and daily practice of the Buteyko Breathing Method for your own health
- Theory of the Buteyko Method and applications to specific breathing-related disorders
- Anatomy and physiology of respiration and hydration
- History of Doctor Buteyko and his method worldwide
- Medical research into the success of treatment of breathing disorders with the Buteyko method
- Extensive teaching clinics with actual clients, with supervision and feedback
- Practical dynamics of running a private practice; intake and follow-up procedures
- Materials (including PowerPoint) to teach individuals and group classes
- 1-year membership in the BBEA, a source for networking, updates on the latest medical studies, and ongoing learning
- Post-training consultations with Robert Litman on an ongoing and as-needed basis
- Provisional authorization to teach the Buteyko Breathing Method.

Full certification as Buteyko Breathing Educator requires subsequent submission to the instructor of 50 written case studies from the authorized trainee's practice, written exam, live or video evaluation of teaching ability and passed an accredited post-secondary course in Human Physiology which includes relevant Anatomy, Pathophysiology and Bio-chemistry and completed the reading list.

Find the rewards of helping others to breathe well and to be well.

Robert Litman has first-hand experience with the life-changing effects of the Buteyko Breathing Method, as well as over 20 years of practice and teaching in anatomy, movement, and breath work. Based in Tucson, Arizona, he teaches internationally. He brings to his students not just facts and procedures, but the means to embody their knowledge and bring it to life for themselves and their clients.

For content information contact:
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Location: The Center for Life, 12915 Jones Maltsberger Rd, Suite 600, San Antonio, TX 78247

Times: 11 am – 9 pm each day with Thursday, October, 20 off.

Registration: Suzanne Wright Crain swcsprouts@aol.com (210)496-5692