

suzanne wright crain studios, llc

thecosmicbody.com

SAN ANTONIO – SESSION 2

The Buteyko Method of Breathing Retraining

**Asthma, Allergies, Anxiety, Sleep Apnea and Snoring
Controlled**

with Robert Litman

This class focuses on the dynamics and physiology of breathing as well as its importance and function in being and staying healthy. The breath is one of the most important tools we have; its power to intervene and assist with the challenges and pain of everyday life has been known since ancient times. The goal of the Buteyko Method is to help people access that power and use it to make their lives more nourishing, more comfortable, and more breathable. Bring your symptoms—of asthma, anxiety, allergies, snoring, sleep apnea, insomnia, chronic fatigue, fibromyalgia, emphysema, stuffed nose, deviated septa, erratic breathing patterns, shallow breathing, shortness of breath, high blood pressure, forgetfulness, depression, irritability, eczema and angina—and experience how to alleviate them.

The **Buteyko Institute Breathing Method** is a proven, safe and highly effective way to control asthma without drugs. By using this method to regulate your oxygenation and restore normal breathing patterns, you use your body's own regulating mechanism and rather than a drug to avoid an attack. The BIM has also been proven to be highly effective at improving overall sports performance and in controlling exercise-induced asthma. This class is appropriate for anyone age 6 or above wanting to improve their overall quality of health through breathing, as well as those suffering any of the disorders mentioned.



Robert Litman has been teaching in the field of health since 1988 and is a certified Buteyko Breathing Practitioner. He maintains a private practice in movement & breath education in Tucson, Arizona. He served on the faculty of the Departments of Anatomy & Physiology and Movement Education at the Tucson-based Desert Institute of the Healing Arts Massage School for 12 years. He is the founder and director of Asthma Free Arizona, teaching the Buteyko Institute Method of Breathing Retraining and helping people with breathing disorders.

For more information on Buteyko, visit www.thebreathablebody.com

SCHEDULE: October 21 - 25, 2011

HOURS: Weekdays 6:30 - 8:30PM; Saturday & Sunday 3-5 PM

LOCATION: Center for Life, 12915 Jones Maltsberger, Building 600

COST: \$250 New to Buteyko? 2 people for \$199 or alone \$150

Refresher \$99 (retaking the class if you have already had it with Robert)

Bring a friend to repeat the class \$120 (\$60 each)

REGISTRATION: Contact Suzanne Wright Crain , swcsprouts@aol.com,
210.496.5692 or visit thecosmicbody.com

To register contact Suzanne Wright Crain, swcsprouts@aol.com – 210.496.5692

Visit thecosmicbody.com for more information.