

BUTEYKO COURSES & TRAINING MATERIAL

Courses:

Private 121 Courses

By arrangement, basic course fee plus travel and call out charge depending on location.

Group Courses in Hawkhurst

Standard fees

Private Small Group Courses

These can be arranged within 20 miles of Hawkhurst
Fees dependent on number in group and distance.
Please contact us for details & fees.

Self Help:

Home Education Kits

For those who cannot get to a local course, these kits consist of a 45 minute DVD, a Manual, a Workbook, a copy of The Carbon Dioxide Syndrome book and one hour of telephone support.

£95

Carbon Dioxide Syndrome Book by Jenny & Russell Stark **£16**

Course Fees: (£50 deposit and balance by end of course)

Adults	£306
Child	£216
Family	£100 for each additional family member.

Payments over an extended period may be arranged.

What does the Course Fee Cover?

The course, five sessions of 90 minutes with small groups.
Your Buteyko tutor available every day on the telephone during the course.
Refresher workshops if you want to brush up on your technique for twelve months at no extra cost.

Course Workbook

Course Textbook “The Carbon Dioxide Syndrome” by Jenny & Russell Stark.
Follow-up contacts to review progress. There are no hidden charges.

For more information or Course Registration Form
Phone 01580 752 852