

The Art of Breathing - Basics of Healthy Breathing

Improve your own energy and health and enhance your work with clients

One-day workshop for health, fitness and wellness practitioners

This workshop is designed for health and wellness practitioners who are interested in breathing skills to enhance their current modality of practice. Breath work is an essential element of many health practices including yoga, Pilates, fitness training, relaxation training, psychology, counselling (anxious clients) and used in asthma management.

We take for granted our ability to breathe. But we can breathe well, or we can breathe poorly. A dysfunctional breathing pattern underlies many disorders including chronic cough, asthma, snoring, sleep apnoea, anxiety and panic disorder; it is common in children, office workers and athletes; it may well be present in many of the people you work with in your chosen modality.

We need to be aware that a client's dysfunctional breathing can inhibit response to the training/therapy we provide and may underlie an experience of anxiety, dizziness or discomfort during therapy. Understanding the scientific and physiological background to what is happening around breath can enhance the practice of many health and wellness techniques.

Tess Graham, a physiotherapist and breathing educator, presents a powerful and practical workshop to enable health professionals to enhance their work around breath and help their clients to improve their breathing and wellbeing.

This one-day workshop covers

- Basic physiology of breathing
- The mechanical, physiological, psychological and biochemical effects of dysfunctional breathing.
- The connection between dysfunctional breathing habits and issues such as rhinitis, mouth-breathing, snoring, sleep apnoea, neck and shoulder pain, dysfunctional body use, speech problems, insomnia, anxiety, panic attacks, asthma and breathlessness.
- How to identify dysfunctional breathing habits.
- The essential first steps to better breathing.
- Myths and misunderstandings about breathing.
- Application of physiologically normal breathing into modalities such as yoga, Pilates, pulmonary rehabilitation, relaxation and fitness training.

"This excellent course was very thought provoking, underpinned with evidence and gave us the ability to quickly apply to practice." WH Physiotherapist UK

"I am long-time yoga practitioner and teacher. I found Tess Graham's workshop invaluable, firstly, for learning what normal, healthy breathing actually is - it is quite different to the assumptions most of us hold with great confidence. Secondly, coming to understand using clear science how each breath we take influences all of our physiological processes, empowers us to develop better overall health. Changes to our wellbeing and that of our clients can occur rapidly." - Sunshine Coast yoga teacher.

This workshop will enable you to

- Monitor and improve your own breathing
- Enhance your work around breath
- Integrate optimal breathing practices into the therapy/training you deliver
- Teach clients strategies to help them breathe better, sleep better and perform better

Workshop Leader



Tess Graham (BSc, Post Grad Dip Physiotherapy, Dip BM) has devoted over 20 years to breathing retraining, uncovering the essential principles of good breathing and applying them in the

simplest way to achieve extraordinary outcomes. She has the highly-regarded diploma in the Buteyko breathing method from Moscow and is author of the book, *Relief from Snoring and Sleep Apnoea* (Penguin 2012). Tess is a specialist in both the science and art of breathing.

Date and time: TBA 9am – 4.30pm

Location: TBA

Fee: \$250 (\$210 early bird)

\$295 (\$255 early bird) with 90-min Skype follow-up

For info on next workshop: admin@BreatheAbility.com

CPD: This workshop adheres to ANTA guidelines for Continuing Professional Development accreditation. 6 CPD points.

COURSE FEEDBACK

"If you ever thought that better breathing meant a greater intake of oxygen then you need to attend Tess Graham's Better Breathing workshop and learn to breath smarter. Such a fantastic and interesting workshop full of information & practical exercises".

A.N. Myotherapist Melbourne

"This excellent course was very thought provoking, underpinned with evidence and gave us the ability to quickly apply to practice."

WH Physiotherapist UK

"A fantastic and informative course delivered perfectly."

Sally Mason Myotherapist Melbourne

"All health professionals should become educated in the optimal physiology of breathing, it is so critical. A brilliant way to receive this information is through the programs offered by Tess Graham. She is an expert in this field and delivers the information with clarity and a conviction that is only achieved by extensive education and involvement in research and years of practical experience."

Robert Granter Director Australasian College of Soft Tissue Therapy

"Understanding the physiology of breathing allowed me to adapt the breathing instructions during my Pilates classes. The result for me as the teacher was elimination of my asthma symptoms; for my students it was a greater ease and enjoyment in class."

Laura Kavanagh - ithrive Pilates Canberra.