

## Normal Breathing: Facts, Myths and Therapeutic Effects

A seminar on the principles of optimal physiological breathing and practices that help or hinder it



We take for granted our ability to breathe. But we can breathe well, or we can breathe poorly.

Breathing dysfunction is widespread in our community, affecting the health and wellbeing of countless men, women and children. Its detrimental effects are well recognised as contributing to asthma, allergic rhinitis, snoring, sleep apnoea and anxiety disorder, and in children to poor dento-facial development and learning and behavioural problems. We need to be aware that a client's dysfunctional breathing can inhibit response to the training/therapy we provide.

The physiology of normal breathing is something that seems widely misunderstood or overlooked. There is also much misinformation about good breathing and its instruction.

This seminar is designed for health practitioners who have an interest in breathing and breathing-related disorders, instruct in breathing as part of their modality or who want to understand more about the work of a breathing educator.

### The seminar covers:

- basic physiology of normal breathing
- assessing baseline breathing pattern
- how to recognise dysfunctional breathing patterns
- the link between dysfunctional breathing and sleep-breathing disorders, anxiety and respiratory disorders, reduced exercise capacity and poor dento-facial development and aesthetics
- actionable approaches for improving outcomes and therapeutic benefit for clients with dysfunctional breathing patterns



### Presenter

Tess Graham (BSc, Post Grad Dip Physiotherapy, Dip Buteyko Breathing Method) has devoted over 20 years to breathing education and breathing retraining, uncovering the essential principles of good breathing and applying them in the simplest way to achieve extraordinary outcomes. Tess has been involved in research with asthma and sports performance and has delivered breathing retraining programs to over 5,500 people. She is author of the book, *Relief from Snoring and Sleep Apnoea* (Penguin Aus 2012) and has developed the BreatheAbility® for Health Programs. Tess is a specialist in both the science and art of breathing.

- Date:** Thursday 27 November
- Time:** 5pm – 6.30pm
- Venue:** World of Wellbeing – Level 2, 16 Wilbow St. Phillip
- Cost:** \$20 per person
- Bookings:** Please RSVP to World of Wellbeing 62604774